



Tiny's Organic 'Farm to City' CSA 2010 ♦ A Farm Family Growing for You

## Fresh from the Farm (this newsletter also available online)

[www.TinysOrganic.com](http://www.TinysOrganic.com)

### AUGUST 11

#### This Week's Harvest

*Please note: This newsletter is written before harvest is complete. Below is a list of what we hope to put in your bag. For peak freshness, we harvest at the last possible minute. The varieties ready at that time are added to your bag.*

- \* Apples: Shamrock
- \* Donut Peaches: Saturn
- \* Peaches: Sweet Dream &/or Sweet Scarlet
- \* Pluots: Flavor Supreme
- \* Carrots: Red Core Chantenay
- \* Cucumbers: Armenian, Boothby Blonde, Green Finger, Lemon or Satsuki Midori
- \* Summer Squash: Costata Romanesco, Eight Ball, Floridur, Jean et Verte, Yellow Scallopini or Zephyr
- \* Astro Arugula OR Tomatillos: Purple de Milpa &/or Verde OR Bell Peppers: Ace, Bianca, Cal Wonder, Islander, Revolution OR Melon: Sun Jewel, Snow Leopard or Honey Orange

#### This Week's Recipes

*(Recipes on back)*

- \* Herbs 'N' Cucumber Salad
- \* Zucchini Frittata for Two (or MAYBE Three)
- \* Chilled Shamrock & Cucumber Soup
- \* Summer Vegetable Pie
- \* Grilled Peaches with White Chocolate
- \* Wheat Free Zucchini Muffins
- \* Mixed Peppers with Garlic & Capers
- \* Melon & Bacon Salad
- \* Tomatillo & Shamrock Apple Sauce
- \* Melon Popsicles

#### Crop Talk

Tomatoes continue to grow and we should harvest some in the next week or two if the weather holds--the 10 day forecast looks good so get ready. It's hard to believe we started tomatoes in the greenhouse back in late March and they're still not quite ready and they have only started to put on growth the last month or so. When we first transplanted them to the field the weather was in the high 60's or so but within a few days it dropped to consistently mid 50's and for awhile we thought they weren't going to even live but thankfully it warmed up and they finally put on a growth spurt. All other crops are growing great and our volume of fruit this year is way up over any other year. In fact, this was the first year for some very cool yellow flesh nectarines (Honey Blaze) and even though they were in short supply we're encouraged for the future. The trees should be in full production next year and we'll be sure our members get a full share. We broke the bad news about our nectarines last year when we shared the news about the winter damage that killed 600 of our best nectarine trees (Zee Fire). We've since replanted but those trees won't bear fruit for another couple of years so in the meantime we're pulling for the Honey Blazes and the Western Sweets to take up the slack. Talk to you next week, ATB, Farmer Greg.



Crisp and tangy Shamrock Apples are the earliest apple variety harvested at our orchard.

#### Shamrock Apples

Light green Shamrock Apples originated just north of Washington State in Summerland, British Columbia. A great pick-me-up snack fresh out of hand, this apple is also amazing in pies and sauces and is a good substitute for Granny Smith Apples. Shamrocks are delicate so please handle with care and store in the refrigerator to keep them nice and crunchy.

Apples pair well with vanilla, cinnamon, ginger, allspice, curry and clove.

#### Sweet Dream or Sweet Scarlet Peaches

Sweet Dream Peaches have an almost completely bright red skin while Sweet Scarlet Peaches have a mostly red over yellow skin. Both varieties have yellow flesh and can be canned, chopped into salsa, made into chutney or blended with other seasonal fruits and ice cream or yogurt to make a peaches 'n' cream shake. Save shake prep time by slicing and freezing peaches as soon as you get home then pull them out as needed during the week. Yellow-fleshed peaches will last a few days in your refrigerator.

#### Red Core Chantenay Carrots

Chantenay carrots are an heirloom variety introduced to the United States from France in the 19<sup>th</sup> century. Wide shouldered and dark orange with an excellent flavor, Red Core Chantenay carrots can be eaten fresh or cooked into a variety of dishes. Try shredding tops and roots into raw salads. To store, cut off greens and keep them wrapped in a moist paper towel in a plastic bag in the crisper. Use carrot greens within a day or two by chopping and stirring into soups or tossing with raw salads. Store the whole carrot roots separately in another plastic bag with a moist paper towel wrapped around them for up to a week or so.

#### Arugula or Tomatillos or Bell Peppers or Melon

**Astro Arugula:** Best eaten as soon as possible after picking, arugula can be stored unwashed in a plastic bag in the refrigerator. Rinse leaves well in cool water before eating, as arugula leaves may be a little gritty.

**Tomatillos:** Tomatillos pair well with cucumbers, onions, garlic, cilantro and grilled foods. Store whole Tomatillos in your crisper for up to a month.

**Bell Peppers:** Many sweet peppers start out green and stay green until fully developed and change color upon ripening. Picked when green, they are sharper and tangier in flavor, while red, yellow and orange peppers have a sweeter taste. The Ace Bell Pepper starts out green but quickly ripens to red. Bianca is an ivory variety that eventually matures to a bright red. Cal Wonder is a sweet, juicy pepper that changes from dark green to a crimson red. Islander is unique and starts green, quickly turns violet, then becomes yellow with orange streaks and later red. Revolution is a thick, wide, dark green pepper that slowly turns a brilliant red. Store peppers in a plastic bag in the refrigerator for up to a week.

**Melon:** Tiny's melons are just starting to ripen and a few look like they will be ready for picking this week. The Sun Jewel is an oblong, yellow Asian melon is sometime mistaken for a summer squash in outward appearance. Its white flesh is crisp when ripe and very sweet. Snow Leopard Melons are a personal-sized honeydew with green-brushed ivory skin. The Honey Orange is an ivory-skinned honeydew with sweet, pale, salmon-orange flesh. Uncut melon can be stored in the refrigerator for up to 5 days and cut melon should be wrapped tightly to prevent it from absorbing other food odors and will last about 3 days in the refrigerator.

For CSA questions, call our Seattle Office at 206.293.0633 or email [info@tinysorganic.com](mailto:info@tinysorganic.com).

## Packing the Pantry

*Tips & Recipes to help prepare your pantry and freezer for the off-season*

### Pickled Red Core Chantenay Carrot Sticks

1 pound Red Core Chantenay carrots, cut into 3 1/2 by 1/3 inch sticks □ 1 1/4 cups water  
1 cup vinegar (your choice of vinegar with acidity level at least 5%) □ 1/4 cup sugar □  
2 garlic cloves, crushed □ 1 1/2 tsp dill, fennel or anise seeds, to taste □ 1 1/2 tbsp salt  
Place carrots in a heatproof bowl. Bring all other ingredients to a boil, reduce heat, simmer 2 minutes, pour hot liquid over carrots and allow to cool uncovered. Cover and chill for at least a day. Refrigerate up to a month. Alternately, put carrot sticks into sterilized jars, cover with hot pickling liquid, cap and process in a hot water bath. Store up to one year.

*Adapted from Smitten Kitchen*

## This Week's Recipes

### Herbs 'N' Cucumber Salad

4 large or 6-8 small cucumbers, any variety, thickly sliced  
Salt and black pepper □ Lemon juice  
Mixed fresh herbs, minced: mint, basil, chives, and dill  
Toss cucumber slices with salt, black pepper and lemon juice and chill for 20 minutes minimum.  
Toss cucumbers with minced herbs and serve.

*Adapted from David Tanis, 'A Platter of Figs'*

### Zucchini Frittata for Two (Or MAYBE Three)

1 small zucchini, unpeeled & sliced thin (other summer squash can be substituted if desired)  
1/4 cup onion, coarsely chopped  
1/2 bell pepper, coarsely chopped  
1 or 2 cloves garlic, minced  
1 tbsp olive oil  
3 eggs  
3 tbsp milk or 1/2 & 1/2  
1/4 tsp dried Italian seasoning or equivalent of any Tiny's herbs (basil is highly recommended!)  
Salt and pepper to taste (try a dash of cayenne!)  
About 1/2 cup shredded cheese, such as jack or cheddar  
1/4 cup shredded Parmesan  
Saute veggies in oil till just tender, adding zucchini near end so as not to overcook. Cool slightly. In bowl, beat eggs w/milk & seasonings, and then fold into veggie mixture. Pour into oiled square pan (preferably glass). Sprinkle w/cheeses. Bake in 400-degree oven (375 convection or convection bake) about 15 min., till top is golden.

*Recipe by Mary Shifton, CSA Member*

### Chilled Shamrock & Cucumber Soup

1 cucumber, any variety, thickly sliced  
3-5 Shamrock Apples, depending on size, peeled if desired, cored and quartered  
4 green onions  
3 tbsp lemon or lime juice  
1/3 cup olive oil  
8 sprigs of fresh cilantro, mint, basil or parsley  
2 sprigs of dill  
Salt and black pepper  
4 tbsp sour cream for topping  
Blend all ingredients except sour cream in a blender or food processor, season to taste with salt and pepper and chill for a least an hour. Dollop a bit of sour cream on top before serving.

*Adapted from The Worldwide Gourmet*

### Summer Vegetable Pie

1 quantity your favorite puff pastry recipe  
2 bell peppers, any variety or color, cut into strips  
4 zucchini/summer squash, cut into wheels or thin slices  
4 large or 8 small carrots, sliced into ribbons  
Salt and black pepper  
3 tbsp olive oil for sautéing bell peppers and summer squash  
2 tbsp butter  
1/2 cup white wine  
2 1/2 cups dried beans  
Roll out dough and line greased 10 inch pie plate and prick with a fork. Cover the crust with foil, add dried beans to weigh it down, bake at 375F for 35 minutes then remove beans and foil and bake uncovered for 10 minutes. While crust is baking, saute bell peppers and summer squash separately in olive oil and set aside. Cook carrots in butter and wine with a dash of salt until tender and wine has evaporated, set aside. When crust is done, garnish with the vegetables laid side by side (i.e. carrots next to zucchini next to peppers), cut and serve.

*Adapted from Italia Cucina*

### Grilled Peaches with White Chocolate

1/2 stick unsalted butter, melted  
2 tablespoons (packed) dark brown sugar  
1/2 tsp ground cinnamon  
4 unpeeled Sweet Dream or Sweet Scarlet peaches, halved, pitted  
1/3 cup finely chopped white chocolate  
3 tbsp coarsely chopped toasted salted pistachios  
Whisk melted butter, sugar and cinnamon together then add peaches and toss to coat. Put peach halves cut side down on grill heated to medium high and grill for a few minutes until slightly charred. Turn peaches over, sprinkle white chocolate evenly into each cavity then lightly drizzle any remaining butter mixture over the chocolate. Peaches are done when the chocolate has melted and the undersides have charred and softened to your liking. Take off grill and top with pistachios.

*Adapted from Bon Appétit, June 2006*

### Wheat Free Zucchini Muffins

1 1/2 cups quinoa flour or brown rice flour  
1 tsp. cinnamon  
1/4 tsp. ground nutmeg (optional)  
3/4 cup sugar  
1 tsp. baking powder  
1/2 tsp. baking soda  
1/2 cup oil such as canola or grape seed oil  
2 eggs, beaten  
1 cup freshly shredded zucchini (remove pith before shredding)  
1 cup coarsely chopped pecans or walnuts  
Combine all dry ingredients in large bowl. In separate bowl, combine wet. Then fold into dry mixture by hand  
Pour into paper-lined muffin tins. Bake at 350 degrees (325 convection bake) about 12-15 minutes till tester comes out clean. Do not overbake!!! Serve immediately with a bit of butter, and homemade preserves. Watch them disappear.

*Recipe by Mary Shifton, CSA Member*

### Mixed Peppers with Garlic & Capers

4 bell peppers, any variety or color, cut lengthwise into 1/2 inch strips  
1-3 cloves garlic, chopped  
4 tbsp olive oil  
Salt, to taste  
1/3 cup red wine vinegar  
2 tbsp capers  
Saute garlic in olive oil over medium heat and add bell pepper strips. Press down on the peppers with the lid or a spatula, salt to taste and cook until they wilt, stirring now and again. When the peppers are tender adjust to high heat, add vinegar and capers and stir for a few minutes until vinegar evaporates, then serve.

*Adapted from Italia Cucina*

### Melon & Bacon Salad

4 bacon strips, cut into medium sized pieces, cooked and drained  
1 melon, any variety, seeded, flesh sliced from skin and cut into large cubes  
A handful or fresh herbs, torn if big (basil, mint or parsley work) OR a couple handfuls of arugula, torn into bite-sized pieces  
*Dressing:*  
4 tbsp olive oil  
1 tbsp honey  
3 tbsp lemon or lime juice  
Black pepper  
Whisk dressing ingredients and set aside. Toss Honey Jewel Melon cubes, and fresh herbs or arugula. Drizzle a little of the dressing over salad, add bacon and toss. Taste and add more dressing if desired and then top with black pepper and serve.

*Adapted from Nigel Slater*

### Tomatillo & Shamrock Apple Sauce

About 5 fresh tomatillos, remove husks, rinse tomatillos  
3 1/2 cups water  
2 Shamrock Apples, cored and diced  
1/2 cup loosely packed fresh cilantro sprigs  
1 garlic clove, minced  
1 tsp ground cumin  
1/4 cup apple juice  
1 tbsp fresh lime juice  
1 tbsp mild honey  
1 tsp minced canned chipotle chiles in adobo  
Simmer tomatillos in water until just soft, stirring occasionally, then drain and cool for about 15 minutes  
Puree tomatillos with cilantro, garlic, cumin, apple juice, honey and chipotle chiles then pour into a bowl, stir in diced apples and use to top Transfer to a bowl and stir in apples and use to top pork chops, chicken ham, or whole grains.

*Adapted from Gourmet, June 2004*

### Melon Popsicles

2 cups melon, any variety, cut into pieces  
1/4 cup water □ optional, mint leaves  
Put melon and water in blender or fruit processor and blend until smooth, pour mixture into holders and add sticks (or just use ice cube trays) and freeze for at least 6 hours.

*Adapted from Feeding the Whole Family*