



Tiny's Organic 'Farm to City' CSA 2008 ♦ A Farm Family Growing for You

## Fresh from the Farm

[www.TinysOrganic.com](http://www.TinysOrganic.com) (this newsletter also available online)

WEEK 10 ♦ AUGUST 20

### This Week's Harvest

Please note: This newsletter is usually 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 minute possible. If a variety is ready at that time, we add it to your bag.

- \* Flavor Supreme Pluots
- \* **Melons:** Honey Pearl, Oro Rico, Sugar Nut, Savor, Haogen, Swan Lake, Tigger Armenia, Snow Leopard, or Sun Jewel
- \* Walla Walla Sweet Onion
- \* **Eggplant:** Rosa Bianca, Louisiana Long Green, Snowy White, Applegreen, Imperial Black Beauty or Udumalapet
- \* Saturn Donut Peaches
- \* Shamrock Apples
- \* Sweet Dream Peaches
- \* Blushingstar Peaches
- \* **Cucumbers:** Boothby's Blonde, True Lemon, Satsuki Midori or Armenian
- \* **Potatoes:** All Blue, All Red, Yukon Gold, Rose Finn Apple-Ruby Crescent Fingerling, Russian Banana Fingerling, Mountain Rose, Sangre or Cranberry Red
- \* Red Dandelion Greens
- \* Spearmint

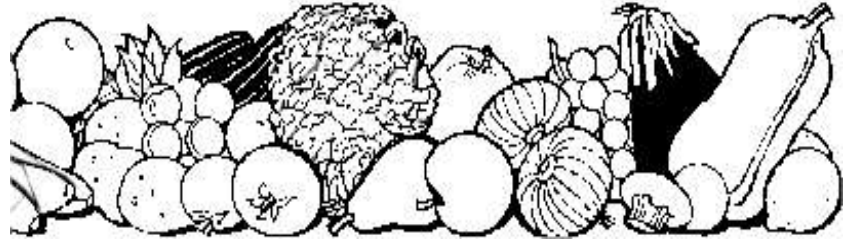
### This Week's Recipes

(Recipes on back)

- \* Dandelion Salad with Roasted Peppers and Goat Cheese
- \* Melon & Ricotta Salata Salad
- \* Eggplant Caponata Crostini
- \* Summer Squash Sloppy Joes
- \* Spicy Sautéed Dandelion Greens
- \* Crushed Heirloom Potatoes
- \* Melon Salsa
- \* Peach Sangria
- \* Spicy Dill Pickles

### Crop Talk

Wenatchee weather continues very hot and over the weekend the thermometer maxed out at 110F on Sunday. The net result is that all varieties of summer squash tend to grow much faster than usual and some varieties such as Costato Romanesco reach up to three feet in length! Bell peppers also have a tendency to grow faster in higher temps and the plant absolutely thrives in hot weather. Another hot weather lover is eggplant and we hope you enjoy this week's selection. Eastern Washington is eggplant heaven and we'll continue to include them in your bag in the weeks to come.



### Eggplant

Eggplant is here and Tiny's crew is picking a great selection for you! Look for the gourmet chef's favorite, delicate Rosa Biancas, sweet and slender Louisiana Long Greens, Italian-style shaped Snowy Whites, non-acid Applegreens (peeling not needed), rounded, sometimes pleated Imperial Black Beauties or teardrop-shaped green Udumalapets striped with lavender. Eggplant Caponata, Eggplant Parmesan, Moussaka and Baba Ganoush are all delicious traditional dishes featuring this fantastic vegetable. Like many of us, eggplants are sun-lovers. They don't like cool temperatures and don't store well. Eat immediately for best flavor. If you must store them, wrap them in plastic and store for 1 to 2 days in the refrigerator. Briefly soak sliced eggplant in iced water or paint with lemon juice or vinegar to prevent browning before cooking.

### Potatoes

Whether you find super-moist All Blues or All Reds, buttery Yukon Golds, delectable rosy-skinned, yellow-fleshed Rose Finn Apple-Ruby Crescent Fingerlings, silky, creamy Russian Banana Fingerlings, red-fleshed Mountain Roses, dark red Sangre or earthy Cranberry Red heirloom potatoes in your CSA bag, you'll be sure to enjoy these yummy treasures. Store in a cool, dark area (perhaps in a paper bag) for a week or two but eat up sooner for the best flavor and texture! Smaller potatoes can be roasted, boiled or baked whole with kosher salt to taste. Cook up simply with herbs, olive oil, onions and garlic or shallots.

### Spearmint

Cooling and surprisingly versatile spearmint is well known for its breath-freshening qualities. Store your mint bunch stems down in a shallow glass of water on the counter or gently rinse, pat dry, wrap in paper towels and keep in a sealed plastic bag in the refrigerator for up to a week. Whole mint leaves can be muddled in mojitos or tossed in fresh salads and chopped mint is a great topper for vegetable, meat, pasta & rice dishes. To chop mint, arrange the leaves in a stack then roll them up and slice thinly.

### Red Dandelion Greens

Richer in potassium, vitamin C and calcium than spinach, sweet and tangy red dandelion greens are wonderfully detoxifying body cleansers. Like mint, dandelion greens should be handled carefully. Wrap in damp paper towels and seal in a plastic bag in your refrigerator where they'll keep for up to 5 days. Rinse thoroughly when ready to use. Dandelion greens can be added to fresh salads or heat things up by sautéing them with organic olive oil, garlic and chili pepper flakes then serve with fresh mozzarella on the side.

### Summer Squash

The season for summer squash is drawing to an end! Here are a couple of suggestions from the National Center for Home Food Preservation on how to put up your favorite varieties for the winter. *How to Freeze Summer Squash:* Wash and cut in 1/2-inch slices or cubes. Blanch in water for up to 3 minutes. Cool promptly in an ice bath, drain and place in plastic freezer bag or container, leaving 1/2-inch headspace. Seal and freeze for up to 9 months. *Grated Zucchini (for Baking):* Wash and grate your zucchini. Steam blanch up to 2 minutes until translucent. Pack in measured amounts into containers, leaving 1/2-inch headspace. Cool by placing the containers in cold water. Seal and freeze. If watery when thawed, discard the liquid before using the zucchini.

### Sweet Dream & Blushingstar Peaches

Wish upon a white-fleshed Blushingstar and Sweet Dreams are sure to come! This large yellow fleshed variety sports yellow skin brushed with bright red. Chop up into salsa or blend up with other seasonal fruits and ice cream for a sumptuous summer shake! Allow peaches to soften to your liking on your counter or in an open paper bag, then refrigerate. Yellow peaches will last a few days in your refrigerator, white peaches up to a week.

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**Dandelion Salad with Roasted Peppers and Goat Cheese**

3 Tbsp fresh lemon juice  
3 Tbsp minced onion  
1/3 c extra-virgin olive oil  
1 large or 3 small bell peppers  
1 bunch dandelion greens, stems trimmed, leaves torn  
5 oz Capra honey goat cheese or 5 oz plain soft fresh goat cheese mixed with 2 tsp honey, crumbled  
Combine lemon juice and onions in small bowl. Gradually whisk in oil. Season dressing to taste with salt and pepper. Char bell pepper directly over gas flame or in broiler until blackened on all sides. Enclose in paper bag 10 minutes. Peel, seed, and cut pepper into thin strips. Toss greens and roasted peppers in large bowl with enough dressing to coat. Sprinkle with salt, pepper, and goat cheese.

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**Melon & Ricotta Salata Salad**

3 Tbsp thinly sliced fresh Spearmint  
2 Tbsp fresh lime juice  
2 Tbsp extra-virgin olive oil  
3-4-lbs of melon, cut into 1/2 -inch cubes (about 6 c)  
1/2 lb ricotta salata (salted dry ricotta cheese),\* cut into 1/4 in cubes  
1/4 c pine nuts, toasted  
Whisk first 3 ingredients in small bowl. Season dressing with salt and pepper. Place melon and ricotta salata in medium serving bowl. Drizzle with dressing; toss. Sprinkle with pine nuts.

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**Eggplant Caponata Crostini**

One 1 1/2-lb eggplant  
1 Tbsp sea salt  
3 Tbsp extra-virgin olive oil  
1 med onion, sliced  
1 Tbsp drained capers  
1 Tbsp chopped kalamata olives  
1 Tbsp balsamic vinegar  
2 c chopped fresh tomatoes  
Freshly ground pepper  
40 thin toasted slices of baguette, for serving  
1 1/2 tsp dried oregano  
1 Tbsp chopped fresh basil or 1 1/2 tsp dried basil  
Quarter the eggplant lengthwise. Scoop out the very seedy parts and discard. Cut the remaining eggplant into 1/2-inch dice. In a colander set in the sink, lightly salt the eggplant cubes and toss well. Top with a sturdy plate weighed down with a heavy can and let drain for 1 hour. Rinse the eggplant cubes and pat dry. In a large skillet, heat 1 Tbsp of the oil. Add the eggplant and cook over moderately high heat, stirring occasionally, until tender, about 5 minutes. Transfer the eggplant to a bowl. Add the onion and the remaining 2 Tbsp of olive oil to the skillet and cook over moderately low heat until the onion is tender, about 6 minutes. Return the eggplant to the skillet. Stir in the capers, kalamata olives and balsamic vinegar and cook until the vinegar has evaporated. Add the chopped tomato and cook over low heat, stirring, until thickened, about 2 minutes. Season with sea salt, black pepper, dried oregano (and dried basil if using) and transfer to a bowl to cool. Shortly before serving, spread the caponata on the baguette toasts and garnish with the basil.  
THINKING AHEAD: Caponata can be refrigerated for up to 3 days or frozen for 2 months.

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**Summer Squash Sloppy Joes**

1 lb ground lean beef or turkey  
1/2 onion, finely chopped (about 3/4 cup)  
1 1/2 c summer squash, diced  
1 6-oz can tomato paste  
3 garlic cloves, minced  
1 Tbsp mild chili powder  
1 tsp paprika  
1 tsp dried oregano  
Kosher salt and freshly ground black pepper to taste  
3 oz cheddar cheese, thinly sliced  
6 hamburger buns  
Preheat the broiler. In a large skillet over medium-high heat, sauté the ground beef or turkey until browned, about 7 minutes. Add the onion and sauté 4 minutes. Add the squash and sauté 1 minute more. Stir in the tomato paste and 1 1/2 c water, stirring until the paste has dissolved. Add the garlic, chili powder, paprika, and oregano, and season with the salt and pepper. Reduce heat to medium and continue to cook until the mixture has thickened, 8 to 10 minutes. Divide the cheese among the bottom halves of the hamburger buns. Transfer both halves of the buns to the broiler, open-faced, and toast until the cheese has melted and the top buns are toasted. Remove the buns from the oven and fill each sandwich with the squash-and-meat mixture.  
Serves 6

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**Spicy Sautéed Dandelion Greens**

1 bunch dandelion greens, tough stems removed and leaves cut crosswise into 4-inch pieces  
3 Tbsp extra-virgin olive oil  
1 large garlic cloves, smashed  
Sprinkle of dried hot red pepper flakes  
Salt to taste

Cook greens in a 6- to 8-quart pot of boiling salted water until ribs are tender, 4 to 5 minutes, and then drain in a colander. Rinse under cold water to stop cooking and drain well, gently pressing out excess water. Heat oil in heavy skillet over moderate heat until hot but not smoking, then cook garlic, stirring, until pale golden, about 30 seconds. Increase heat to moderately high, and then add greens, red pepper flakes, salt, and sauté, stirring, until the liquid the greens give off is evaporated, about 4 minutes.

*Recipe by Gourmet, March 2003*

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**Crushed Heirloom Potatoes**

2 lbs unpeeled whole heirloom potatoes  
3 oz crumbled blue cheese  
1/2 c pecans, toasted, chopped  
1/4 c extra-virgin olive oil  
1/2 c finely chopped mint  
Place potatoes in large pot. Pour enough cold water over to cover; salt generously. Bring to boil. Reduce heat and simmer until potatoes are just tender, 20 to 40 minutes (depending on variety). Drain. Return potatoes to pot. Using large wooden spoon, coarsely crush potatoes in pot. Add cheese, nuts, and oil. Stir in mint and toss to blend. Season to taste with salt and pepper. Transfer to bowl and serve.

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**Melon Salsa**

1 medium melon  
1 bell pepper  
1 small jalapeno pepper  
1/2 medium onion  
1/4 c fresh mint leaves  
1-2 tsp honey  
2 tsp white vinegar  
Dice melons and peppers into 1/4 inch cubes. Finely mince onion and mint. Toss with honey and vinegar; allow to sit at least one hour before serving over grilled chicken breast or fish file. Makes 6 generous servings.

*Recipe by Barbara Kingsolver in Animal Vegetable Miracle*

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**Peach Sangria**

2 firm-ripe peaches, cut into thin wedges  
1/2 c peach schnapps  
1/3 c superfine granulated sugar  
3 c chilled rosé wine  
2 c chilled sparkling water  
Stir together peaches, schnapps, and sugar in a large pitcher until sugar is dissolved and let stand 1 hour. Stir in wine, sparkling water, and some ice.

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**Spicy Dill Pickles**

12 cucumbers  
2 c water  
1 3/4 c distilled white vinegar  
1 1/2 c packed coarsely chopped fresh dill  
1/2 c sugar  
8 garlic cloves, chopped  
1 1/2 Tbsp coarse salt  
1 Tbsp pickling spice  
1 1/2 tsp dill seeds  
1/2 tsp dried crushed red pepper  
Combine all ingredients except dill sprigs in large bowl. Stir, let stand at room temperature 2 hours until sugar and salt dissolve. Transfer 4 cucumbers to each of three 1 1/2-pint wide-mouth jars. Pour pickling mixture over to cover. Place a few dill sprigs in each jar. Cover jars with lids and close tightly. Refrigerate at least 10 days. Pickles will stay fresh for up to 1 month. Keep refrigerated. Makes three 1 1/2-pint jars.  
Recipe from Bon Appétit, August 1993

Some recipes from Erin & Rosalie's Farm Kitchen. For CSA related questions, please call our Seattle Home Office, 206.762.0577 or visit our website, [www.TinysOrganic.com](http://www.TinysOrganic.com).