



Fresh from the Farm

www.TinysOrganic.com (this newsletter also available online)

WEEK 11 ♦ AUGUST 27

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 harvest it and add it to your bag.

- * Flavor Heart Pluots
- * Flavor Grenade Pluots (crispy like an apple...eat firm!)
- * Melons: Honey Pearl, Oro Rico, Sugar Nut, Savor, Haogen, Swan Lake, Tigger Armenia, Snow Leopard, or Sun Jewel
- * Blushingstar Peaches
- * Golden Princess Peaches
- * Saturn Donut Peaches
- * Sweet Bell Peppers: King Arthur, Bianca or Islander
- * Cucumbers: Boothby's Blonde, True Lemon, Satsuki Midori or Armenian
- * Eggplant: Rosa Bianca, Louisiana Long Green, Snowy White, Applegreen, Imperial Black Beauty or Udumalapet
- * Potatoes: All Blue, All Red, Yukon Gold, Rose Finn Apple-Ruby Crescent Fingerling, Russian Banana Fingerling, Mountain Rose, Sangre or Cranberry Red
- * Spearmint
- * Summer Squash: Eight Ball, Flying Saucer, Jaune et Verte, Green Scallop, Yellow Crook Neck, Floridor, Zephyr, Yellow Scallopini or Costata Romanesco

This Week's Recipes

(Recipes on back)

- * Summer Potato Salad
- * Eggplant Papoutzakia
- * Illegal E's Baba Ghanoush
- * Roasted Bell Peppers
- * Chilled Summer Squash-Yogurt Soup with Fresh Mint
- * Lauki or Zucchini Raita
- * Peaches in White Wine & Vanilla Syrup

Crop Talk

This Wednesday is the last pickup day for our Early Harvest members! Thanks to everyone who has joined us for the first 11 weeks of the harvest season! If you haven't already signed up for a Later Harvest share or know a friend or neighbor who is interested in the program, all remaining shares will be available until sold out or this Friday, August 29 (whichever comes first!). What will be in the fall CSA bags? Look for a delectable selection of colorful heirloom tomatoes and apples, salad greens, Asian and hardy greens, celery, late-season peaches and nectarines, beets, plums, pluots, winter squash, potatoes, carrots and more!



Flavor Heart Pluots are aptly named for their pronounced heart-like shape!

Flavor Heart Pluots

One of the most beautiful pluots, Flavor Heart has dark purple, almost black skin and yellow flesh. Unlike crispy Flavor Grenades, Flavor Hearts ripen very quickly and have a very short shelf life so they must be eaten when soft. To ripen quickly, place pluots in a brown bag with a ripe banana. The ethylene gas given off by the banana helps ripen the pluots. Close the bag tightly and set aside, checking the pluots daily for ripeness. Remove any that are ripe and enjoy or keep in the refrigerator. Or just place on your counter until ripe. When refrigerated they may keep for a day or two. Here's a fascinating fruit fact from Tiny's Organic website: "What's a pluot anyway? A pluot is a cross between a plum and an apricot and is developed by intentionally touching the pistil of an apricot with the pollen of a plum. This process is repeated several thousand times by researchers and the pit of the resulting fruit is planted and grown to maturity. Out of several thousand of these processes, perhaps only one or two trees may be worthy of evaluation, neither of which may ultimately prove to be a suitable fruit for the marketplace." The pluots in your "Farm to City" CSA bags are the result of many hours of intensive hands-on research and observation and are the cream of the crop! What's your favorite pluot variety? How do you like to eat it?

Blushing Star & Golden Princess Peaches

Summertime is the best time of year to enjoy fresh peaches! You may have already discovered that supermarket peaches are often rock hard, green and flavorless. They are picked so green that they just never ripen once you get them home. What you may not know is that REAL peaches are superjuicy with luscious, to-die-for flavor. During peach season (July, August and Sept), local farmers markets and CSA programs usually have REAL peaches. Tiny has picked your peaches at the perfect ripeness and is sending them to you just a bit hard-to-the-touch to prevent them from getting bruised and squashed in your CSA bag on the ride from the farm. When you get home, simply place your peaches in a single layer on the counter for a couple of days. When perfectly soft and juicy, place back in the plastic bag and keep up to a week in the refrigerator. Let chilled peaches come close to room temperature before eating. If you take some time to freeze peaches while they are in season and ripe, you can enjoy them all year long. Here's a superquick and easy way Rosalie McPherson, mother of our farm family, freezes her peaches for eating later: Drop the whole peach into a plastic sandwich bag, zip shut and toss in the freezer. When you want a fruit snack, just run the frozen peach under water for a moment, and the skin will slip off. Slice into a bowl and wait until the icy-ness is gone. Then enjoy the next best thing to fruit fresh from the tree!

Sweet Bell Peppers

Did you know that most sweet peppers start out green and stay green until fully developed but then change color upon ripening? Peppers picked when green are sharper and tangier in flavor, while red, yellow and orange peppers have a pronounced sweetness. Store sweet peppers in a plastic bag in the refrigerator for up to a week if you must but please use as quickly as possible to get the most nutrients as well as the best texture and flavor from your peppers! Roast, stuff or cut raw into strips and dip. Sweet peppers are famously scrumptious with eggplant, potatoes, tomatoes, summer squash, garlic, onions, beef, cheese, rice and sausage.

First Half Season Overview

The first half of Tiny's Organic harvest season 2008 has been both enjoyable and challenging. We've learned this year that weather and soil conditions in Wenatchee are just right for growing not just stone fruit but multitudes of summer squash, cucumbers, melons and bell peppers. On the other hand, herbs, broccoli, and cauliflower haven't come in as easily as expected. Also, where last year we were practically knee deep in tomatoes by now and vines were uniformly heavy with fruit, this summer many varieties are off to a slow start; however, we expect to have them in the bags soon! What has been your experience with the "Farm to City" CSA program so far? What new-to-you veggies, fruits and recipes have you tried?

Summer Potato Salad

2 lbs potatoes
2 tbsp vinegar
Extra-virgin olive oil to taste
Spearmint leaves torn or chopped
Salt & black pepper
Cover potatoes with cold salted water in a 3-quart saucepan, simmer, covered until tender 10 to 15 minutes. Drain potatoes and halve or quarter if desired. Add vinegar, oil, mint, salt & pepper to potatoes while warm and toss to coat. Serve warm or at room temperature.

Eggplant Papoutzakia

2 lbs eggplant
Olive oil
2 medium onions, garlic to taste
2 large tomatoes, diced
2 tsp nutmeg
Salt and pepper to taste
6 oz grated mozzarella
Slice eggplant lengthwise and sauté lightly in olive oil. Remove from skillet and arrange in a baking dish. Chop onions and garlic and sauté in olive oil. Add diced tomato and spices and mix thoroughly. Spread mixture over the eggplant and sprinkle an even layer of cheese over top. Bake at 350F for 20 min, until golden on top. *Recipe by Barbara Kingsolver, Animal, Vegetable, Miracle*

Illegal E's Baba Ghanoush

So good that it's a controlled substance in more conservative areas of the country!

1 medium eggplant
Extra virgin olive oil
2 cup or 1-15 oz can chickpeas
1-2 cloves garlic, minced
4 tbsp Tahini
Juice of one lemon
1 tsp salt
1 tsp ground Cumin
½ tsp black pepper
¼ cup parsley, chopped
Slice eggplant into ½ thick pieces and coat with olive oil. Bake at 350 for 20 minutes or until soft. Allow eggplant to cool and then combine with remaining ingredients in a blender, food processor, or by hand for a chunkier texture. Serve with sliced cucumbers, squash or peppers.

Chilled Summer Squash-Yogurt Soup with Fresh Mint

2 lbs summer squash sliced
2 c water
Salt (1 1/2 to 2 tsp)
3 c plain yogurt
3 tbsp finely chopped mint
Freshly ground pepper
2 tbsp fresh lemon juice
1 garlic clove, pressed or mashed to a paste in a mortar and pestle
Steam squash for 15 min. Remove from heat and cool for about 5 min. Do not drain the steaming water. Place half the summer squash in a food processor fitted with the steel blade, add ¾ tsp salt, and puree until smooth. Add half the steaming water, pulse until smooth. Scrape into a bowl and repeat with remaining summer squash and steaming water and another ¾ tsp salt. Scrape into the bowl with the first batch. Whisk in yogurt, chopped mint, pepper, lemon juice and garlic. Taste and adjust salt. Chill in the refrigerator or in an ice bath.

Roasted Bell Peppers

4 large bell peppers
4 tbsp extra-virgin olive oil

3 tbsp (or more) balsamic vinegar
½ cup toasted pine nuts
Preheat oven to 400°F. Place all bell peppers in large bowl. Pour oil over peppers, toss to coat. Place peppers cut side down on large rimmed baking sheet. Sprinkle with salt. Roast until peppers are soft and slightly blackened (about 1 hour) reversing sheet after 30 minutes. Cool slightly and cut peppers into 1/4-inch-wide strips. Transfer to large bowl, add accumulated juices from baking sheets and more oil & vinegar if needed. Toss gently. Refrigerate at least 1 hour. Can be prepared 1 day ahead. Drain peppers; discard juices. Transfer peppers to platter. Season with salt, pepper and more vinegar, if desired. Toss gently and sprinkle with pine nuts.

Lauki or Zucchini Raita

1 cup plain yogurt
1 cup summer squash, grated and boiled
1 tsp cumin
Salt, adjust to taste
Large pinch of freshly ground black pepper
1 green chili, thinly sliced
1 tbsp chopped mint
Mix all ingredients and transfer to a serving bowl. Serve with fresh bell peppers, cucumbers and rice.

Peaches in White Wine & Vanilla Syrup

4 peaches, about 1 ½ lb in total
1 ½ c white wine
1 c granulated sugar
1 vanilla bean
3 tsp brandy
Put the peaches in a large heatproof bowl and cover with boiling water. Leave for about 15 seconds, then drain and peel away the skins. Cut in half, and remove and discard the pits. Put the wine and sugar in a pan. Heat, stirring, until the sugar has dissolved. Bring to a boil and let bubble for 5 min, then add the prepared peaches & vanilla bean, cover and simmer for 5-10 min until the fruit is just tender. Remove the peaches from the pan and place in a serving bowl, then remove and discard the vanilla bean. Boil the syrup for 5-10 min until reduced and slightly thickened. Remove from the heat, stir in the brandy, and pour over peaches. Let cool. Serve at room temperature or chilled with cream or ice cream.
Recipe by Susannah Blake, Seasonal Eating

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.