



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

## Fresh from the Farm

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

WEEK 12 ♦ SEPTEMBER 3

### 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'll harvest it and add it to your bag.

- \* Hiromi Red Plums
- \* Pluots: Flavor Grenade, Dapple Dandy, Flavor Heart, Blue Danube & Flavor Queen
- \* Melons: Swan Lake, Sugar Nut, Savor, Haogen, Tigger Armenia, Snow Leopard, Sun Jewel or Oro Rico
- \* Gala Apples
- \* Peaches: Golden Princess & Sweet Dream
- \* Saturn Donut Peaches  
Donuts that are actually good for you packed into cheery pink boxes!
- \* Red Dandelion Greens
- \* Bell Peppers: Islander, Bianca White, Napoleon Sweet or Corno Di Toro
- \* Cucumbers: Boothby's Blonde, True Lemon, Satsuki Midori or Armenian
- \* Tomatoes: Nyagous Black, San Marzano, Burbank, Pink Beauty, Moonglow, Glacier or Cherokee Purple
- \* Sweet Reba Acorn Squash
- \* 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)

- \* Orzo & Cheese Stuffed Acorn Squash
- \* Dandelion Greens Fettucini
- \* Dandelion Greens with Warm Balsamic Vinaigrette
- \* Greek Orzo & Shrimp Salad
- \* Peach Yogurt Pops
- \* Cucumber & Tomato Tzatziki
- \* Bell Pepper Salad
- \* Cucumber, Tomato & Feta Salad
- \* Grilled Peach Sundaes

### Crop Talk

This week marks the halfway point for Tiny's 2008 harvest season. We'd like to welcome our 'Later Season' harvest members and give a 'shoutout' to all of the full season members as well!

The change in season brings less daylight hours to get the job done, however the Tiny's Organic crew, who doesn't mind putting on an extra sweater for the cool mornings, welcomes that extra hour of sleep! Harvest is in full swing out on the farm. We're busy picking pluots, peaches and apples in the orchard and planting our fall crops out in the field. The crew is all fired up for our fall crops and can't wait to share them with you!



Flavor Grenade Pluots are crispy and juicy like an apple. Eat them firm and crunchy to get the full experience!

### Flavor Grenade Pluots

With a sweet and plummy tang, Flavor Grenade's crunchy yellow flesh makes this pluot a dynamic standout! Its green skin flushes red and amber when tree ripened. Stores in your refrigerator almost forever. Ideal for eating on the go, Flavor Grenade can also be cut up for fresh, raw salads or baked into tarts. Try chopping and stirring into your morning yogurt or hot cereal. Blend into pancake or muffin batter before cooking or baking.

Slice and use to top ice-cream for a light, refreshing summer dessert. The whole family will love you!

### Sweet Reba Squash

Winter squash doesn't just grow in the winter! On Tiny's farm, they start maturing in mid-summer. Unlike summer squash, which can be eaten raw, most winter squash need to be cooked. Store in a cool, dark place for several weeks. Sweet Reba is a black skinned, ribbed acorn squash. This delicious favorite is nutritious and versatile. Thought to be medicinal for the stomach and spleen, acorn squash is best when baked. For yummy comfort food, scoop out the baked sumptuous yellow-orange flesh and mix with a pat of butter, maple syrup, raw sugar and cinnamon.

### Cucumbers

Did you know that cucumbers are good for your outside as well as your insides? Place chilled cucumber slices on your eyes for ten minutes to reduce puffiness and de-stress. Cucumber puréed with witch hazel also makes a simple facial toner. Quench your on-the-job thirst by chilling water with cucumbers sliced lengthwise in your water bottle overnight and take to work.

### Hiromi Red Plums

Plums are a tasty source of lutein, an antioxidant that is necessary for good vision. Sweetly complex in taste, Hiromi Reds can grow as big as medium-sized apples. Allow your Hiromi Red plums to soften on the countertop for the maximum flavor; then store in the refrigerator for a few days. Make mouth-watering stone fruit compote by chopping the plums up with peaches and pluots. Mix with lime juice and a few tablespoons of sugar. Allow all ingredients to soak together for about a half hour then enjoy with whipped cream and chopped nuts or as a topping for waffles, cookies and cake.

### Melons

New melon varieties spilling into your CSA bags include classic Oro Rico cantaloupes, small yellow Sugar Nut melons, green-striped Israeli Haogen melons, Asian Swan Lake melons with their orange, peach and salmon swirled white flesh and bright yellow Tigger Armenia melons striped with fire-engine red. Richly flavored melons give off a sweet fragrance when ripe. Melons can be refrigerated uncut for up to 5 days. Cut melon should be tightly wrapped with plastic (it can quickly absorb other food odors) and refrigerated for up to 3 days.

### Tomatoes

Beautiful and incredibly delicious heirloom tomatoes come in a variety of colors! Dark mahogany Nyagous Black tomatoes have gray-green coloring around the stem, bittersweet San Marzano tomatoes, small, deep red Burbank tomatoes contain a very high level of free amino acids, pink and perfect richly flavored Pink Beauty tomatoes, Moonglow tomatoes are yellow-gold and great for slicing, sweet, orangey-red Glacier tomatoes are fabulous and Cherokee Purple flaunt reddish-purple skin with green shoulders. These tomatoes are very delicate which is why you don't often see them in grocery stores. Don't refrigerate, rather keep them stem-side down on the counter until you're ready to eat! Tomatoes pair well with mozzarella, ricotta and blue cheese, basil, cucumbers, chicken, beef, onion, garlic, potatoes and shellfish.

### Red Dandelion Greens

While you're undoubtedly familiar with dandelion greens on lawns, you're probably less acquainted with them on the dinner table. They boast a pleasantly bitter flavor that perks up salads. The name comes from the French *dent de lion*, meaning 'lion's tooth', a reference to the leaves' saw-toothed edges. Wash leaves just before using and remove the ends. Store them in a plastic bag in the refrigerator for up to three days. Add raw dandelion greens to salads or cook like spinach. Dandelion greens have a pleasing bitterness that's offset by the richness of the oil it's sautéed in. The leaves have a high content of vitamin A as well as moderate amounts of vitamin D, vitamin C, various B vitamins, iron, silicon, magnesium, zinc and manganese.

### Orzo & Cheese Stuffed Acorn Squash

1 Sweet Reba Acorn Squash, halved & seeded

¼ cup water

1 cup orzo (rice-shaped pasta)

1 cup milk

½ cup vegetable broth

½ cup grated sharp cheddar cheese

½ cup plus 2 tbsp freshly grated Parmesan cheese

Dash of hot pepper sauce (Tabasco will do)

Preheat oven to 400° F. Cut off thin slice from rounded side of each squash half.

Arrange squash open side down in roasting pan. Add ¼ cup water to pan and cover tightly with foil. Bake until squash is tender about 35 minutes. Remove from oven; discard water. Turn squash open side up. Sprinkle with salt and pepper. Maintain oven temperature. Cook orzo in pot of boiling salted water until almost tender, about 5 minutes. Drain. Pour milk & broth into same pot. Bring to boil and add orzo, boil until liquid thickens and orzo is tender, stirring frequently, about 5 minutes. Remove from heat. Stir in cheddar and ½ cup parmesan. Season with hot pepper sauce, salt and pepper. Divide orzo mixture among squash halves. Sprinkle with 2 tbsp parmesan. Bake until tops begin to brown, about 25 minutes.

### Dandelion Greens Fettuccini

*\*This fresh, homemade pasta recipe does not require a pasta machine*

1 bunch dandelion greens

2 eggs

1 ½ cups flour

½ tsp salt

Whiz dandelion greens and eggs in a blender until smooth. Transfer to a bowl, add salt and flour while mixing. Turn out onto floured surface and knead dough for 5 minutes or until smooth. Roll out with a rolling pin to 1/8" or thinner. Let dough dry for 1 hour, then cut into strips. Cook in boiling water for 1-2 minutes. Drain and eat with stewed heirloom tomatoes and a little parmesan cheese.

### Dandelion Greens with Warm Balsamic Vinaigrette

1 bunch dandelion greens, tough stems discarded

1 garlic clove, minced

1/8 cup hazelnuts, coarsely chopped

1 tbsp organic extra-virgin olive oil

2 tsp balsamic vinegar

Salt and pepper to taste

Feta cheese, crumbled

Cut top 5 inches from greens and reserve leaves. Cut remaining greens into 3/4-inch slices. Transfer all greens to a large salad bowl. For the dressing, in small heavy skillet sauté garlic and nuts in oil over moderate heat stirring until garlic is golden. Stir in vinegar and salt and fresh-cracked pepper to taste. Pour hot vinaigrette over greens and toss to combine.

### Greek Orzo & Shrimp Salad

1 box orzo (rice-shaped pasta)

Feta cheese, crumbled

Chopped fresh dill (dried will work)

Juice of 2 fresh lemons

Olive oil

2 lbs uncooked medium shrimp, peeled, deveined

2 cucumbers, chopped into 1/4-inch-thick pieces

3 tomatoes, chopped

Fresh dill sprigs for garnish

Cook orzo in large pot of boiling salted water until just tender, about 10 minutes.

Drain and rinse with cold water to cool. Transfer to large bowl. Add feta, dill, lemon juice, oil and mix well. Cook shrimp in large pot of boiling salted water until pink and just cooked through, about 2 minutes. Drain. Rinse with cold water to cool. Mix shrimp, cucumbers and tomatoes into salad. Season to taste with salt and pepper.

### Peach Yogurt Pops

*\*Fun for kids, healthy, cooling and delicious, it's the perfect summer snack! Use any kind of fruit, juice or flavored yogurt.*

1 cup plain yogurt

1 peach, chopped

1 tsp vanilla extract

Pinch of cinnamon

1 cup organic apple cider

Blend all ingredients together and pour into small paper cups or popsicle holders.

Place in freezer and check after a couple of hours. When half frozen, place a spoon or popsicle stick in each cup. When the pops are completely frozen, turn the cups upside down and run them under warm water for a few seconds until the pop slides out. Now enjoy your treat and chill out!

### Cucumber & Tomato Tzatziki

*\*Refreshing accompaniment to lamb, fish or rice.*

3 c plain Greek yogurt (do not use low-fat or nonfat)

2 cucumbers, chopped

3 tbsp finely chopped fresh dill

1 large garlic clove, minced

1 large tomato, chopped

Place chopped cucumber & tomato in strainer; let stand at room temperature until most of liquid drains out, about 3 hours. Discard liquid. Mix cucumber, tomato, dill and garlic into yogurt. Season to taste with salt and pepper and serve.

### Bell Pepper Salad

2 bell peppers, quartered and seeded

3 tbsp olive oil

2 tbsp onion, minced

1 clove garlic, minced

2 medium, very ripe tomatoes, diced

1 tsp ground cumin

¼ tsp cayenne

½ tsp balsamic vinegar

Place peppers skin-side up on broiler pan in a single layer. Broil 6 inches from heat moving them occasionally until they are evenly charred (10 to 13 minutes). Remove from broiler cover with kitchen towel and peel when cool. Heat 2 tbsp oil over medium-high heat, sauté onion for one minute then add garlic and sauté for another 30 seconds. Add peppers, lower heat to medium and cook, stirring frequently for 5 minutes. Stir in tomatoes, salt, cumin and cayenne and cook until some of the liquid boils away, about 6 minutes. Arrange pepper quarters on large plate. Whisk together remaining oil, vinegar, salt and pepper and pour over peppers.

### Cucumber, Tomato & Feta Salad

Cucumbers, cubed

Tomatoes, cubed

Feta cheese, cubed

Kalamata olives, pitted

Vinegar or lemon juice

Extra virgin olive oil

Sea salt & ground pepper, to taste

In a small bowl, toss cucumber, tomatoes & olives. Add feta cheese and drizzle with a little vinegar or lemon juice and olive oil and season with salt and pepper. Serve with fresh sliced baguette.

### Grilled Peach Sundaes

Peaches, halved and pitted

1 tsp canola oil

2 scoops nonfat vanilla frozen yogurt

1 tbsp toasted unsweetened coconut

Preheat grill to high. Brush peach halves with oil.

Grill until tender. Place 2 peach halves in each bowl and top with a scoop of frozen yogurt (or sorbet) and coconut.

*For CSA related questions, please call our Seattle Home Office, 206.762.0577 or visit our website, [www.TinysOrganic.com](http://www.TinysOrganic.com).*