



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 13 ♦ SEPTEMBER 10

### 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 possible minute. If a variety is ready at that time, we add it to your bag.

- \* Apples: Gala & Honeycrisp
- \* Arctic Queen Nectarines
- \* Melons: (depending on size, one or more of) Honey Pearl, Oro Rico, Sugar Nut, Savor, Haogen, Swan Lake, Tigger Armenia, Snow Leopard or Sun Jewel
- \* Peaches: Jupiter Donut, Blushing Star and Golden Princess Peaches
- \* Plums & Pluots: Flavor Grenade, Dapple Dandy, Hiromi Red Plum and Blue Danube Pluots
- \* Bell Peppers: Islander, Bianca White, Napolean Sweet or Corno Di Toro
- \* Cucumbers: Boothby's Blonde, True Lemon, Satsuki Midori or Armenian
- \* Sherwood Leek
- \* Summer Squash: (depending on size, one or more of) Eight Ball, Flying Saucer, Jaune et Verte, Green Scallop, Yellow Crook Neck, Floridor, Zephyr, Yellow Scallopini or Costa Romanesco
- \* Table Gold Winter Squash
- \* Tomatoes: Nyagous Black, San Marzano, Burbank, Pink Beauty, Moonglow, Glacier or Cherokee Purple
- \* Eggplant: (depending on size, one or more of) Rosa Bianca, Louisiana Long Green, Snowy White, Applegreen or Imperial Black Beauty

### This Week's Recipes

(Recipes on back)

- \* Summer Squash Ragout Bacon and tomatoes
- \* Bell Peppers Stuffed with Love
- \* Harvest Stuffed Table Gold Squash
- \* Table Gold Squash Baked with Apples
- \* Quick Apple Tart & EZ Pie Crust
- \* EZ Baked Eggplant & Heirloom Tomato Sauce

### Crop Talk

Thanks to everyone who sent in feedback about the first half of this year's CSA! Many comments centered on: 1. Too much summer squash 2. Too many cucumbers 3. Liked all the fruit, especially cherries 4. Bag exceeds expectations 5. Incredible flavor you can't find in a store 6. Fruit too hard, fruit too soft 7. Too much fruit 8. Too much of everything in bag, too little in bag.

Overall, comments from all members were very favorable and if you have anything you'd like to add, email us at: [info@ilovetiny.com](mailto:info@ilovetiny.com)

Our basic philosophy is to include items from our farm only and we're well aware of a possible lack of diversity in the first half. That said, here's a rundown of first half crop issues: Cold weather slowed beets and carrots to the point that bugs and weeds prevailed. Cauliflower, broccoli and cabbage were attacked by bugs. Summer weather too hot for greens but we should have more coming up in the next few weeks as temperatures cool. Tomatoes finally here as a dark spring slowed initial growth. What you'll see in upcoming weeks: In addition to fruit/melon/winter squash, expect carrots, fennel, leeks, celery root, turnips, arugula, rootabaga, pac choi and kale as a few items that we hope to add to the regular weekly selections.



Honeycrisp apples are finally here! Crunchy, juicy, sweet and just a bit tart, this exciting apple is a new introduction developed by the University of Minnesota.

### Honeycrisp & Gala Apples

Visions of apple tarts, pies and cider are dancing in our eyes as apple season slowly gets underway! This week brings two varieties you're sure to enjoy. Originally developed in New Zealand, Gala apples have caught on in a big way in the US. Unique in appearance, with red-orange rays streaking over a yellow background, the Gala is a full-bodied sweetly crisp apple. Eat fresh out of hand or mix the cream-colored apple slices into your fruit crumbles and crisps. We were also pleased to be able to pick a few Honeycrisp apples for our CSA members this week. They may have some little black dots (aka bitter pit) on their skin but are otherwise fine and dandy! The high water content in the Honeycrisp apple makes it a juicy and refreshing treat. It can be eaten fresh and is quite handy in the kitchen as well. Try baking and cooking apples with ginger, vanilla, cinnamon, cloves and allspice. Apples easily keep well in the refrigerator for up to two weeks.

### Arctic Queen Nectarines

Mottled red skin belies the sweet white flesh of freestone Arctic Queen nectarines. Packed perfectly ripe and ready for eating, make sure to use them up as soon as possible! Slice up this nectarine for a fresh twist to your classic grilled chicken salads; just add fresh goat cheese and a little balsamic vinaigrette and you're good to go. Alas, this week is the end of the Arctic Nectarine crop. Frost decimated 90% of the blossoms in the spring.

### Pluot & Plum Mix

Your mix of pluots and plums this week features a Tiny's original, the Blue Danube pluot. It has a deep reddish-blue skin and gold flesh. It's a special blend of tart skin contrasted with sweet vanilla flesh. All of your pluots and plums are ready to eat; remember Flavor Grenades are at peak flavor and texture when crispy! However, if desirable, they'll easily store in your refrigerator or leave on the counter to soften a bit before eating.

### Leeks

No need to call the plumber, the leek in your CSA bag is in no need of repair! Low in calories, high in folate, iron, vitamin B6 and C, mildly diuretic leeks are sweet in flavor and lusciously tender when cooked. They have tightly wrapped layers where soil can easily hide so be sure to wash well in cold water before using. They go well with ham, cream, potato, fish, sun-dried tomatoes and eggs for starters. Chop and toss into omelettes, tarts, soup and fritattas or sauté solo in white wine. Store leeks in a plastic bag in the fridge for up to five days.

### Tomatoes

Mineral rich and high in Vitamins A and C, fresh heirloom tomatoes are a succulent addition to seasonal summer eating. This season the tomatoes took an unusually long time to grow and ripen so we're very happy to finally be able to share them with you! Please be aware, certain tomato varieties sport thin skins that sometimes split around the stem while on the vine but this has no effect on the quality or flavor of the fruit. Now is the time to enjoy fresh tomatoes prepared with minimal fuss! Keep tomatoes stem down on the counter until ready to eat. Just rinse with cool water before use. Then chop and add to salads, sauces, chutneys, fresh salsas and pasta dishes. For a simple appetizer or side dish slice, drizzle with olive oil, sprinkle a little salt and pepper on top and serve with fresh mozzarella. Stuff with breadcrumbs, garlic, your favorite spices and herbs; add a touch of olive oil and bake to make easy oven roasted tomatoes.

### Table Gold Winter Squash

Winter squash are said to continue sweetening even off the vine. Dark green in appearance, this yellow-fleshed winter squash is excellent for baking. Cut in half and remove seeds then brush with oil and bake cut side down at 350F until tender. Scoop out the cooked flesh after it has cooled; mash n' mix with butter, salt and a touch of cream and use to stuff ravioli or as pie filling. Store uncut winter squash outside the refrigerator; keeps for several months. Cut winter squash can be wrapped in plastic and stored in the refrigerator for up to a few weeks.

### Summer Squash Ragout with Bacon and Tomatoes

2-4 summer squash, ¼ inch slices  
Sprinkle salt on squash and then place in a colander to drain  
2-4 tomatoes, diced  
2 tbsp olive oil  
2 slices bacon or pancetta, cut into small pieces  
¼ cup leek, thinly sliced  
Basil & Parsley, chopped (optional)

Heat oil in pan, add bacon or pancetta & sliced leek. Cook for 10 minutes until tender, then add tomatoes. Cook for another 7 minutes or until tomatoes begin to break down. Add the sliced summer squash and cook, stirring occasionally until tender and sauce is thick. Turn heat down if sauce is boiling rapidly or if it starts to stick. Season with fresh-ground black pepper, salt and fresh herbs, if desired. *Serve warm or at room temperature as an antipasto dish or on top of grilled or toasted bread.*

### Harvest Stuffed Table Gold Squash

1 squash, halved lengthwise, seeds and stringy stuff removed (see note below)

½ cup organic brown rice  
¼ cup wild rice  
2 cups vegetable broth or water  
1 tbsp olive oil  
¼ cup leek, finely chopped  
¼ cup diced bell pepper  
¼ cup pecans, coarsely chopped (you may use any nut of your preference)  
¼ cup dried apricots, diced  
¼ cup dried cranberries  
1 ¼ tsp ground ginger  
Pinch of each, black pepper, ground cardamom & ground cloves  
½ tsp cinnamon  
Sea salt

Preheat oven to 375° F. Cook both varieties of rice together in broth or water with ¼ teaspoon of salt. Meanwhile place squash halves cut side down into a large shallow baking dish or cookie sheet and bake for 30 minutes. In a skillet sauté leek in olive oil until it becomes golden brown. Add bell pepper and sauté a couple more minutes. Remove from heat. Use a large mixing bowl and blend this mixture together with the cooked rice, cranberries, nuts, apricots and remaining seasonings. When done, remove the partially baked squash from the oven. Spoon out some of the cooked squash and mix it with the rest of the ingredients. Be sure to scrape only a little; you want to leave squash in the shells too. Press the rice mixture into each squash cavity, mounding rice as much as possible (depending on how large the squash are, you may end up with some leftover rice mixture which makes a great side dish by itself). Cover with foil and bake for 30 minutes or until squash flesh is thoroughly tender. *Note: Don't discard the nutritious squash seeds. Instead, rinse the seeds and remove the membrane. Pat dry. Spray a baking sheet with olive oil and spread the seeds evenly on the sheet. Spray seeds lightly with olive oil and sprinkle with sea salt or any other favorite seasoning (optional). Bake the seeds in a 375°F oven for about 15 minutes or until they're golden brown. Enjoy immediately as a warm snack, or store them in an airtight container for up to one week.*

### Bell Peppers Stuffed with Love

1 cup jasmine rice  
4 bell peppers  
3 cups veggie stock  
¼ cup leeks, finely chopped  
1 can tomato paste  
2 tbsp apple cider vinegar  
½ cup parsley, chopped  
¼ cup toasted pine nuts  
½ cup raisins  
1 tsp cinnamon  
1 tsp curry

Cut tops off peppers and remove seeds & membrane. Blanch for 2 minutes in boiling water. Set aside, upside down, to dry. Cook rice with 2 cups veggie stock. Set aside. Sauté leek in olive oil until almost golden brown. Add raisins, vinegar, cinnamon and curry and cook until leeks are soft. Add tomato paste, pine nuts, rice and parsley. Keep over heat and mix well, stirring for several minutes. Add salt and pepper to taste. Add remaining veggie stock to a baking dish. Stand peppers in baking dish and stuff with mixture. Drizzle with oil and bake at 350 F for 40 minutes or until peppers are tender.

### Classic Baked Table Gold Squash

1 Table Gold Squash  
1 tbsp Butter  
2 tbsp brown sugar  
2 tsp maple syrup  
2 tbsp chopped walnuts  
Dash of salt  
Preheat oven to 400°F

Cut squash in half lengthwise from stem to end. Scoop out seeds and stringy stuff in the center of each half. Score the insides of each half several times with a sharp knife. Place each half in a baking pan cut side up. Add about a 1/4 inch of water to the bottom of the baking pan so the skins don't burn and the squash doesn't get dried out. Coat the inside of each half with 1/2 tbsp of butter. Add a dash of salt if you are using unsalted butter. Add a tbsp of brown sugar to the cavity of each half. Dribble on a teaspoon of maple syrup to

each half. Bake in the oven for 1 hour or until squash is very soft and the tops are browned. Do not undercook. When finished, remove from oven and let cool a little before serving. Spoon any buttery sugar sauce that has not already been absorbed by the squash over the exposed areas.

### Table Gold Squash Baked with Apples

1 Table Gold Squash, halved lengthwise, seeds removed  
½ cup brown sugar

3 apples, sliced  
Cinnamon & nutmeg  
Butter

Parboil (partially boil) acorn squash halves for 15 minutes. Then place in a buttered baking pan. Mix brown sugar with sliced apples and add a dash of nutmeg and cinnamon. Fill cavities of squash with apple mixture, dot with butter. Bake 40 minutes at 350 degrees.

### Quick Apple Tart

3 apples, sliced very thinly  
2 tablespoons (1/4 stick) unsalted butter, melted  
3 tablespoons sugar mixed with ½ tsp ground cinnamon

¼ cup apricot jam, melted

EZ Pie Crust (see next recipe)

Preheat oven to 375°F. Unroll cold crust onto parchment lined baking sheet. Arrange apples into center of crust, leaving 1 ½" border; brush apples with melted butter, sprinkle with cinnamon & sugar then drizzle melted jam over apples. Fold crust edges up over apples. Brush crust with water; sprinkle crust and apples with raw sugar. Bake tart until crust is golden and syrup is bubbling, about 45 minutes. Cut warm or room temperature tart into wedges.

### EZ Pie Crust

1 ½ cups flour

1 tbsp sugar

½ tsp salt

1 stick butter, cut into small pieces

1 egg yolk or ¼ cup plus 1 tbsp water

Mix flour, sugar, salt in large bowl. Cut butter

into mixture with fork until mixture

resembles coarse sand. Beat yolk or water in

another bowl with fork. Add to flour mixture and

blend until dough comes together. Transfer to

wax paper and press into flat disk. Wrap tightly,

chill 1 hour or overnight (or not).

### EZ Baked Eggplant

2 eggplant, cut in ½ inch slices

Heirloom tomato sauce (see next recipe)

2 tbsp olive oil

10 oz sliced Mozzarella cheese

Parsley, minced

Coat medium size dish with olive oil & layer with

eggplant. Pour ¾ of the heirloom tomato sauce

over eggplant and layer cheese on top. Add

remainder of sauce and sprinkle with minced

parsley. Bake 45 minutes at 350F.

### Heirloom Tomato Sauce

3 medium tomatoes, chopped

¼ cup wine

3 tbsp olive oil

3 cloves garlic, minced

2 tsp dried oregano & basil

Red pepper flakes (optional)

Salt to taste

Combine all ingredients in a pot, cover, simmer, stirring occasionally until tomatoes break down and sauce thickens.

*For CSA related questions, please call our Seattle Home Office, 206.762.0577 or visit our website, www.TinysOrganic.com.*