



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 14 ♦ SEPTEMBER 17

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.

- * **Gala Apples**
- * **Pears:** 20th Century Asian Pears or Hosui Asian Pears or Concorde or Bartlett Pears
- * **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
- * **Arctic Blaze Nectarines**
- * **Indian Blood & Blushing Star Peaches**
- * **Plums & Pluots:** Flavor Grenade, Dapple Dandy and Hiromi Red Plum
- * **Basil**
- * **Rainbow Chard**
- * **Bell Peppers:** Islander, Bianca White, Napolean Sweet or Corno Di Toro
- * **Cucumbers:** Boothby's Blonde, True Lemon, Satsuki Midori or Armenian
- * **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
- * **Tomatoes:** Nyagous Black, San Marzano, Burbank, Pink Beauty, Moonglow, Glacier or Cherokee Purple
- * **Winter Squash:** Sweet Dumpling

This Week's Recipes

(Recipes on back)

- * Tomato & Summer Squash Julienne in Balsamic-Basil Dressing
- * Muhamarra: A Bell Pepper Spread
- * Chard & Baked Cheese Polenta
- * Oven Roasted Tomatoes
- * Sweet Dumpling Squash Bread
- * Tomato Basil Pesto
- * Mediterranean Rainbow Chard
- * Brown Sugar & Basil Peaches

Crop Talk

Let's go one more round on how peaches and nectarines are picked and ripened. "Tree Ripe" is a term used by grocery stores to make you think they were picked soft on the tree. Of course, the real truth is that grocery stores have no idea about how stone fruit is or should be picked. Growers who pick for grocery stores always pick at least 4-5 days before the fruit is truly ready to be picked, when the fruit is green and hard and immature. The reason for that is so that the grocery store won't 'kick' a load of fruit from the grower for being too ripe, or soft. If a buyer finds one or two fruits in a box that are slightly soft, the whole load gets 'kicked' and the grower gets nothing. So the smart grower picks well in advance of maturity to make sure none of the fruit is soft when it gets to the store. That way he/she won't lose a whole bunch of money. The fruit tastes like cardboard but the store doesn't care about that. On the other hand, growers who pick for Farmers Markets or CSA's know their member/customers like fruit that tastes good so they pick the fruit at optimum maturity. The fruit is still slightly firm when picked but ripens properly and tastes great. Also, peaches and nectarines are NEVER picked soft on the tree because they bruise terribly the moment they're put in the picking bucket.

Expand your culinary horizon with the Russian Nyagous Black tomato! Its red, dark mahogany and grey-green skin makes it a true standout in your CSA bag.



Mixed Heirloom Tomatoes

"I say 'tomato', you say 'tomato'," however you pronounce it, tomatoes enrich our tables and our health. They are full of lycopene, a powerful antioxidant, plus Vitamins K, C and A. Even if you're not normally a tomato lover, why not sample the varieties in your bag this week? Nibble on a slice of golden Moonglow paired with a thick slice of mozzarella or pop a Cherokee Purple or Glacier right in your mouth. Revel in the mild and complex tastes that in no way resemble flavorless mass-produced tomatoes. Make a quick summer dinner by grilling an open-faced cheese and tomato sandwich on your favorite bread. And take a moment to admire the beautiful Pink Beauty tomato in all its splendid pink

perfection. Who knew that a light pink tomato could be both ripe and delicious? Keep your tomatoes stem down on the counter until ready to eat. Four-ingredient (day-old bread, tomatoes, basil and vinaigrette) Panzanella salad and oven-roasted tomatoes with garlic quietly reveal the best in Tiny's first few tomato pickings of 2008. While we recommend eating them as fresh and simply prepared as possible, tomato novices may prefer to work with a recipe. Also soon the time may come when the novelty of having tomatoes in your CSA bag wears off. What to do? Start with This Week's Recipes on the back page. Then try making a homemade grilled pizza and top with fresh tomato. Tomato tarts are a nice change of pace. There are only eight weeks of CSA deliveries to go so think about putting tomatoes aside for the winter. Canning small jars of tomato sauce or making tomato confit (preserving them in olive oil) will save time when cooking later. Other options include oven-drying tomatoes at low heat overnight. They can be bagged and kept in a dark place for up to six months or placed in an airtight container in the fridge for eight months and the freezer for up to a year.

Indian Blood & Blushing Star Peaches

Here's your chance to preserve the season's bounty for months to come! This week's peaches are the perfect pair for not only eating fresh out of hand but for freezing, preserving and canning. Blushingstar is a classic white freestone low acid peach that has the perfect golden peachy skin and should be allowed to soften at room temperature before eating. Indian Blood is a tangy bleeding flesh clingstone peach with tiger-striped skin. To cut down your pie making time for those cool weather get-togethers, why not freeze your pie filling ahead of time? Slice and blanch your peaches, then mix with sugar. Line a pie dish with plastic wrap and pour in your peaches. Place in the freezer until solid then remove from pan, wrap tightly store until needed. Make an easy crust and press it into the pie pan, place the frozen filling on top, sprinkle on your favorite spices and bake!

20th Century Asian Pears

Tiny's Organic orchard sports just a couple rows of very young pear trees. One of the varieties is the 20th Century Asian pear. Smooth, crunchy and round like an apple this is a mildly sweet treat. It takes a lot of patience to grow pears; their trees may fruit 8-20 years after planting. This season only a few pears came in and we are giving them to you.

Rainbow Chard

A member of the Goosefoot family along with beet and spinach, rainbow chard is a glossy leafy green with stems of white, yellow and red. Fully edible, both the leaves and stems of rainbow chard are good sources of Vitamin K, A, C as well as magnesium, manganese, potassium and iron. Chard is quite tender and only needs to be cooked briefly. It should be used as quickly as possible, though if you plan on keeping it for a weekend dish, wrap in moist paper towels then seal inside a plastic bag and store in the crisper drawer for up to 5 days. Leafy greens are nothing to be afraid of; they can easily be adapted to almost any meal. Serve as a side dish alongside beans, pasta or potatoes. Mix into soups or layer into enchiladas and crepes. Slice very thinly, sauté with garlic and add to scrambled eggs or omelettes. Rainbow chard pairs well with lemon, raisins, currants, olive oil, garlic, chilies, cured meats and can be used to wrap meat, grain or fish fillets.

Tomato & Summer Squash Julienne in Balsamic-Basil Dressing

1/3 cup balsamic vinegar
1/4 cup extra virgin olive oil
1 1/2 tsp minced garlic
1 tsp salt, to taste
1/2 cup firmly packed fresh basil, finely chopped
1 1/2 lb summer squash
2 lbs heirloom tomatoes

Mix together the vinegar, oil, garlic, salt and basil and set aside. Cut the tomatoes into 1/2-inch cubes and place them in a mixing bowl. Cut each summer squash crosswise into very thin diagonal slices, then cut each slice into thin Julienne sticks and place in a separate bowl. Pour half the dressing over the tomatoes and the other half over the summer squash. Mix lightly, cover and marinate the tomatoes and summer squash in the fridge for at least an hour and for up to 24 hours. If the olive oil solidifies during cooling, bring to room temperature before serving. Transfer the tomatoes to the center of a serving casserole dish, leaving behind the juices. Surround the tomatoes with a ring of summer squash and serve.

Muhammara: A Bell-Pepper Spread

5 medium bell peppers
1 1/3 cup walnut halves
1 cup shelled cashews (unsalted)
2 tsp whole cumin seeds
1/2 tsp smoked salt (or regular salt + smoked paprika)
1/4 tsp ground chili powder or more, to taste
2 cloves garlic, peeled
2 tsp walnut or olive oil
1 tbsp lemon juice
2 tsp pomegranate molasses or balsamic vinegar

Roast, peel, and deseed the bell peppers; let cool completely. Toast the walnuts, cashews, and cumin seeds in a dry skillet until fragrant; let cool. In the bowl of a food processor or blender, combine the flesh of the bell peppers with all the rest of the ingredients and purée until smooth, scraping the sides of the bowl regularly. Taste, adjust the seasoning and refrigerate until ready to serve. *Tip: Make a day ahead and refrigerate to let the flavors fully develop. Serve on sliced cucumbers or as a topping for bruschetta. For longer term storage, place a piece of plastic wrap directly over the surface of the muhammara, close the container tightly, and put in the freezer. Thaw in the refrigerator before use. Recipe from Chocolate & Zucchini*

Oven Roasted Tomatoes

4 heirloom tomatoes
4 tbsp butter
2 tbsp brown sugar
1/2 tsp salt
1/4 tsp pepper

Cut tomatoes into halves or thirds and coat thoroughly with melted butter. Place face down on a baking sheet and sprinkle with brown sugar, salt, and pepper. Bake at 350F for 2 hours checking occasionally to prevent burning. Let cool and serve on crackers or bread with chevre or other soft cheese.

Recipe by Katharine Isserlis, friend of the farm intern

Tomato Basil Pesto

1 large, very ripe fresh tomato
2-3 cloves garlic, peeled and halved
3 tbsp pine nuts
2 tbsp extra virgin olive oil
1 cup fresh whole basil leaves
1/2 cup freshly grated Parmesan
2 tbsp butter, softened
Salt & freshly ground black pepper

Combine the tomatoes, garlic, pine nuts and oil in a blender and process until just combined. Add a handful of basil and process again briefly; continue adding the basil in small amounts until all is combined. Stir in the Parmesan cheese and butter; season with salt and pepper to taste.

Chard & Baked Cheese Polenta

1 bunch rainbow chard (about 1 1/2 pounds)
8 garlic cloves, minced
2 tbsp water
Olive oil

POLENTA:

1 3/4 cups water
1/4 tsp salt
1 (14 1/2 -ounce) can vegetable broth
1 cup yellow cornmeal
1/2 cup crumbled goat cheese
3 tbsp grated fresh Parmesan cheese
1/4 cup sour cream
Preheat oven to 400°

To prepare chard, remove stems and center ribs. Discard stems and chop ribs; coarsely chop leaves. Heat a large nonstick skillet coated with oil over medium heat. Add garlic; sauté 30 seconds. Add ribs and 2 tablespoons water; cover and cook 5 minutes. Add the leaves; cover and cook 5 minutes or until wilted. To prepare polenta, place 1 3/4 cups water, salt, and broth into a large saucepan. Gradually add the cornmeal stirring constantly with a whisk. Bring to a boil; reduce heat to medium and cook 8 minutes stirring constantly. Add cheeses, stirring constantly with a whisk. Spoon half the polenta into a 2-quart baking dish coated with oil, spreading evenly. Top with the chard mixture. Spoon sour cream over chard, spreading evenly. Quickly add remaining polenta, spreading evenly. Bake at 400° for 20 minutes. Let stand 5 minutes.

Mediterranean Rainbow Chard

4 tbsp olive oil
4 cloves garlic, minced
1 bunch Rainbow Chard, coarsely chopped
1/4 cup pine nuts, toasted
1 tsp capers, rinsed
1/3 cup golden raisins
1 tbsp lemon juice
Salt & pepper

Heat olive oil over med-high heat in a large skillet. Cook the garlic until lightly brown. Add the chard and cook until wilted. Stir in the remaining ingredients, season to taste with salt and pepper. Cook until lemon juice evaporates.

Brown Sugar & Basil Peaches

3 tbsp unsalted butter, softened
3 tbsp dark brown sugar
2 tsp chopped fresh basil
Pinch ground cinnamon
Pinch salt
4 ripe peaches, halved and pitted
Greek yogurt
Heat toaster oven to 375 degrees on 'bake' setting for 5 minutes. In a small bowl mash together butter, sugar, basil, cinnamon and salt. Spoon mixture into cavities of peach halves and arrange peaches stuffed side up on toaster oven's baking pan with rim. Bake until peaches are softened and butter is bubbling, about 20 minutes. Serve hot, warm or at room temperature, with generous spoonfuls of Greek yogurt. *Recipe adapted from The New York Times*

Sweet Dumpling Squash Bread

Makes 3 loaves

3 1/2 cups flour
3 cups sugar
1/2 tsp baking powder
2 tsp baking soda
1 tsp salt
1 tsp cloves
1 tsp cinnamon
1 tsp nutmeg
1 tsp ginger
1 cup water
1 cup oil
2 cups sugar dumpling squash, cooked until soft & cooled
4 large eggs

Grease and flour 3 9" x 5" loaf pans. Pre-heat oven to 325 F. Combine dry ingredients. Add water, oil, eggs and squash. Fill each loaf pan half full with batter. Bake for 1 hour and 15 minutes or until a toothpick inserted into the center of the loaf comes out clean.

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