



Fresh from the Farm

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

WEEK 15 ♦ SEPTEMBER 24

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**
- * **Arctic Blaze Nectarines**
- * **Ryan Sun Peaches**
- * **Pluots:** mix of Flavorich, Flavor King and Dapple Dandy
- * **Lemon Thyme**
- * **Jericho Romaine Lettuce**
- * **Walla Walla Onion**
- * **Bell Peppers:** Chocolate Bell, Islander, Bianca White, Napoleon Sweet, Healthy Red or Corno Di Toro
- * **Eggplant:** (depending on size, one or more of) Rosa Bianca, Louisiana Long Green, Snowy White, Applegreen or Imperial Black Beauty
- * **Tomatoes:** Nyagous Black, San Marzano, Burbank, Pink Beauty, Moonglow, Glacier or Cherokee Purple
- * **Winter Squash:** Blue Ballet or Hokkaido

This Week's Recipes

(Recipes on back)

- * Lemon Thyme Vinaigrette
- * EZ Pizza Dough with Mozzarella, Parmesan, Caramelized Onions, Summer Squash and Lemon Thyme
- * Red Wine Nectarine Sauce mixed with Mascarpone and Shredded Chicken stuffed in Manicotti
- * Peaches & Honey
- * Lumaconi n' Autumn Veggies
- * Country Gala Apple Cake
- * Lemon Thyme Cookies

Crop Talk

Fall is finally here and the frost is literally on the pumpkin as we experienced our first frost yesterday morning when the overnight temperature dropped to 30F and froze some vegetable leaves in the lower section of the farm. Vegetables are much trickier than fruit when it comes to cold susceptibility because they're right at ground level where the air is coldest. The difference in temperatures can be as much as 10F in 10 feet of elevation. Any temps colder than 32F can damage green leafy vegetables but fruit in trees may realize a minimum of only 40F at the same time vegetables are being damaged from the cold. Another advantage fruit trees have over row crops in addition to the elevation factor is built-in fruit sugar which also provides an 'anti-freeze' effect of protection and in fact may protect some varieties of fruit down to the low 20'sF. Of course, as we all know, our vehicles are also protected with glycol, a form of sugar that keeps car motors from freezing up.



In Eastern Washington, Tiny's stone fruit varieties are in season from mid June through November. Hooray for apriums, cherries, peaches, nectarines, plums and pluots!

Stone Fruit

Tiny's Organic farm crew has picked a new peach variety, a new nectarine variety and two new pluot varieties for you this week. Along with Dapple Dandy Pluots you'll find Arctic Blaze Nectarines (yellow with bright red blush and sweet white flesh), Ryan Sun Peaches (red skin and yellow flesh), Flavorich Pluots (deep purple skin and clear, crunchy orange flesh), Flavor King Pluots (purple with a concentrated plummy flavor). If your stone fruit is harder than you like, keep at room temperature until soft, then store in the refrigerator for a few days. Interestingly, Flavorich Pluots are known to keep well at room temp for up to a month! Hungry for a change in your weekend breakfast routine? Take the Cherry Clafoutis recipe from your Week 7 CSA 2008 newsletter (available online), skip the kirsch liqueur, switch in sliced stone fruit for cherries and voila! You have a Flognarde, Clafoutis with fruit other than cherries. Go wild and experiment by adding vanilla extract or a bit of lemon, lime, orange or other fruit juice to bring out different flavors. We probably have just one more week of peaches and two or three weeks of nectarines left so enjoy while you can!

Gala Apples

Gala Apples are sweet, crisp and a great snack with cheddar cheese. Store apples in the fridge for up to two weeks; if you leave them out they can get mealy textured within a couple of days! Grill apple rings brushed with butter, sprinkle with a cinnamon-sugar-clove mixture and serve with pork chops or chicken.

Lemon Thyme

Similar in appearance to the more common English Thyme, Lemon Thyme differs in its definite lemon aroma and flavor. Use in recipes calling for lemon flavor or zest. Stand the sprigs in a glass of water on your refrigerator shelf to keep fresh or wrap in a moist paper towel sealed in plastic in the fridge. Pairs well with fish, chicken, rice, cous cous and makes flavorsome vinaigrettes.

Bell Pepper

Green bell peppers are twice as high in Vitamin C as citrus fruit of comparable weight. Red and other colored peppers have even more Vitamin C. Store your unwashed bell peppers in the fridge to preserve their nutritional value and crisp crunch. Mince them for relishes or chop into salsas. Stuff with rice or other seasonal vegetables and cheese. For the off-season, chop, seal in a plastic freezer bag and freeze. Or fry up sliced peppers with onions in a bit of olive oil and freeze in an airtight freezer-safe container.

Eggplant

This year's eggplant harvest, while tasty, is a bit lighter than expected. Next year, we'll plant many more in hopes of being able to give you greater variety and quantity. While there may not be enough in your bag to make lots of dips, eggplant can really shine in simple dishes. Just rub with olive oil, sprinkle with salt and pepper and grill or roast in the oven until tender to really bring out the rich flavor. Grilled eggplant is also a nice addition to salads.

Winter Squash

Winter Squash, high in both vitamin A and C, is a good source of vitamins B6 and K, potassium and folate. Hokkaido is an exceptional variety with sweet, rich-flavored, fiberless, delicately flaky and delicious flesh. Blue Ballet is a stunner with its unique blue-gray skin and sweet orange flesh. Store winter squash in a cool spot with good air circulation (not the refrigerator, but a cool pantry or cellar) for up to a month (or longer depending on variety) and wash the exterior just before using. Bigger in size and tougher skinned than summer squash, winter squash may seem to present a bit of a challenge in the kitchen because it is difficult to cut with a knife. No worries! Consider baking whole. Using a whole winter squash, pierce the rind with a fork and bake in a 350F° oven 45 minutes. Test for doneness by piercing with a fork and settle in and enjoy your healthy winter squash!

Lemon Thyme Vinaigrette Salad

1 head Jericho Romaine lettuce, torn into bite-sized pieces
2 eggplants, grilled and sliced
3 bell peppers, grilled and sliced
4 heirloom tomatoes, chopped
1 cup lemon juice
1 tsp ground peppercorns (optional)
1 tsp sea salt
½ cup honey
1 ½ cups olive oil
½ bunch lemon thyme

Arrange grilled peppers and eggplant on a bed of the Jericho Romaine lettuce. Surround with chopped tomatoes. Whisk together lemon juice, peppercorns and salt. Whisk in the honey and then slowly pour in the olive oil and whisk. Drizzle the vinaigrette over the salad.

EZ Pizza Dough (no rise time)

3 cups flour
1 (.25 ounce) package active dry yeast
2 tbsp olive oil
1 tsp salt
1 tbsp sugar
1 cup warm water (110°)

Combine flour, salt, sugar, and yeast in a large bowl. Mix in oil and warm water. Spread out on a large pizza pan. Top as desired. Bake at 375°
Suggestions: Rub olive oil on pizza dough, layer with caramelized onion, thinly sliced tomatoes and goat cheese. Sprinkle with lemon thyme before serving. Left over summer squash? Layer dough with caramelized onion, thin rounds of yellow summer squash, fresh mozzarella, parmesan and fresh lemon thyme.

Red Wine Nectarine Sauce

1 cup dry red wine
1 cup sugar
½ cup water
1 cinnamon stick
1 strip lemon peel
1 strip orange peel
3 ½ c ½-inch cubes nectarines with peel (from 4 to 5 medium)
Stir first 6 ingredients in medium saucepan over medium heat until sugar dissolves. Increase heat and boil syrup 1 minute. Reduce heat. Add nectarines. Simmer until nectarines are tender but still hold shape, about 10 minutes. Transfer sauce to bowl; cool. **DO AHEAD** Can be made 1 day ahead. Cover; chill. Mix sauce with mascarpone and shredded chicken then stuff in manicotti. *Recipe by the Tiny's team of Carla & Eric*

Peaches & Honey

4 peaches, peeled
2 tbsp fireweed honey
½ cup red wine
Peel peaches, slice thinly and place in your serving bowl. Mix the honey into the red wine until dissolved and pour over the peaches. Mix the peaches and wine together and chill in your refrigerator for a few hours. Serve over vanilla ice-cream or yogurt.

Lumaconi N' Autumn Veggies

1 large onion
1 large eggplant or 3 small
2 large summer squash
3 bell peppers, any color
4 tbsp olive oil
½ lb tomatoes, peeled and chopped
½ tsp crushed chilies
Salt to taste
8 basil leaves, torn
4 tbsp freshly grated Parmesan cheese
1 lb lumaconi (snail shaped) pasta
Chop the onion coarsely. Dice eggplant and the summer squash into bite-sized pieces. Remove seeds and cores from bell peppers and chop into ½ in. squares. Put the onion in a large skillet with the olive oil and cook over medium heat until it becomes transparent. Add the eggplant, bell peppers and summer squash. Saute vegetables for up to 8 minutes. Add the tomatoes, crushed chilies, and salt to taste. Cook for 20 minutes. Cook the lumaconi in a large pot of salted, boiling water until al dente. Drain and add to the skillet

with the vegetables. Toss over high heat for a few minutes until well mixed. Add the basil and Parmesan. Serve hot.

Country Gala Apple Cake

½ cup butter
½ cup sugar
Grated rind of one lemon
2 eggs
Dash of salt
2 ½ cups flour
1/3 cup milk
2 tsp baking powder
4 medium Gala Apples
2 tbsp lemon juice
2 tbsp apricot jam
Cream the butter and sugar with the lemon rind. Beat in the eggs, one at a time, followed by the salt and sifted flour, alternating with the milk. Fold in baking powder. Place dough in a buttered and floured 10 inch pie dish. Peel apples, cut in half and core. Cut a grid pattern into the rounded sides and sprinkle with lemon juice. Place the apples, flat side down in the top of the cake. Bake in a preheated oven at 350F for about 45 minutes. When the cake is cooked, spread the top with a little of the warmed, apricot jam and serve.

Lemon Thyme Cookies

1 stick butter
¾ cup sugar
1 egg, beaten
1 tsp vanilla
1 tbsp milk
1 tsp grated lemon zest
½ cup fresh lemon thyme leaves, finely chopped
1 ¼ cup flour
1/8 tsp salt
¼ tsp baking powder
Preheat oven to 350F. Cream butter, gradually adding sugar, and beat until light. Add egg, vanilla and milk and blend until well incorporated. Blend in lemon zest and lemon thyme. Mix flour, salt, and baking powder and sift into butter mixture. Blend well. Arrange by teaspoons on greased cookie sheet and bake 8-12 minutes, until lightly brown. Yield: 3 dozen.
Recipe from Mariquita Farm

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