



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

## Fresh from the Farm

www.TinysOrganic.com (this newsletter also online)

WEEK 16 ♦ OCTOBER 1

### 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:** Hawaii & Gala
- \* **Nectarines:** Arctic Snow
- \* **Peaches:** September Sun
- \* **Pluots:** Flavorich & Flavor King
- \* **Arugula**
- \* **Bunched Beets** (Chiogga &/or Bulls Blood)
- \* **Orion Fennel**
- \* **Bell Peppers:** Mix of Chocolate Bell, Islander, Bianca White, Napolean Sweet, Healthy Red or Corno Di Toro
- \* **Tomatoes:** (some may be green) Mix of Nyagous Black, San Marzano, Burbank, Pink Beauty, Moonglow, Glacier, Blondkopfchen, Arkansas Traveler, Peron or Cherokee Purple
- \* **Winter Squash:** Butternut

### This Week's Recipes

(Recipes on back)

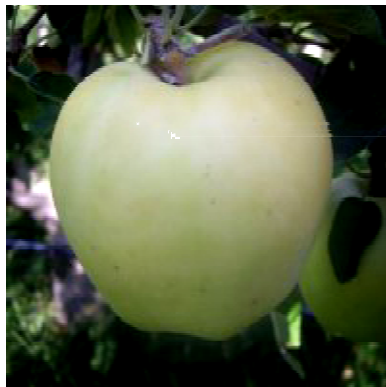
- \* Fennel Frond Butter
- \* Lemony White Fish with Fennel
- \* Mozzarella-Topped Peppers with Tomatoes & Garlic
- \* Fresh Tomatoes & Arugula with Poached Eggs
- \* Butternut Squash Apple Bake
- \* Roasted Fennel & Beets
- \* Nectarine & Arugula Salad
- \* Roasted Beets & Onion Salad
- \* Harvest Roasted Beet, Goat Cheese & Arugula Salad
- \* Butternut Squash, Arugula and Blue Cheese Risotto

### Crop Talk

As this season goes into the fall months, we're getting ready to harvest the later planted crops. Some items getting close to harvest are Arugula, Kale (3 different varieties), radishes, turnips, tatsoi and carrots. On the fruit front, we still have Arkansas Black apples on the trees as well as Fujis, Honey Crunch and Pink Ladies.

Our biggest fear is the lateness of the season. Fujis and Pink Ladies are normally harvested in late October but with the later than normal growing season this year, harvest dates for those varieties may be well into November. And many growers remember November 4, 2003 when the overnight temperature hit 9F. Although apples can withstand temps to the low 20's, once the teens are reached, it's touch and go whether the apples will survive. Mostly it has to do with the sugar content of the apple. Sweeter apples such as Fuji and Red Delicious can survive to the low 20's. Braeburn and Pink Lady apples need 3-4F degrees more to make it.

Another extremely late freeze occurred on Oct 31, 2006 when the temperature dropped to 10F. Given the previous record lows in 2003, most growers were well aware of the cold potential and had all apples safely off the trees even if they were ready to harvest or not. But those who weren't able to find the labor were once again stuck with an orchard full of frozen apples. And with apples frozen at temps that cold, they're not even good for juice when they're frozen solid so they simply drop on the ground as compost.



Pale yellow Hawaii apples are in their second year of production at Tiny's. The Hawaii has amazing aromatic flavor and nice crunch eaten out of hand.

### Hawaii Apples

With 85 percent water content, apples quench our thirsty bodies and cells. The gourmet Hawaii apple is a newcomer to Tiny's orchard; this is only the second year harvested! Hawaiis are one of the most delicate apples, so take care to avoid bruising. The trees have not reached their full production potential so production is limited for this season. The Hawaii is a real treat for the palate when eaten fresh and when baked into desserts such as the French Tarte Tatin, an upside-down tart with caramelized apples.

A Hawaii apple sorbet is also a clean finish to a hearty dinner and are easily stored in your refrigerator for up to two weeks.

### Arctic Snow Nectarines

Good sources of Vitamins C and A, nectarines help cleanse the body when eaten raw. Arctic Snow Nectarines have creamy lime white skin with an occasional red flush. Their white, sweet, low-acid flesh combines well with arugula in salads and can be chopped into salsas accompanied by onions and bell peppers. Best eaten firm but not too hard, soften your nectarines to perfection at room temperature then refrigerate to prevent over-ripening. For long term storage, chop nectarines, seal in a plastic bag and freeze.

### Arugula

Low in calories and high in vital Vitamins C and A, spicy arugula is back in your CSA bag! Best eaten as soon as possible after picking, arugula can be stored unwashed in a plastic bag in the refrigerator. Rinse well in cool water before eating, as arugula leaves may be a little gritty. This versatile green can easily be included in raw and cooked dishes. Toss the fresh green leaves with shrimp and champagne vinegar for a quick salad or grilled pita topper. Sauté arugula with mushrooms and mix with soft cheese for a mellow crepe filling. Roast eggplant and tomatoes and finish with a bit of feta and arugula on top to make a great warm salad or sandwich. Alternatively, whip up a classic Tiny's treat: Crumble blue cheese over sliced nectarines on a bed of arugula, drizzle balsamic vinegar, olive oil and honey on top and season with salt and pepper as you like. Make the dish even better with your favorite toasted nuts! This week's recipes include three different ways arugula can be used to accommodate different tastes. Arugula can also be made into a pesto with olive oil and frozen for future meals.

### Baby Beets with Greens

Beets detoxify our bodies and help strengthen our immune systems. Cut off beet greens and refrigerate for a couple of days. Store beet roots separately in the crisper for up to two weeks. Fresh baby beets and beet greens alike can be shredded or sliced raw into salads and added to soups. Roast the beet roots in olive oil for a sweet treat. The beet greens are delectable sauteed with olive oil and caramelized onions. Serve as a side dish with rice, pasta or another grain and pair with red wine.

### Fennel Fronds

Feathery, green fennel fronds can be used separate from the bulb as a flavorsome stand alone herb. They impart a unique anise taste to many dishes and keep well when wrapped with a moist paper towel inside a plastic bag in your crisper drawer for a few days. Chop and mix into raw salads. Fennel fronds can be stirred into potato salads instead of dill or sprinkled over chopped potatoes and other vegetables and roasted.

### Green Tomatoes

Green tomatoes may show up in your bag from time to time, giving you the option of allowing them to fully ripen over the next few days (place stem down on the counter until the color completely changes) or experiment with their firm texture and clear, sweet taste. Can be made into chutney, salsa, and jam or pickled like cucumbers. Dip slices of green tomatoes in egg, dredge in breadcrumbs (some recommend panko, Japanese-style breadcrumbs) and spices, then fry for about minute on each side to make mouthwatering fried green tomatoes. Green tomatoes may replace green peppers in some recipes.

### **Fennel Frond Butter**

1 stick butter, softened  
1 clove garlic, minced (optional)  
¼ cup fennel fronds, chopped  
1 tsp lemon juice  
Sea salt, to taste

Cream butter and mix with other ingredients in a medium bowl. Place butter mixture in a mound on a large square of plastic wrap or waxed paper. Roll the mound into a log shape within the plastic or waxed paper and twist the ends. Chill in the refrigerator or freezer until firm. Fennel Frond Butter will keep in the refrigerator for about a week or in the freezer for a few months. Cut off slices as needed and spread on fish before cooking, toss with hot pasta and veggies or spread on sliced baguettes.

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### **Lemony White Fish with Fennel**

Fennel stalks with fronds  
¾ cup dry white wine  
2 (6-8 oz) white fish  
¼ tsp salt  
1/8 tsp black pepper  
2 small cloves garlic, minced  
½ lemon, thinly sliced  
1 small fennel bulb, thinly sliced  
2 tbsp capers, drained  
¼ cup Kalamata olives, chopped, rinsed and drained  
1 sprig lemon thyme

Place fennel stalks with fronds in a 4-quart slow cooker and pour wine over them. Sprinkle fish fillets with salt and pepper and place in the slow cooker. Top fish with garlic, lemon, and fennel bulb slices; sprinkle with capers and olives. Add lemon thyme sprig. Cover and cook on high for 20-30 minutes, until fish is opaque and cooked through.

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### **Mozzarella-Topped Peppers with Tomatoes & Garlic**

2 bell peppers, halved lengthwise, seeded, stems left intact  
2 cup tomatoes, chopped and seeded  
2 tsp garlic, minced  
4 tsp olive oil  
8 anchovy fillets, drained (optional)  
4 slices mozzarella  
1 tbsp basil, thinly sliced

Preheat oven to 375°F. Oil baking sheet. Arrange peppers, cut side up, on sheet. Mix tomatoes and garlic in medium bowl. Season with salt and pepper. Fill pepper cavities with tomato mixture. Drizzle 1 teaspoon oil over each. Place 2 anchovy fillets atop each. Bake until peppers are tender, about 50 minutes. Arrange cheese atop peppers. Bake until cheese melts, about 3 minutes. Transfer peppers to platter. Sprinkle with basil.

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### **Fresh Tomatoes & Arugula with Poached Eggs**

3 cups tomatoes, chopped  
1 tbsp butter  
1 clove garlic, minced  
½ onion, chopped  
¼ tsp crushed red pepper flakes, or to taste  
Coarse sea salt and freshly ground pepper  
2 tbsp balsamic vinegar  
4 eggs  
1 bunch arugula or beet greens, torn into bite-size pieces  
Freshly grated parmesan cheese

Melt butter in a small frying pan over medium-high heat. Add minced garlic and red pepper flakes and stir until lightly browned. Add chopped tomatoes and cook until bubbling; season with salt and pepper. Reduce heat and simmer for about 15 minutes. Add balsamic vinegar and stir until absorbed. Crack eggs over tomato mixture, cover and let cook about five minutes. Remove skillet from heat, uncover and let stand 2 to 3 minutes. Transfer each egg to a bed of arugula. Spoon sauce remaining in skillet over each egg, sprinkle with Parmesan cheese, add salt and pepper to taste if desired; serve.

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### **Butternut Squash Apple Bake**

1 butternut squash, peeled and cut into ¾ in. slices  
2 Hawaii or Gala apples, cored and cut into wedges  
½ cup brown sugar  
1 tbsp flour  
¼ cup butter, melted  
½ tsp salt  
½ tsp allspice

Preheat oven to 350°F. Arrange squash slices in a baking pan and top with apple wedges. Combine remaining ingredients and spoon over apples. Bake for about an hour or until tender. Quick tip: roast or boil squash for a bit before peeling.

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### **Roasted Fennel & Beets**

1-2 fennel bulbs (thick base of stalk) stalks cut off, bulbs sliced  
3-4 beets, quartered (same thickness as fennel slices) & tops cut off  
Olive oil and Balsamic vinegar

Preheat oven to 400°F. Place fennel, beets, olive oil, balsamic, salt and pepper in plastic bag, shake until coated and then place fennel & beet pieces on baking sheet lined with foil and roast for 15-20 minutes, until cooked through and fennel begins to caramelize.

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### **Nectarine & Arugula Salad**

¼ cup roasted hazelnuts, chopped  
2 Arctic Snow nectarines  
1 tbsp red wine vinegar  
¼ tsp sherry vinegar  
1 tbsp olive oil  
1 bunch arugula, chopped into bite size pieces  
Cut nectarines into sixths and set aside. Combine both vinegars in a medium mixing bowl, add salt and pepper to taste, then add the olive oil in a thin stream, whisking to mix. Place arugula, nectarines and hazelnuts in a serving bowl. To serve, pour the dressing over the salad and toss to combine.

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### **Butternut Squash, Arugula and Blue Cheese Risotto**

7 cups low-salt chicken broth  
3 tbsp butter  
1¼ cups finely chopped onion  
1 2-pound butternut squash, peeled, halved, seeded, cut into 1/2- to 3/4-inch dice (about 3 cups)  
2 cups arborio rice  
½ cup dry white wine  
4 cups (packed) arugula leaves  
½ cup whipping cream  
½ cup freshly grated Parmesan cheese  
½ cup crumbled blue cheese  
Bring 7 cups broth to boil in large saucepan. Cover and reduce heat to low. Melt butter in heavy large pot over medium heat. Add onion and sauté until tender, about 5 minutes. Add squash; sauté 4 minutes to coat with butter. Add rice and stir 2 minutes. Add wine and simmer until evaporated, about 1 minute. Add 7 cups hot broth; bring to boil. Reduce heat and simmer uncovered until rice is just tender and risotto is creamy and slightly soupy, adding more broth by ¼ cupfuls as needed to maintain consistency and stirring occasionally, about 18 minutes. Stir in arugula, cream, and Parmesan cheese. Season to taste with salt and pepper. Transfer risotto to large bowl. Sprinkle with blue cheese.

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### **Roasted Beet & Onion Salad**

*This recipe is for anyone searching for a way to use up last week's Walla Walla onion!*

½ onion, finely sliced  
2 tbsp of your favorite vinegar  
1 small bunch beets, tops removed, roasted and sliced  
2 tbsp olive oil  
Sea salt, to taste  
Place onion slices in a bowl with vinegar and let marinate for at least a half hour. Arrange sliced beets on a dish, layer onion slices on top. Pour remaining vinegar and then olive oil over beets and onions. Sprinkle sea salt over dish.

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### **Harvest Roasted Beet, Goat Cheese & Arugula Salad**

3 small beets, roasted and sliced  
1 bunch arugula. Tear into pieces.  
½ cup crumbled soft goat cheese  
¼ cup Kalamata olives, pitted & chopped  
½ cup walnuts or pine nuts  
2 tbsp olive oil  
2 tbsp vinegar  
2 tbsp Tiny's Organic Jam--any flavor  
Salt and black pepper  
Combine olive oil, vinegar and jam in a bowl or jar and whisk or shake until evenly combined. Place arugula and beets in serving bowl and pour olive oil/jam dressing generously. Toss in olives and nuts. Crumble goat cheese on top & pepper to taste.

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