



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) (newsletter also available online)

WEEK 17 ♦ OCTOBER 8

### 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:** Honeycrunch and Spitzenburg
- \* **Nectarines:** Arctic Snow
- \* **Peaches:** Ryan Sun
- \* **Pluots:** Flavorich
- \* **Astro Arugula**
- \* **Cilantro**
- \* **Nantes Carrots**
- \* **Bell Peppers:** Chocolate Bell, Islander, Bianca White, Napoleon Sweet, Healthy Red and/or Corno Di Toro
- \* **Potatoes:** Mountain Rose, Yukon Gold, All Blue and/or Sangre
- \* **Radishes:** Cherry Belle, Plum Purple or White Beauty
- \* **Tomatoes:** Nyagous Black, San Marzano, Burbank, Pink Beauty, Moonglow, Glacier and/or Cherokee Purple
- \* **Winter Squash:** Spaghetti

### This Week's Recipes

(Recipes on back)

- \* Spaghetti Squash with Butter Sauce
- \* Stuffed Spaghetti Squash
- \* Cilantro-Lime Chicken Vegetable Soup
- \* Grilled Gyros with Arugula
- \* Pluot Wild Rice Salad
- \* Roasted Pluots with Crème Fraîche
- \* Grandma Louise's Apple Oatmeal
- \* Peperonata (Mixed Bell Peppers)

### Crop Talk

We need to elaborate and possibly get some feedback from you on our Honeycrunch apple. It's a light-colored stripy red/yellow apple we discovered in the orchard about 10 years ago right next to our packing facility. Because it was such a non-descript looking selection, we never gave it much thought as one that we would grow more than just a couple of branches. But each year it demonstrates that it belongs right up there with the best of any apple we've ever tasted. This week's selections of Honeycrunch and Spitzenburg will give you a stark contrast in flavors with the Spitz a high acid medium sugar variety and the Honeycrunch being a light textured medium acid, high sugar much like the Honeycrisp but with a much richer flavor. Although it has exhibited incredible flavor for at least the last three weeks on the tree, it is best harvested when the background color turns a pale yellow and the red stripes become more prominent. We've planted a couple hundred more of the Honeycrunch so it should be available to us in greater quantity in about three years or so, but while it's still a rare commodity in the orchard we'll at least keep including it in CSA members' bags for the foreseeable future.



Honeycrunch is the most incredible apple we grow here at the farm. A light crisp texture and melt-in-your-mouth flavor lurks below the surface of this otherwise cosmetically plain-looking apple.

### Honeycrunch & Spitzenburg Apples

This week we present these two unique apple varieties and as the later season varieties are harvested you'll find a good selection of varieties in your bag each week. Large, pale yellow and flushed with red-orange, Honeycrunch apples rival Honeycrisp in flavor but are much juicier and have a stronger acid-sweet ratio. Like Honeycrisp, Honeycrunch apples are fine for eating fresh or for cooking. The Cheery red Spitzenburg is a wonderful heirloom dessert apple and curiously enough was Thomas Jefferson's favorite.

### Nantes Carrots

Rich in beta-carotene and a good source of dietary fiber, brightly colored carrots accent many dishes and provide a delicious backdrop for other root vegetables like potatoes or spices like ginger. Cut off carrot greens and store wrapped in a moist paper towel in a plastic bag in the crisper. Use within a day or two. Carrot greens can be chopped and stirred into soups or tossed with raw salads. Store the whole carrot roots separately in another plastic bag with a moist paper towel wrapped around them. Grate carrot roots over salads, into baked goods or slice, simmer until tender in butter and broth with chopped onion and a couple pinches of caraway seed then puree for a brilliant autumn soup. Some add a splash of aquavit (Scandinavian caraway-seed-flavored liqueur) just before serving to enhance flavor!

### Bell Peppers

Check out the classic Italian Peperonata recipe on this week's back page to get a quick start on your bells--a comforting twist on the more well-known Caponata. Do you know that bell peppers are one of the easiest vegetables to freeze? No blanching required: Simply chop or slice, pop in a freezer safe bag or container and freeze. Voila! Your peppers are prepped and ready to use later when cooking sauces, pasta dishes and more! If you'd rather do a little more prep work now, why not make Week 14's Muhammara 5-bell-pepper recipe and freeze it? No need to stress if you don't have walnuts and cashews on hand, simply use either or experiment with another variety of nut!

### Cilantro

Enjoy its fresh flavor in pesto, omelettes, marinades, salsas, bean dishes, soups and salads. Cilantro partners well with pasta, rice, tomatoes, lime, onion, ginger and a wide variety of meat and seafood. Store your bunch stem down in a shallow glass of water on the counter or in your refrigerator, tearing off leaves as needed. Cilantro can also be moistened and kept in a sealed plastic bag in the fridge for a few days.

### Spaghetti Squash

Bright yellow spaghetti squash is a good source of niacin, Vitamin B6, pantothenic acid, potassium and manganese. When cooked, the golden flesh of this winter squash resembles thick strands of pasta. True to its name, spaghetti squash can replace classic dried pasta and topped with tomato sauce and cheese. Easily baked or boiled and cut in half, scrape out the strings of squash with a fork and go savory by serving with arugula, sliced apples, gorgonzola, olive oil and toasted nuts or go sweet and stir in butter, cinnamon and honey. Store like other winter squashes in a cool, dry place.

Have your weekly winter squashes begun piling up? Here's a no-frills recipe: Using a whole winter squash, bake in a 350F° oven 45 minutes. Test for doneness by piercing with a fork. Once cooked, scoop out seeds, settle in and enjoy your healthy winter squash! Winter squash can also be made into flan and panna cotta or shredded, mixed into pancake batter, then topped with a cilantro-tomato salsa and cheese. Would you rather store squash to eat after CSA deliveries are over? Most varieties will keep well quite a few months uncut in a cool, dry place. To freeze squash, cook until soft by boiling, steaming, or cooking in a pressure cooker, oven or microwave. Cool by placing a pan containing squash in cold water; stir occasionally. Remove pulp from rind and mash. Package, seal and freeze.

### Spaghetti Squash with Butter Sauce

One spaghetti squash  
4 tbsp butter  
1 clove garlic, crushed  
½ cup freshly grated Asiago or other cheese  
¼ cup cilantro or other fresh herbs, chopped  
Slice spaghetti squash in half lengthwise and scoop out the seeds with a spoon. Completely submerge each half at a time in a large pot of boiling water and cook until the inside is just tender to a fork and pulls apart in strands, about 20 minutes. Remove, drain and cool with cold water to stop the cooking. Scoop out the cooked squash from its skin with a spoon and discard the skin. Use a fork to fluff and separate the squash into "spaghetti"-like strands. Set aside. Slowly melt the butter in a saucepan with lemon thyme and crushed garlic clove. Remove the garlic clove after a minute or so. When the butter turns dark golden brown, remove from heat. Sprinkle cooked spaghetti squash with grated cheese and drizzle with hot butter and herbs. Serve immediately.

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### Stuffed Spaghetti Squash

1 spaghetti squash, halved lengthwise, seeded  
1 lb bulk sausage, your favorite kind  
1 cup bell pepper, chopped  
1 cup onion, chopped  
2 garlic cloves, crushed and minced  
1½ to 2 c heirloom tomato sauce (see Week 13 Newsletter, available online)  
½ cup Romano cheese, freshly grated  
Sea salt and black pepper  
Prepare spaghetti squash as described above in **Spaghetti Squash with Butter Sauce**. Set aside to cool. Preheat oven to 400°F. Sauté sausage, bell pepper, onion and garlic in heavy large skillet over medium-high heat until sausage browns and vegetables are tender. Mix in heirloom tomato sauce, then stir squash strands into sausage mixture and season to taste with salt and pepper. Spoon the filling into squash shells and arrange filled squash halves on baking sheet. Sprinkle each with ¼ c Romano. Bake uncovered until heated through, about 20 minutes (30 minutes if previously chilled). Cut each squash half in two and serve. Serves 4.  
Tip: Make the filling a day ahead and keep in fridge.

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### Cilantro-Lime Chicken Vegetable Soup

2 lbs boneless chicken thighs, cut into 1-in pieces  
8 cups chicken or vegetable broth  
1½ lbs potatoes, cut into ¾-in cubes  
1 bunch carrots, peeled, cut into ½-in-thick rounds  
1½ tsp ground coriander  
1 15-oz can golden hominy, drained  
6 green onions or carrot greens chopped  
1/3 cup fresh cilantro, chopped  
5 tbsp fresh lime juice  
Place chicken, broth, potatoes, carrots and coriander in large pot and bring to boil. Reduce heat to medium-low and simmer until chicken and vegetables are tender, stirring occasionally, about 40 minutes. Add hominy, green onions, cilantro and lime juice and simmer 5 minutes to blend flavors. Season soup to taste with salt and pepper.

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### Grilled Gyros with Arugula (makes 12)

*Pork*  
¼ cup olive oil  
¼ cup dry red wine  
3 garlic cloves, minced  
1 small bay leaf, crumbled  
½ tsp (packed) fresh oregano leaves (dried will work)  
½ tsp salt  
¼ tsp freshly ground black pepper  
2 1-pound pork tenderloins or chicken breasts  
*Yogurt-Tomato Sauce*  
1 ½ c plain Greek yogurt or whole-milk yogurt  
2 tbsp fresh tomato, seeded and chopped  
2 tbsp fresh cilantro chopped  
2 tbsp capers, drained and chopped  
2 garlic cloves, minced  
1 tbsp tomato paste  
1 tbsp red wine vinegar  
Six 7-inch-diameter pita breads  
1 onion, halved, thinly sliced  
1 bunch arugula leaves

*For pork:* Combine first 7 ingredients in large resealable plastic bag; shake to blend. Add pork to marinade; seal bag. Chill overnight, turning bag occasionally. *For sauce:* Stir first 7 ingredients in medium bowl to blend. Season sauce to taste with salt and pepper. Cover and chill until ready to use, up to 1 day. Prepare barbecue (medium heat). Remove pork from bag. Grill until thermometer inserted into center of each tenderloin registers 145°F, about 18 minutes. Transfer to work surface; let stand 10 minutes (temperature will rise 5 to 10 degrees). Thinly slice into rounds. Grill pitas until warmed through and softened, about 2 minutes per side. Cut pitas in half. Fill pita halves with pork, drizzle with sauce, then tuck in onion and arugula.

### Pluot Wild Rice Salad

2 cups wild rice or other long-grain rice, cooked  
½ c Tiny's Organic dried fruit, any variety, soaked  
4 Flavorich pluots, halved, pitted and sliced  
¼ cup citrus juice  
1 tsp mustard  
1 tsp honey  
½ cup olive oil  
½ tsp black pepper  
Sea salt to taste  
Blue cheese, crumbled  
Prepare the sauce for the salad by whisking together the mustard, honey, citrus juice, olive oil and black pepper in the small bowl. Rest up to a half hour before adding the other ingredients. Place the cooked wild rice and the soaked dried fruit in the large bowl and toss. Add the chopped Flavorich pluots and toss. Add the sauce to the rice mixture and toss well. Chill in the refrigerator for a few hours, fluff with a fork then crumble blue cheese on top and serve. Serving Suggestion: Serve this dish on a bed of fresh arugula greens.

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### Roasted Pluots with Crème Fraiche

6 Flavorich pluots, halved and pitted  
1 tbsp butter, melted  
1 tbsp raw sugar  
½ cup crème fraiche  
2 tbsp of your favorite nuts, toasted and chopped  
Honey  
Balsamic vinegar  
Heat oven to 375°F. Line a baking sheet with waxed paper. Place pluot halves cut side up on sheet, brush with melted butter and sprinkle with raw sugar. Bake for about 15 minutes until juices start to run off. Divide between 2 or 3 bowls, top each with 2 tbsp crème fraiche, sprinkle with toasted nuts, drizzle with honey and a splash of balsamic vinegar. Makes 2 servings if each bowl has 3 pluot halves or 3 servings if each bowl has 2 pluot halves.

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### Grandma Louise's Apple Oatmeal

1 cup old-fashioned oatmeal  
2 1/3 cup water  
Salt  
1 Apple, coarsely grated  
½ tsp lemon juice  
1/3 cup milk  
½ tsp butter  
Combine the oatmeal, water and salt in a medium saucepan. Bring to a boil. Add the grated apple and lemon juice. Cook for 5 minutes, stirring occasionally. Add the milk and butter. Stir well and cook for 1 minute. Serve immediately, perhaps with a sprinkle of brown sugar or drizzle of maple syrup. Serves 2 to 4. *Recipe by Mereille Guiliano*

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### Peperonata (Mixed Bell Peppers)

4 bell peppers cut into ½-in strips  
3 onions, thickly sliced  
1 lb heirloom tomatoes, peeled and chopped  
3 med potatoes cut into 1-in squares  
1/3 cup olive oil  
3 cloves garlic, finely chopped  
8 fresh basil leaves, torn  
Salt and freshly ground black pepper  
Place the vegetables in a large, heavy-bottomed saucepan or earthenware pot. Add the oil, garlic, basil, salt and pepper. Cover and cook over medium heat. After 15 minutes turn the heat up to medium-high and partially uncover to let some of the liquid from the bell peppers evaporate. As the dish cooks, the potatoes will soften, absorbing the flavors of the other vegetables. Traditionally served as a side dish with boiled or roasted meats, Peperonata is also good on its own with rice, couscous or baked potatoes.  
*For CSA related questions, please call our Seattle Home Office, 206.762.0577 or visit our website, www.TinysOrganic.com.*