



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 18 ♦ OCTOBER 15

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 & Arkansas Black
- * **Plums:** Angelino
- * **Pluots:** Flavorich
- * **Italian Parsley**
- * **Golden Bunch Beets**
- * **Red Dandelion Greens**
- * **Savoy Cabbage**
- * **Bell Peppers:** Chocolate Bell, Islander, Bianca White, Napolean Sweet, Healthy Red or Corno Di Toro (this may be the last week for peppers!)
- * **Tomatoes:** Nyagous Black, Burbank, Pink Beauty, Moonglow or Cherokee Purple (We're picking some green to prevent them from going bad on the vine in this cool weather.)
- * **Winter Squash:** Delicata

This Week's Recipes

(Recipes on back)

- * Pomegranate Dandelion Salad with Roasted Delicata Squash
- * Stuffed Cabbage Rolls
- * Whole Wheat Fettuccine with Dandelion Greens
- * Phatty Stuffed Tomatoes
- * Dandelion Greens & Sausage Pizza

Crop Talk

We were all sitting around last week talking about the weather and came to a mild consensus that for the past 3 seasons the weather has settled into a kind of odd malaise of unpredictability. Certainly weather is unpredictable but our observations were based on timing of crop harvests this year relative to past years. For example, in addition to the unusually severe winds that have damaged crops this year and last, we're now looking at possibly not having enough season left to harvest late apple varieties. Fuji, Pink Lady and Braeburn are the latest of all apples grown at the farm. We checked the Fujis yesterday and they're still full of starch almost as if they're not even thinking about a harvest date. In a 'normal' year, we'd already be picking the tops and outsides of the Fuji trees but that likely won't happen for at least another week. Normal full harvest for Fujis is October 20-30 but we'll be adding at least 10 days this year which moves that date to approximately November 1-10. And considering that in the last 7 years we've had temperatures in the first week of November that have dropped to less than 10F, we may be looking at the possibility of losing many of our later apples from the cold. However if the weather averages stay close to normal which is high 30'sF for overnight lows, all should work out well. Let's keep our fingers crossed!



Spicy and complex Arkansas Black Apples originated in Benton County, Arkansas. Legend has it they originated from a Winesap seedling.

Arkansas Black Apples

Fragrant, tart and full-bodied in taste, the Arkansas Black is another apple in limited production at Tiny's. It has waxy, dark purplish red skin that turns nearly black at maturity. Crisp, firm white flesh makes Arkansas Black Apples just right for eating fresh, blending into ciders and cooking! A great keeper, the Arkansas Black apple stores well and mellows in flavor with time and is the quintessential apple eater's apple!

Angelino Plums

Plums are energy giving fruit, full of vitamins A, C and fiber. The dusky purple-skinned Angelino is a very late season plum with excellent flavor when left to soften at room temperature. When mature, its sweet-tart flesh is a bleeding red color. Eat fresh, make into a plum coulis (a sauce made of pureed fruit or vegetables) and pour over yogurt, pancakes and ice cream, slice and dry for long-term storage or chop to add a bright, red splash of color to your muffin and coffeecake recipes. Allow plums to soften at room temperature to your liking and keep in the refrigerator for several days. Plums can be frozen either whole or sliced for future jams, salads and desserts!

Delicata Winter Squash

This heirloom variety is considered one of the best for flavor! Steamed or baked, Delicata winter squash (aka Bohemian Squash or Sweet Potato Squash) is a great source for vitamins A and C and potassium and iron. The creamy colored green striped edible skin is tender and easy-to-cut with yellow flesh that tastes like a combination of sweet potato and butternut squash. Roast whole or sliced, bake and mash like potatoes, then mix into soups or bread recipes. This squash combines nicely with sweet and savory ingredients such as olive oil, honey, garlic, sage and maple syrup and will keep well at room temperature for about a month.

Golden Bunch Beets

Beets are known to be a highly effective internal bodily cleanser. Rich in folate and fiber, the sweet, earthy tasting bulbs of the golden beet can be roasted, boiled, pickled or baked. The edible greens are delicious and can be sautéed or steamed as a side dish or shredded raw into salads. Remove the greens and store in a plastic bag for a couple days. You can store unwashed golden beets in the refrigerator for up to two weeks.

Italian Parsley

Delicate flat-leaf Italian parsley has more essential oil content (its volatile oils help neutralize carcinogens in the body) and a more peppery and aromatic flavor than the crispy, curly variety. Almost any food, with the exception of sweets, will be improved by the addition of Italian parsley, including vegetables, eggs, pasta, meats, poultry and fish. To get the most nutritional value and flavor, fresh parsley is best, but you can chop and dry it, or freeze it for later use. Store parsley stems side down in a glass of water and place in the refrigerator.

Red Dandelion Greens

Red Dandelion Greens not only contain fiber, protein, Vitamins A, E and B-6 but they add a tangy kick to any raw salad and a boost to your health with more calcium than broccoli! Store unwashed wrapped in a moist paper towel and sealed in a plastic bag in the refrigerator for several days. Rinse well before using, they may be sandy, then toss into soups or heat things up by sautéing them with olive oil and chili pepper flakes or bacon and garlic then serve with fresh mozzarella on the side.

Savoy Cabbage

The crinkled, mellow-flavored leaves of Savoy cabbage sport varying shades of green and can be used in place of regular green cabbage. Savoy cabbage pairs well with garlic, olive oil, garbanzoes, potatoes and polenta. Store wrapped in plastic in the fridge for a week.

Pomegranate Dandelion Salad with Roasted Delicata Squash

6 tbsp pomegranate juice
1½ tbsp balsamic vinegar
1½ tbsp red wine vinegar
7 tbsp extra-virgin olive oil
2 tbsp butter, divided
2 unpeeled Delicata squash, halved, seeded, cut into 24 wedges total
1 bunch dandelion greens, thick stems trimmed, leaves cut into 2-inch lengths
1½ cups pomegranate seeds
¼ cup pine nuts, toasted
Whisk pomegranate juice and vinegars in bowl. Gradually whisk in oil. Season with salt and pepper. Rewhisk before using. Melt 2 teaspoons butter in heavy large nonstick skillet over medium-high heat. Add 1/3 of squash wedges. Cook until browned on both sides, about 5 minutes total. Transfer squash wedges to rimmed baking sheet. Repeat 2 more times with remaining butter and squash wedges. Sprinkle squash with salt and pepper. (Can be prepared 6 hours ahead. Let stand at room temperature.) Preheat oven to 450°F. Transfer squash to oven; bake 20 minutes. Mix greens, pomegranate seeds and pine nuts in large bowl. Toss with half of dressing. Divide among plates; top with squash. Drizzle with dressing.
Recipe by Bon Appétit, November 2005

Stuffed Cabbage Rolls

6 outer cabbage leaves, steamed and tender for rolling, not too soft.
2-4 cups fresh tomatoes, finely chopped (reserve some for top of rolls)
1 cup Parmesan cheese, grated
¾ cups brown rice, cooked
¼ cup fresh parsley, chopped
¼ cup onion, chopped
½ cup bell pepper, finely chopped
4 cloves garlic, minced
Place cabbage leaves on the bottom of an oiled casserole or Dutch oven. Combine remaining ingredients adding tomatoes until moistened and spoon mixture into leaves. Pour any remaining chopped tomatoes on top of cabbage rolls. Sprinkle with grated cheese. Bake covered in a 350F oven for about 35 minutes, adding water during cooking if necessary.
Recipe from Rosalie & Erin's kitchen

Whole Wheat Fettuccine with Dandelion Greens

1 large whole bulb garlic
Salt and freshly ground black pepper
2 cups chicken (or vegetable) stock or broth, skim off fat
1 bunch red dandelion greens, discard tough stems, cut into 2-inch pieces
3 oz soft, fresh goat cheese
8 oz whole-wheat fettuccine
3 tbsp chopped fresh flat-leaf Italian parsley
Heat oven to 350F. Remove several outer layers of skin from garlic head, leaving a thin layer of skin attached. With a serrated knife, cut off top ½ in of garlic head. Season with salt and pepper, wrap in foil and put in a small baking dish. Bake until completely soft, about 1 ½ hours. When garlic is cool enough to handle, squeeze pulp onto a cutting board; smash to a puree with the side of a knife. Bring stock and garlic to a boil in a large sauté pan over high heat. Reduce heat to medium and simmer for 5 minutes. Add dandelion greens; add salt and pepper to taste. Cook, tossing until greens are slightly wilted, about 3 minutes. Add goat cheese and cook, stirring, until cheese is melted and liquid is creamy, about 3 minutes. While dandelion greens are cooking, cook fettuccine in a large pot of rapidly boiling salted water until al dente, according to package directions. Drain in a colander. Add pasta and parsley to sauté pan. Toss over low heat until heated through; season with salt and pepper if necessary. Serve immediately. Makes 4 servings.
Recipe by Martha Stewart

Phatty Stuffed Tomatoes

2 medium or large tomatoes
2 cups cooked brown rice
¼ cup minced Italian parsley
1 tsp oregano
Salt & pepper

Bread crumbs
Parmesan cheese, grated
Make a circular cut at the top of the tomatoes to remove the stems and use a teaspoon to scoop the pulp from the inside of the tomatoes. Mix the pulp and spices with brown rice and stuff the hollowed out tomatoes with the mixture. Place the tomatoes in baking dish and sprinkle with the cheese and bread crumbs. Bake at 350 for 20-25 minutes.

Recipe courtesy of Erik's good friend Katharine

Dandelion Greens & Sausage Pizza

Dough

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°)
2 tbsp Parmesan cheese, freshly grated

Topping

3 tbsp olive oil, plus more for brushing
4 oz sausage or bacon, sliced (use mushrooms or eggplant for a veggie version)
2 or 3 garlic cloves, thinly sliced
1 bunch dandelion greens, stems removed
2 tbsp water
8 oz fresh mozzarella cheese, thinly sliced
fresh Italian parsley, to taste, chopped
Preheat oven to 375F. Combine flour, salt, sugar, and yeast in a large bowl. Mix in oil, Parmesan cheese and warm water. Spread out on a large pizza pan. In a large skillet, heat 2 tbsp of olive oil. Add the sausage and cook over medium high heat, stirring occasionally, until just beginning to brown. Add the garlic and cook, stirring often, until golden. Transfer the sausage and garlic to a plate. Heat 1 tbsp of oil in the same skillet. Add the dandelion greens and 1 tbsp of water and cook, stirring, until wilted. Return the sausage and garlic to the skillet, add the remaining tbsp of water. Cook until the liquid is absorbed and the greens are bright green. Season with salt and pepper. Brush the dough with olive oil then spread the dandelion greens and sausage mixture over top. Arrange the mozzarella slices over the greens. Bake at 375F until crust is golden and cheese is bubbling. Top with chopped Italian parsley before serving.

Recipe from Carla at Tiny's main office in Seattle

4 more weeks of Tiny's Organic 'Farm to City' CSA 2008! Information for next year's harvest shares coming soon!

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