



Fresh from the Farm

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WEEK 19 ♦ OCTOBER 22

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:** Fuji, Gala, and Arkansas Black
- * **Plums:** Angelino
- * **Pluots:** Flavorich
- * **Astro Arugula**
- * **Purple Top Turnips with Greens**
- * **Jericho Romaine or Sylvesta Butterhead Lettuce**
- * **Winter Squash:** Delicata Squash & Sugar Pie Pumpkin

This Week's Recipes

(Recipes on back)

- * Sugar Pie Pumpkin Muffins
- * Chicken & Vegetable Harvest Pot Pie
- * Herb Crust
- * Whole Roasted Pumpkin
- * Candied Apples on a Stick
- * Fuji Apple & Dungeness Crab Salad
- * Fresh Turnip Greens

Crop Talk

We're now able to finally start harvesting Fuji apples, but only fruit on the outside and tops of the trees. Apples on lower and inner branches are usually picked about 10 days later after developing more color and flavor. As a general rule, any fruit that grows on inside, lower branches very seldom tastes as good as the fruit that is higher on the tree and exposed to the sun. When we prune any fruit tree, we make sure to eliminate fruiting spurs on the inside of the tree. Some varieties of fruit taste great no matter where the fruit is grown but you can bet the fruit on outer branches tastes even better than its shaded-out cousins. Stone fruit trees such as peaches and nectarines need much more sunlight for the branches to even survive so we also make sure to keep the tree height pruned to about 10 feet maximum. Left unpruned, many fruit trees reach incredible heights with cherry trees topping off at 45 feet high, apple trees 35 ft., and peaches, nectarines and plums only about 25 feet. Pruning annually keeps them all in check and no tree in Tiny's orchard is taller than about 15 feet.



Sweet and crisp, the Fuji Apple originated in Japan and was introduced to the United States in the early 1980's.

Fuji Apples

An apple's high fiber content helps the body maintain steady blood sugar levels as the fruit's natural sugars are slowly released into the blood stream. The Fuji is a newer Japanese apple variety that is rapidly gaining popularity. Fujis are excellent in salads and pair well with cinnamon, cayenne, curry, vanilla and onion. They keep at room temperature for up to two days and stored in your refrigerator for about two weeks. Is this cool

weather inspiring you to keep warm in the kitchen? This big, super-sweet, crisp reddish pink apple holds its texture when baked and is known for its hard texture and syrupy sweetness. To gauge how many apples are needed, just fill the pie plate with apples. If the apples are large and rise above the side of the pan, remove one. 1 pound of apples = 2 large, 3 medium, or 4 to 5 small apples, 1 pound of apples = 3 c peeled and sliced apples.

Arugula

Dressed with a little vinegar, olive oil, salt & pepper, Arugula is a stand alone salad. High in Vitamins A and C, it adds a wonderful tart, peppery taste to a salad of milder greens like Jericho Romaine or Sylvesta Green Butterhead Lettuce with thinly sliced Gala apples or Flavorich Pluots. Arugula is fantastic on sandwiches, especially tomato and grilled Gruyere cheese sandwiches. Also try sautéing garlic in olive oil, then toss in a bunch of arugula, sauté briefly (the oil will pick up the nutty flavor of the arugula) and pour over cooked pasta. Arugula is delicious in soups, too. Store fresh arugula in a sealed plastic bag wrapped in a damp paper towel in the refrigerator for a few days.

Purple Top Turnips with Greens

Turnips are an excellent source of vitamin A & K. Believe it or not, this humble vegetable has a slightly sweet, mustardy taste and crunchy texture that is truly fantastic and complements a large number of foods. Roast, eat raw just like you would a radish, or cook with roasting meats. Mash, scallop or make into latkes, just as you would potatoes. Dice into soups or stews and julienne into stir-fries. Separate the turnip roots from their greens and store in a plastic bag in the refrigerator for up to a week. Beautiful Purple Top turnip greens are supercharged with nutrients and have great flavor. Give the greens a nice bath, remove the large stems and strip them with your hands instead of cutting them with a knife. Spin the greens in a salad spinner and store them in a sealed plastic bag with a few sheets of damp paper towel in your fridge for a few days. Add to winter soups, savory pies or vegetable lasagna for starters.

Jericho Romaine Lettuce or Sylvesta Butterhead Lettuce

Lettuce is full of minerals, vitamins and phyto-nutrients such as beta-carotene. The long, light-green leaves of Jericho Romaine lettuce are crispy and great tasting used in Caesar salads and layered in sandwiches. Wash, dry and place crisp, white-ribbed heads of Jericho Romaine lettuce in a plastic bag or wrap in a damp cloth and keep in your refrigerator crisper for up to a week. Sylvesta Butterhead lettuce has tender, medium-green leaves arranged in a loose rosette. Store the unwashed head in plastic in the fridge for a few days. Gently wash the leaves before eating and use when juicing, in salads or as wrappers for tacos and shrimp rolls.

Sugar Pie Pumpkin

Pumpkins have high water and fiber content and are good sources of potassium, Vitamin E and Vitamin C. Your dusky orange Sugar Pie pumpkin is small, round and heavy. Forget buying canned pumpkin, make your own pumpkin puree with this hearty winter squash! Simply roast the pumpkin and puree its sweet, dark-orange flesh which is ideal for pies, bread, cakes, cookies, muffins, soups, flan, panna cotta and even pumpkin smoothies. Display or store the whole Sugar Pie pumpkin in a cool, dry place for about a month or keep in the refrigerator for up to three months. Cooked pumpkin can be frozen for about a year and a half. Don't let the pumpkin seeds go to waste, they're nutritious as well,

packed with protein, iron and minerals. Oven roast the cleaned seeds with sea salt, olive oil and your favorite spices for a satisfying snack.

Sugar Pie Pumpkin Muffins

½ c walnuts, finely chopped
½ c (1 stick) unsalted butter, room temperature
½ c sugar
½ c brown sugar
2 eggs, room temperature
½ tsp vanilla
¾ c pumpkin puree from 'Whole Roasted Pumpkin'
¼ c buttermilk
2 c flour
2 tsp baking powder
¼ tsp baking soda
¼ tsp salt
¾ tsp cinnamon
½ tsp ginger
⅛ tsp freshly grated nutmeg
Pinch allspice

½ c moist, plump golden raisins (soak in port to plump up!)

Preheat oven to 400F. In a large bowl, cream butter until soft, add the sugars and continue to beat until smooth. Add eggs one at a time, beating for 1 minute after each addition. Mix in the vanilla, pumpkin and buttermilk (don't worry, the 'curdled' look is natural). Dump flour, baking powder and soda, salt and spice on top of the batter. With a spoon, lightly combine right on top but still without incorporating into the wet batter just yet. Next, use the mixer to combine dry ingredients and wet batter but just until barely combined (too much mixing will create small holes in the muffins while baking). With a spatula, stir in raisins and nuts. Spoon batter into lightly greased muffin trays (papers work fine too) and fill. Place the muffin trays on a baking sheet. Bake for 25 minutes or until a thin knife inserted in the center of a test muffin comes out clean. Remove from oven and the baking tray, let cool 5 minutes. Remove the muffins from the baking tin and serve.

Chicken & Vegetable Harvest Pot Pie

4 lbs chicken breasts with skin and bones
4 to 6 c chicken broth
3 carrots, cut into ½ in pieces
1 lb turnips, cut into ½ in pieces
1 bunch turnip greens, center stem cut away, leaves cut into 1 in pieces
¼ c (1/2 stick) butter
1 onion, chopped
2 tbsp thyme
½ c all purpose flour
½ c dry white wine
½ c whipping cream

Butter 4-quart baking dish. Place chicken breasts in heavy large pot. Add just enough broth to cover chicken. Bring broth to boil; reduce heat to low. Cover pot and simmer until chicken is just cooked through, skimming surface occasionally, about 20 min. Using tongs, transfer chicken to plate and cool. Add carrots and turnips to chicken broth in pot. Simmer uncovered until vegetables are just tender, about 10 min. Using slotted spoon, transfer vegetables to prepared baking dish. Add turnip greens to broth and cook just until wilted, about 1 min. Using slotted spoon, transfer greens to colander; drain well. Add to vegetables in baking dish. Strain broth; reserve 4 c. Remove skin and bones from chicken. Cut meat into ½ in to ¾ in pieces. Add chicken to vegetables in baking dish. Melt butter in same pot over medium heat. Add onion and thyme. Sauté until tender, about 8 min. Add flour and stir 2 min. Stir in 4 c broth and white wine. Increase heat to high and bring to boil, stirring constantly. Add cream and boil until sauce thickens enough to coat spoon, whisking frequently, about 6 minutes. Season with salt and pepper. Pour gravy over mixture in dish. Stir to blend. Cool 45 min (filling can be made 1 day ahead. Cover and refrigerate.) Position 1 rack in top third of oven and place baking sheet on bottom rack in oven; preheat to 400°F. Roll out **Herb Crust** dough on parchment paper to 15x10½ in rectangle. Using paper as aid, turn dough over onto filling. Trim dough overhang; tuck dough edge inside dish. Roll out dough scraps to ¼ in thickness. Cut out leaf shapes. Brush bottom of cutouts with water and place on crust; cut slits in crust to allow steam to escape. Place pot pie on top rack and bake until crust is golden and gravy is bubbling, about 50 min. Let stand 10 min then serve.

Herb Crust

2½ c flour
2 tbsp chopped fresh parsley
1 tbsp thyme
1 tsp salt
1 tsp sugar
½ c (1 stick) chilled unsalted butter, cut into 1/2-inch pieces
½ c chilled solid vegetable shortening, cut into 1/2-inch pieces, 6 tbsp (approx) ice water
Blend first 5 ingredients in processor until herbs are very finely chopped. Add butter and shortening. Blend until mixture resembles coarse meal. Transfer mixture to large bowl. Using fork, mix enough ice water into flour mixture to form moist clumps. Gather dough into ball; flatten into rectangle. Cover and chill 30 minutes. (Can be made 2 days ahead. Keep chilled. Let dough soften slightly before rolling out.) *Bon Appetit*

Fuji Apple & Dungeness Crab Salad

1 lb fresh, cleaned Dungeness crabmeat, drained of excess water
½ Fuji apple, peeled and cut into small dice
1 bulb fennel, cut into small dice
2 tsp fennel fronds (tops), finely chopped
1 teaspoon lemon zest or lemon thyme, finely chopped
Juice of 1/2 lemon
4 Tbsp mayonnaise
Curry powder, kosher salt and white pepper, to taste
1 c arugula
In a large stainless steel bowl, combine crab, apple, fennel, and fennel fronds. Add lemon zest or lemon thyme, lemon juice, mayonnaise and curry powder; gently fold ingredients together (trying not to break up the crab too much), until well combined and evenly covered with the mayonnaise. Season with salt and pepper. On a chilled plate, place crab salad on a bed of arugula and top with a spoonful of remaining mayonnaise mixture. Sprinkle curry powder over top and garnish with remaining teaspoon of fennel fronds. *The Sustainable Kitchen*

Whole Roasted Pumpkin

1 sugar pie pumpkin
Heat oven to 400F. Wash pumpkin well, especially the blossom and stem ends. Rub skin lightly with olive oil. Just in case, put a baking sheet on the lower rack below the pumpkin to catch any juice that might squeeze out, then put the pumpkin directly on the rack above (no need to wait for the oven to preheat). Roast for 60 - 90 minutes. The actual time will vary based on the oven's actual temperature, the moistness of the pumpkin and the variety of pumpkin. But it's done when a knife slips into the flesh like butter. Let it cool a bit before slicing open and even then, be careful when slicing open for the steam will rush out and could burn.

Candied Apples on a Stick

1 c butter
2 c packed raw sugar
1 c clover honey
1 (14 oz) can sweetened condensed milk
2 tsp vanilla extract or ½ vanilla bean
8-10 wooden sticks
8-10 medium apples
Wash and dry the apples, removing any stems. Insert a wooden stick into the end of each apple. To make caramel: Combine butter, sugar, honey and milk in a heavy saucepan. Bring to a boil over medium-high heat. Boil for 30 to 40 minutes, or until syrup reaches 248 degrees (firm ball stage) on a candy thermometer. Remove from heat and stir in vanilla. Dip each apple into the caramel mixture, swirling to coat. Cool apples on wax paper.

Fresh Turnip Greens

1 bunch fresh turnip greens
1 tsp salt
1 hardboiled egg
¼ c minced green pepper
2 tsp fresh lemon juice
¼ c chopped onion
½ tsp sugar
2 strips bacon
Black pepper
Wash turnip greens thoroughly. Trim off coarse stems. Fry bacon until crisp and remove from the fat. Save for later use. Add onion and green pepper to bacon fat and sauté until limp. Coarsely chop turnip greens and add to onions and green pepper. Stir to mix well. Cover tightly and cook 10-15 min or until tender. Add salt, black pepper, sugar and lemon juice. Toss lightly. Turn into serving dish and garnish with crisp, crumbled bacon and slices of hard cooked egg.

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