



Tiny's Organic 'Farm to City' CSA 2008
A Farm Family Growing for You
Fresh from the Farm: June 18, Week 1
www.TinysOrganic.com

This Week's Harvest

Please note: This newsletter is written before harvest is completed. Due to availability, weather, etc., the varieties listed may not always end up in your bag and some not listed, may!

- * Tasty Rich Apriums
- * Asparagus
- * Astro Arugula
- * Bloomsdale Spinach
- * Cherries: Rainier, Chelan & Bing
- * Mint
- * Spring Onion Bunch
- * Spring Garlic Bunch
- * Romaine Lettuce
- * Snow Peas

Farm Menu

Recipes on the back!

- * Mediterranean Asparagus Salad
- * Roasted Garlic
- * Mint Raita (pron. rī' ta)
- * Roasted Spring Onions with Herbs
- * Snow Peas with Mint & Lemon
- * Arugula Salad with Fresh or Grilled Apriums

Crop Talk

Welcome CSA members, both new and returning, to the 2nd year of Tiny's Organic 'Farm to City' CSA program! Having survived late frosts and delayed arrival of summer weather, we're full of excitement and relief as harvesting gets under way and CSA deliveries begin!



Tiny's Tasty Rich Apriums:
All of the taste, none of the fuzz!

Tasty Rich Apriums

Our first picking of the season has surprised us with apriums that are noticeably more flavorful than last year! High in Vitamins C and A, this delightful hybrid fruit is a perfect mix of apricot and plum with scant fuzz and a peachy flush. Eat out of hand for a quick snack or slice into your morning yogurt and top with granola. Leave these 'oh so freshly picked' fruits on the counter until they reach your preferred level of softness, then gobble up or store in the refrigerator for later use. Rinse with water just before eating.

Astro Arugula Bunch

Earthy and spicy, this mustard green is rich in Vitamin C and minerals. When you get home, gently rinse your arugula bunch and any other greens immediately in cold water and pat until dry, then place in a plastic bag and store in your refrigerator. Use within the week. Spice up your day by tossing arugula with fruit and a creamy cheese for a simple and refreshing salad. The sharp, pungent flavor is said to be invigorating and to act as a digestive tonic.

Rainier, Chelan & Bing Cherries

It's cherry season! Delicate pinkish-gold Rainier Cherries, large, intensely flavored mahogany Bing Cherries or bright red Chelan Cherries brighten your bag and fortify your body with Vitamin C. Eat fresh on the way home, as a snack at work or store in the refrigerator and add to your drinks and desserts. Whatever you do, use them up in a day or two while they're at their peak flavor and freshness!

Snow Peas

Snow peas, with their edible pods, make a sweet, self-contained snack. Eat as soon as possible to fully enjoy the fresh flavor, but don't worry if you can't: snow peas maintain almost all of their sweetness if they're placed unwashed in a closed plastic bag and refrigerated for up to 3 days. Simply rinse the pods just before eating. Snow peas require little cooking (at the most a 30 second blanching in boiling water), or a quick stir fry until bright green and crisp.

After thorough testing of sugar levels and much sampling for ripeness and flavor, we carefully put the best of the best from our farm into your CSA bags each week. We do allow small blemishes to be included in the bag because not all fruits and veggies are created perfectly and we believe it is wasteful to throw out anything that is still in excellent physical condition. So please don't throw out blemished produce. While preparing food, simply cut around the blemish or bruise. Usually there is more to enjoy than to throw away!

Mediterranean Asparagus Salad

1 head romaine lettuce
1/4 c mint
1 bunch asparagus, blanched
4 eggs, hard boiled
1/4 c kalamata olives (optional)
1 Tbsp olive oil
Balsamic vinegar
Salt
Cracked black pepper

Chop separately: lettuce, mint, olives, and eggs.
In large bowl toss lettuce & mint with olive oil,
place lettuce mixture on large platter. Layer blanched
Asparagus on top of lettuce mixture, top asparagus with
chopped eggs, sprinkle with olives. Drizzle balsamic vinegar over salad.
Salt & pepper to taste.
Serves 2 - 6

Roasted Garlic

Preheat oven to 400°F.
Cut off 1/4 to a 1/2 inch of the top of cloves,
exposing the individual cloves of garlic.
Place the garlic heads in a foil packet,
drizzle a couple teaspoons of olive oil over each head.
Seal foil packet. Bake at 400°F for 30-35 minutes,
or until the cloves feel soft when pressed.
Squeeze the roasted garlic cloves out of their skins.
*Spread over warm bread or add to the Mint Raita Recipe.

Mint Raita (cold yogurt condiment)

2 cups plain yogurt
1/4 cup (packed) chopped mint
1-2 tablespoons fresh squeezed lemon to taste
Season raita to taste with salt and pepper.
Cover and refrigerate at least 2 hours.
(Can be prepared 1 day ahead. Keep refrigerated.)

Spoon Mint Raita over Mediterranean Asparagus Salad or use with any
raw, steamed or grilled vegetables.
Excellent with grilled fish or burgers. Serves 4-6

Roasted Spring Onions with Herbs

Preheat oven to 425°F
1 bunch spring onions
Dried herbs (basil, oregano, and/or thyme)
Olive oil
Salt
Remove green stems, peel fine skin from onion bulbs and slice in half.
Drizzle with olive oil, sprinkle with herbs and salt, toss.
Spread mix on foil sheet, fold into a sealed packet.
Bake at 425°F for 12-15 min or until crisp tender.

Snow Peas with Mint & Lemon

1/2 pound (1 bag) snow peas, trimmed
Salt
1 -2 tablespoons butter
1/4 cup mint leaves, chopped
1 teaspoon grated lemon rind

Bring large pot of water to rapid boil, blanch snow peas until

barely tender in salted water,
about 30 seconds. Drain and
Immediately transfer to a large
bowl containing the butter, mint
& lemon rind.

Toss to coat until butter is
completely melted. Serve
immediately.

Serves 2-4

Arugula Salad with Fresh or Grilled Apriums

Vinaigrette

1/4 cup balsamic vinegar
1 spring onion bulb, minced (1
tsp)
6 tablespoons olive oil
1/2 teaspoon salt
1/4 teaspoon pepper

Salad

3 apriums, halved, stones
removed
1 tablespoon olive oil
3 slices bacon, cooked and
crumbled (opt)
2 cups arugula

For the Vinaigrette: Combine
the balsamic vinegar and spring
onion in a small bowl. Slowly
pour the olive into the bowl,
whisking constantly. Season
with salt and pepper.

For the Arugula Salad if grilling
apriums: Preheat gas or
charcoal grill. Brush the apriums
with the olive oil and grill for 2
minutes on each side or slice
fresh into salad.

To serve: Place the arugula in a
large salad bowl. Slice the
grilled or fresh apriums and add
to the bowl. Add enough
vinaigrette to lightly coat and
toss the arugula. Crumble
bacon over top.

*Grilled apriums (with their
sweet tart flavor), are a perfect
complement to all meat & fish!

Recipes Adapted from Erin & Rosalie's Organic Farm Kitchen.

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