



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 20 ♦ OCTOBER 29

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, Arkansas Black
- * **Pears:** Bosc Pears
- * **Pluots:** Flavorich
- * **Fennel:** Perfection or Orion
- * **Red Cabbage**
- * **Tatsoi**
- * **Kale:** True Siberian or Red Russian
- * **Winter Squash:** Table Gold Acorn & Sweet Reba
- * **Potatoes:** Yukon or Reds

This Week's Recipes

(Recipes on back)

- * Applesauce
- * Apple Brandy Custard Tart
- * Baked Apples
- * Pork Chops & Caramelized Apples
- * Stuffed Acorn Squash
- * Tiny's Organic Favorite Pie Crust

Crop Talk

As we wind down to the end of the CSA season, we're blessed to have fruit and vegetables that last a lot longer than earlier season varieties. Many apple varieties last for months at a time and from our past experience, we know that winter squash is the ultimate keeper. For some reason that is possibly related to our ancestors' desire to be able to store food during winter months for long stretches at a time, winter squash sets records for keepability! Last season here at the farm, we were able to hold most squash varieties for up to 4 months at 50F-60F so that bodes well if you're looking to savor your squash at a later date, like around Thanksgiving or winter family get-togethers. Also, as mentioned in an earlier newsletter, we have found that cooking your winter squash whole, seeds and all, results in a squash that is moister and retains more flavor. In our cooking trials, we find that juice actually runs out of squash when it's cooked whole. If you decide to try cooking whole squash, you might want to put some puncture marks in the squash so as not to take a chance of having it crack open because of internal pressure. We have found some cracking in Delicata and Sweet Dumplings but the cracks were minor and certainly did not affect the flavor or texture or juiciness of the squash. And don't forget to roast the seeds after removing from the squash. They're absolutely delicious!



Perfection Fennel seedlings in the greenhouse this past August.

Perfection or Orion Fennel

A close relative of parsley and carrots, anise-sweet fennel is an excellent source of Vitamin C and fiber. This year's fennel crops have produced plants with much smaller bulbs than expected. Because of this, if you're cooking for more than one, we recommend adding fennel to your kitchen creations as you would an herb instead of basing an entire dish on the small bulb. Thinly slice the fennel bulb, sauté in olive oil and use in place of onions or celery in risotto, soups, stews and other dishes. For a quick dinner, simmer fennel slices for a few minutes with chopped tomatoes and wine then add a handful of shredded greens. Stir in a few mussels or oysters, cook until the shells open and serve over pasta or rice. Garnish with chopped fennel fronds. For best flavor, use as soon as possible.

Bosc Pears

One pear can provide you with 24% of your recommended daily fiber intake as well as good amounts of potassium and Vitamin C! Bosc pears have a unique, long-necked silhouette and a warm, russeted brown skin which does not change color as it ripens. They have crunchy, yet tender white flesh and spicy sweet flavor. This elegant, aromatic pear is ideal for cooking, baking, broiling and poaching because it is firm and holds shape when cooked. Slice into salads, layer into grilled bacon and cheese sandwiches or roast with balsamic vinegar and your favorite spices. Bosc pears pair well with blue cheeses, cloves, red or white wine, cinnamon and cardamom. Pears should be almost ripe when they arrive in your bag. You may need to leave out for an extra day or two.

Red Cabbage

Nutritious and versatile, crispy red cabbage gets its color from a pigment called anthocyanin as do all red, blue, and purple plants. To preserve its dramatic color, add some vinegar or citrus juice when cooking. Fight the temptation to roll your cabbage into the back of the refrigerator and try out these simple suggestions as soon as you get home: Sauté thinly sliced red cabbage with butter, sugar and your favorite cider or vinegar to make a simple version of the classic sweet-and-sour dish. Add sliced apples and fennel to enhance flavor. For an appetizer, cut into wedges and drizzle with dressing or shred into salads, soups and stir-fries. Wrap fresh cabbage tight in plastic and store in the refrigerator for up to a week.

Tatsoi

Although the climate of the Pacific Northwest in general is ideal for growing greens, over the recent summer months we came to realize that our fields were just too hot to grow greens. Not that they would not grow, they just grew incredibly fast and immediately went to seed! Now that the weather is milder, we are sharing as many greens as we can with you. This week the farm is pleased to introduce Tatsoi, an Asian green also known as spoon cabbage, spinach mustard or rosette bok choy. Its flavor when raw has been described as earthy, green and bitter; though if desired, a quick sauté will leave it somewhat milder in taste. Use the round leaves as a substitute for spinach, in a mixed greens salad, stir-fries and soups. Store in an open plastic bag in the refrigerator and use up as quickly as possible, tatsoi is very perishable.

CSA Member John McCoy's "Use Up Your Pluots" Jelly Sauce

12-15 pluots (or other stone fruits) various Tiny's varieties, ½ c sugar, 3 Tbsp honey, 3 Tbsp molasses, 2 Tbsp mild oil (i.e. canola oil), 1 bay leaf, 1 stick cinnamon, pinch of salt, 1 c water. Bring water to a boil in a heavy pot that distributes heat evenly. Cut pluots into a medium dice, discarding the pit and being sure to break the skin up. Add to pot. Bring back to boil. Stir. Add rest of ingredients. Continue to boil 10-15 minutes. Stir occasionally to break up larger chunks. Reduce to simmer. Reduce, reduce, reduce, another 30-45 minutes until very thick. Let cool and refrigerate. Spread on sandwiches for PBJ or rice cakes or spoon on roast chicken or pork for a Thanksgiving-like sauce.

Applesauce

8 lbs apples
½ c water
Sugar & cinnamon to taste
Core and quarter apples. Put in a heavy saucepan with a closely fitting lid, add water and cook over low heat until very soft. Puree through a food mill and add sugar and cinnamon.

Apple Brandy Custard Tart

Your favorite pie crust recipe (*See ours in the next column!*)

3 Gala apples, peeled, halved and cored
¾ c half-and-half
2 large eggs, beaten
¼ c sugar
1 Tbsp brandy
Heat oven to 425° F. Lightly prick bottom of pie shell with fork; bake 8 to 10 minutes or until lightly browned. Reduce oven heat to 325° F. Slice apple halves crosswise and partway through into ¾-inch-thick slices, keeping each half intact on the other side. Arrange sliced halves slightly fanned out in prebaked shell. In medium bowl combine half-and-half, eggs, sugar, brandy, and nutmeg. Pour over apples and bake 40 minutes or until set.
WA Apple Commission

Apple Dumplings

Your favorite piecrust recipe

6-8 favorite apples
1 c water
¼ stick butter
½ c sugar
½ tsp cinnamon
½ c brown sugar
½ c honey
Make piecrust and roll out. Cut dough into squares large enough to wrap each apple. Peel & core apples. Place each apple on square of dough. Fill hole with sugar and cinnamon. Fold dough around apples and seal. Place in baking dish. Make sauce by bringing all ingredients to a boil in saucepan. Pour over apples in pan. Bake about 1 hour at 350F. Spoon sauce over apples while baking.

Baked Apples

2 apples
2 Tbsp raisins
2 Tbsp chopped pecans
¼ tsp ground cinnamon
½ c maple syrup
2 Tbsp water
2 Tbsp butter
Heat oven to 350° F. Core apples and peel top third of each apple; place peeled side up in small baking dish. Combine raisins, pecans and half the cinnamon; stuff mixture into apple cavities. Drizzle about 2 tsp maple syrup into and over each apple. Pour water into dish cover with foil and bake 30 minutes or until apples are tender. In small saucepan combine remaining maple syrup, cinnamon and the butter. Heat to boil; reduce heat and simmer 5 minutes. Ladle hot syrup mixture over apples and serve.

Pork Chops & Caramelized Apples

4 pork chops, 1½ -inch thick
4 large apples, cored, peeled and cut into wedges
2 tsp crushed dried thyme
1½ tsp ground black pepper
½ tsp salt
6 Tbsp butter
¾ c sugar
Pat chops dry. In small bowl mix together thyme, pepper and salt; season both sides of chops; set aside. In large heavy skillet melt the butter with the sugar over moderately high heat; add the apples and sauté for 30-40 minutes until apples begin to brown. Turn apples, cook for 5 minutes more until they are golden brown and the sauce is thickened. Remove from heat and keep warm. Heat another heavy skillet over medium-high heat, brush with a little oil and add chops and brown on one side about 4 minutes; turn and brown other side 4 minutes more. Keep turning chops every couple of minutes until just done. Serve chops with apples. www.newyorkapple.com

Stuffed Acorn Squash

1 acorn squash, halved and seeded
⅔ c quinoa, couscous or rice
1 ⅓ c water
1 ½ tsp butter
salt and pepper to taste
1 Tbsp extra-virgin olive oil
½ large onion, chopped
½ green bell pepper, chopped
1 fennel stalk, chopped
1 apple, diced
3 cloves garlic, minced
1 (2 in) piece fresh ginger, minced
1 Tbsp apple cider vinegar
1 Tbsp sugar
1 tsp ground cinnamon
⅛ tsp ground nutmeg
1 dash crushed red pepper flakes
½ c shredded mozzarella cheese
Preheat oven to 425F. Place the squash halves, cut-side up into a small baking dish and bake until tender, about 45 minutes. Bring the quinoa and water to a boil in a saucepan over high heat. Reduce heat to medium-low cover and simmer until the quinoa is tender, 20 to 25 minutes. When done, stir in the butter until melted then season to taste with salt and pepper. Meanwhile, heat the olive oil in a skillet over medium heat. Stir in the onion, green pepper, and fennel; cook and stir until the onion has softened and turned translucent, about 10 minutes. Stir in the apple and continue cooking until the vegetables are tender, about 10 minutes more. Add the garlic and ginger, cook 2 minutes more, then stir in the vinegar, sugar, cinnamon, nutmeg, and red pepper flakes; season to taste with salt and pepper. When the squash is tender, scoop out some of the flesh, leaving the halves ½ inch thick. Roughly chop the acorn squash, and combine with the quinoa and apple mixture. Spoon the mixture back into the squash shells, and sprinkle with the mozzarella cheese. Return to the oven, and bake until the cheese has melted and is bubbly, about 5 minutes.

Tiny's Organic Favorite Pie Crust

1¼ c flour
½ tsp salt
1 tsp sugar
8 Tbsp (1 stick) unsalted butter, chilled and cut into small pieces
2-3 Tbsp ice water
Place flour, salt and sugar in the bowl of a food processor and pulse briefly to combine (or combine by hand in a large bowl). Add the very cold butter, pulse (or cut in by hand with two table knives) until the mixture resembles coarse meal about 10 seconds in the food processor. Add ice water and pulse (or fork mix by hand) just until the dough begins to come together. Do not over mix! Turn dough out onto a cutting board or smooth surface and form into a flattened disc. Cover with plastic wrap and refrigerate for several hours or overnight. Roll out dough on a lightly floured surface (makes 1 crust).

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