



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 21 ♦ NOVEMBER 5

### 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:** Arkansas Black, Braeburn, Fuji & Gala
- \* **Pluots:** Flavor King & Flavorich
- \* **Astro Arugula**
- \* **Nantes Carrots**
- \* **Golden Globe Turnips**
- \* **Leeks**
- \* **Parsnips**
- \* **Winter Squash:** Butternut
- \* **Heirloom Tomato Mix**

### This Week's Recipes

(Recipes on back)

- \* Apple n' Pluot Butter
- \* Savory Stuffed Squash
- \* Succulent Winter Roots Soup
- \* Spicy Greens Soup
- \* Creamy Carrot Cupcakes
- \* Basic Vegetable Stock

### Crop Talk

As we're packing today (Tuesday) for your bag pickup Wednesday, it's a damp, dark and dreary day here in the Wenatchee Valley. Rain began falling in the wee hours of the morning and has not let up and is expected to continue throughout the rest of today and tonight. As fulltime farmers and residents of this valley, we seldom experience any precipitation whatsoever and in fact this rainfall represents the *first* significant measurable precipitation of the past 6 months. After Memorial Day weekend, the total precipitation we've experienced may have been in the order of a 'trace'. We recall one day in August when a formidable looking front descended on the Valley and the clouds opened up and it rained for 2 minutes! And then it was over! The point we are making here is that it is a very dry location where all our organic crops are grown and it is also very hot during the summer months. Contrast the situation with the climate west of the mountains and it is a rather stark and striking difference. Average total precipitation in the Wenatchee Valley is in the order of 8" annually and it mostly all falls as snow during the winter months compared to the Seattle region where average rainfall is 36" mostly falling as rain. As we have outlined in past issues, the relative dryness here dictates what we can grow and conversely what we can't grow. Hot and dry weather also reduces the incidence of fungal type diseases which is a real blessing growing organic crops. We're also able to get out in the fields everyday. Of course, that means no days off either. Maybe rain isn't such a bad thing after all!



Super crisp and sweet, the Braeburn is a classic old-fashioned apple variety originally from New Zealand.

### Braeburn Apples

Gray days won't get you down when you have a Braeburn apple in hand! Sweet with a "bite" this red-striped yellow apple is just right for snacking, baking, cooking and juicing. It's been noted that the Braeburn apple may be sweet enough to skip the sugar your recipe calls for when cooking with it. Try it and see what happens and you may be pleasantly surprised. Braeburns are well suited for fresh salads as they don't brown as quickly as other apples when sliced. They also make

delicious applesauce and apple butters. This apple variety keeps quite well in the refrigerator and in fact mellows out nicely with time. Store up to a month in the fridge or a week on your counter.

### Arugula

Known across the pond as rocket, arugula's lively flavor nicely sets off rich dishes. Roughly chop and combine with garlic, olive oil a dash of salt and lemon juice then pour over ready-to-serve sirloin or swordfish steaks. To store arugula, rinse with cool water, dry and keep in a plastic bag in the refrigerator. Use within two days for peak freshness. Are you having a hard time using up your greens before they wilt? Take a few minutes to chop and cook up your CSA greens in a bit of olive oil, garlic and red pepper flakes—maybe with a bit of bacon or sausage—the day you pick up your bag. Keep covered in the refrigerator and use bit by bit over the next few days. Warm and serve pre-cooked greens on the side; mix into beans, risotto, soups or use to top mashed root vegetables or as a bed for poached eggs.

### Leeks

Though cozy, drizzly fall and winter days can zap your energy, it's a good thing leeks are in season! Leeks give energy and support movement. Use in recipes to replace onions or serve straight up. Gently peel off the outer layer, slice and generously add to salads, omelets and frittatas. The unwashed firm emerald leaves and ivory bulbs keep in the fridge up to two weeks. Leeks pair well with white wine, potatoes and thyme.

### Carrots

Carrots detoxify the body and help rebuild healthy cells. Much of carrots' nutrition is located in and just under the skin, so simply cut off the ends and give them a good scrubbing before eating. Nantes carrots are cylindrical and mild tasting. Shred and mix with peanuts, red wine vinegar and sesame oil for a refreshingly offbeat salad.

### Parsnips

Parsnips are a great source of fiber, folic acid, calcium and potassium! This starchy root vegetable looks like a cream-colored carrot and is surprisingly sweet and nutty. Parsnips can be eaten raw, sliced into salads, steamed with a little salt, pepper and butter, smashed or mashed. We love them roasted to get the fullest, richest flavors and caramelized natural sugars. Just chop into uniform size pieces, toss with a little oil and bake until soft at 375F. Wrap this hearty late-season vegetable raw and unwashed in a moist towel and keep refrigerated in plastic for up to a month.

### A Plum Perfect Pair: Pluots & Cheese

Serve pluot and/or plum slices plus any combination of the cheeses below with flatbread for an easy and delicious appetizer.

- American Blue Cheese (gentle blue from cow's milk)
- Pecorino Toscano (nutty, salty, sheep's milk cheese)
- Roquefort (strong, salty cheese with bluish mold, made from sheep's milk)
- Stilton (rich, crumbly cheese with veins of blue-green mold)
- Vermont Shepherd Cheese (buttery, nutty, sheep's milk cheese)
- Zamorano (hard sheep's milk cheese from Spain)

Courtesy: California Tree Fruit Agreement

### Apple n' Pluot Butter

5 apples, quartered (remove stems and core, no need to peel)  
8 pluots, pitted and quartered (fresh or frozen)  
1 cup water

Up to 2 ½ cup lavender or plain sugar, to taste  
1 tsp cinnamon and 1 tsp ground allspice, to taste  
Pinch of salt, optional to taste

Simmer apples, pluots and water in a large pot, covered, over medium low heat until tender, perhaps a quarter hour. Allow fruit mixture to cool then puree a bit at a time in a food processor or blender. Return pureed fruit to the pot and add lavender sugar, cinnamon, allspice and salt. Simmer, stirring, uncovered until thickened, about a half hour. Allow to cool completely then pour into clean jars and cover. Apple n' Pluot Butter will keep for about 3 weeks in the refrigerator or freeze.

Tip: Make this in the evening, allow to cool overnight and enjoy in the morning!

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### Katharine's Savory Stuffed Squash

1 squash  
1 15 oz can black beans, drained and rinsed  
3 c brown rice, cooked  
½ c chevre cheese  
salt & pepper

Mix beans and rice in bowl. Season with salt and pepper to taste and set aside. Cut squash in half lengthwise and scoop out pulp. Grease a baking sheet and place cut halves face down. Bake at 425 for 25-30 minutes. Turn squash halves face up and fill with rice and bean mixture. Spread chevre over the top and bake for 5-10 more. Serve hot. Tip: Roast the squash seeds and mix with leftover rice and beans for lunch the next day.

*Recipe courtesy of Katharine*

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### Succulent Winter Roots Soup

1 leek, sliced thinly  
3 Tbsp butter  
2 thyme sprigs  
Bay leaf  
Salt, to taste  
1 parsnip, sliced  
3 medium carrots, sliced  
Water to cover  
1/3 c crème fraiche or more!

Melt butter over medium heat in a heavy-bottomed pot. Add the leeks, thyme, bay leaf and salt. Cook until soft, about 10 minutes. Add the parsnips and carrots. Cook for about 5 minutes. Add enough water to cover, bring to a boil and turn down to a simmer. Cook until the vegetables are tender, but not falling apart, about 30 minutes. When done, remove thyme and bay leaf, and then puree soup in blender or food processor. Stir in crème fraiche. Check the seasoning and adjust to taste before serving.

*Inspired by Leek & Potato Soup, Alice Waters, The Art of Simple Food*

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### Spicy Greens Soup

1 leek or 1 bulb fennel, sliced thinly  
2 Tbsp olive oil  
2 cloves garlic, chopped and minced  
1 cup lentils  
2 medium tomatoes, pureed  
3 small turnips halved and sliced  
1-2 bunches turnip greens, chopped  
Water or vegetable stock to cover  
½ tsp sea salt  
½ tsp red pepper flakes  
Black pepper

In a large pot, heat olive oil over medium heat and sauté the leek for a couple minutes until soft then add garlic. Add ½ tsp of sea salt and some black pepper. Add the red pepper flakes and lentils. Pour over enough water or stock to cover. Raise the heat to bring to a boil then lower to a simmer over medium low heat and cover. Add turnips and tomatoes after 15 minutes. Cook about 20-30 minutes all together checking in every 10 minutes to stir the pot. Stir in greens when lentils are almost cooked through. Soup is done when lentils and vegetables are tender, but not falling apart. Serve hot, garnish with shredded cheese or a dollop of sour cream. Alternatively, freeze and reheat for dinner on a chilly, rainy night.

### Creamy Carrot Cupcakes

1 cup sugar  
2/3 cup vegetable oil  
2 eggs  
½ tsp baking soda  
½ tsp vanilla  
¼ tsp salt  
2 cup shredded carrots  
1 1/3 cup flour  
2/3 cup coarsely chopped walnuts (if desired)  
Heat oven to 350°F. Grease two muffin pans; lightly flour. In large bowl, beat granulated sugar, oil and eggs until blended. Add flour, cinnamon, baking soda, 1 tsp vanilla and the salt; beat on low speed 1 minute. Stir in carrots and nuts. Pour into pan(s). Bake 25 to 35 minutes, or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.

#### *Cream Cheese Frosting:*

6 oz cream cheese  
3 Tbsp butter  
2 Tbsp milk  
½ tsp vanilla  
3 cup powdered sugar  
In medium bowl, beat cream cheese, butter, milk and vanilla until smooth. Gradually beat in powdered sugar, 1 cup at a time, on low speed until smooth and spreadable. Frost cupcakes when cool. Eat or refrigerate.

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### Basic Vegetable Stock

4 Tbsp butter or olive oil  
several cups leftover CSA vegetables and fruits, peelings and scraps or: 2 onions, 2 carrots, 1 leek (green tops included), 1 bulb fennel plus stalks and fronds, 1 parsnip, 2 tomatoes, halved, parsley or thyme sprigs  
1 tsp black peppercorns  
1 clove  
1 bay leaf  
pinch of salt  
cold water to cover  
Chop all CSA scraps and/or whole vegetables. Melt butter in a large pot and add all vegetables. Let the veggies "sweat" by covering and simmering for 5-10 minutes, stir occasionally. Add parsley, peppercorns, clove, bay leaf and a pinch of salt. Pour water over mixture to cover and simmer for an hour (no more or it will become bitter tasting!) over low heat. Strain the stock and discard/compost the vegetables. Vegetable stock can be kept in the fridge for up to one week or can be frozen in ice cube trays and stored in freezer safe containers. Use vegetable stock in soup, risotto, rice and pasta dishes or in place of oil and butter when sautéing vegetables.

Tips: Some enjoy and some prefer not to use tomatoes or cabbage because of the color and strong flavor they impart. Try adding White wine, garlic and mushrooms may be added if desired. Experiment to see what works for you!

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One week left in Tiny's Organic  
"Farm to City" CSA 2008!

For CSA related questions, please call our  
Seattle Home Office, 206.762.0577 or visit  
our website, [www.TinysOrganic.com](http://www.TinysOrganic.com).