



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 22 ♦ NOVEMBER 12

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:** Pink Lady, Fuji and heirloom varieties Arkansas Black & Golden Russet
- * **Pluots:** Flavorich
- * **Astro Arugula**
- * **Red Beets**
- * **Winter Squash Mix:** Butternut, Table Gold, Acorn, Delicata &/or Spaghetti
- * **Yukon Gold Potatoes**

This Week's Recipes

(Recipes on back)

- * Hanger Steak with Pluots n' Arugula
- * Potatoes, Kale & Goat Cheese Quesadillas
- * Warm Goat Cheese & Arugula Sandwiches
- * Beet Salad with Broiled Halloumi
- * Sweet Apple-Filled Squash Rings

Crop Talk

Since this is the last issue for the season, and in addition to thanking you once again for your participation in Tiny's CSA program, we would like to extend an invitation for you to start thinking about next year. As you can see from the enclosed 2009 application form, signing up before the end of the year gives the best value for the entire season. The reason we structure the price schedule in this manner is to help finance ourselves through the winter months and also to provide funds for seed and the labor to plant seed and also to reward members who can make an early commitment. Much of our planting starts in early February in the greenhouse which helps give us a jump-start when the weather warms up in the spring. And, of course, the sooner we know how many members plan to sign up for the season then we'll know how much seed to buy for the season as well.

A TINY'S CSA MEMBERSHIP ALSO MAKES A GREAT CHRISTMAS PRESENT FOR YOUR FRIENDS AND FAMILY.

AND DON'T FORGET THE **TWO PAYMENT PLAN** IN PLACE FOR 2009. MAKE A HALF PAYMENT BY DEC 31, 2008 AND THE OTHER HALF ISN'T DUE UNTIL MAY 1, 2009!

(CSA MEMBERSHIP PRICES ARE ABOUT THE SAME FOR 2009 EXCEPT FOR CREDIT/DEBIT CARD TRANSACTIONS WHICH HAVE INCREASED SLIGHTLY DUE TO THE EXTRA FEES IMPOSED BY THE CREDIT CARD COMPANIES).



Winter squash mingling in the fields just before first frost, ushering in a steady supply of hearty cold-weather varieties for your weekly CSA bag.

Late-Season Apple Mix

The *Pink Lady*, a cross between Golden Delicious and Lady Williams is a pink/lime green apple with a sparkling champagne taste! Addicting as a fresh snack, its sweet-tart flavor also stands up well in fresh slaws,

salsas and cooked dishes. The *Fuji* is a super-sweet, crisp apple that holds its texture when baked and is known for its hard texture and syrupy sweetness. The heirloom *Golden Russet* has an extremely high sugar/acid ratio that makes it great for ciders, eating fresh and baking. This variety was limited to only three producing trees at Tiny's orchard this season but will increase to 30 producers starting next year. We're very excited about this variety because of its flavor, storability and durability. It is somewhat cosmetically challenged but the flavor trumps any shortcomings in the appearance department. Store all apples in the refrigerator until ready to be eaten with the exception of Pink Lady, which can sit on your counter up to a month before eating and indeed mellow out to a much more balanced flavor after they're what we call 'conditioned'.

Red Beets

Beets are highly nutritious and easy to use. Quick pickle thinly-sliced roasted beets to make a brilliant pink side dish that will last for a week in the fridge. Skip the food coloring and shred fresh beets into your favorite Red Velvet cake batter to add sweetness, moisture and a lovely deep red tint. Store unwashed beets in your crisper drawer up to a month.

Yukon Potatoes

Potatoes are a great source of stress-reducing potassium, Vitamin C and B vitamins. No wonder they're considered comfort food! Yukon potatoes' dry, golden flesh and buttery flavor make them good for baking, boiling, frying and mashing. Potatoes tend to absorb flavors and moisture so avoid storing them near strongly flavored foods like apples.

Tiny's Simply Smashing Potatoes

2-4 Yukon potatoes cut into pieces

3 Tbsp olive oil

2 cloves garlic, peeled, halved or 2 Tbsp leek, chopped

½ tsp fresh thyme

Steam potatoes for about 15 minutes or until very tender. While potatoes are cooking, heat 2 Tbsp of the olive oil in a small skillet over low heat. Sauté garlic halves until golden brown. Add potatoes and thyme to skillet and smash coarsely. Season the smashed potatoes with salt and pepper then transfer to your serving dish and drizzle with remaining olive oil.

This is the last week of Tiny's Organic CSA 2008!

With our last CSA bag of the season, we've been in the fields harvesting a little of this and a little of that and members may get a mixed bag from one member to the next. So if you're into comparing your bag with co-workers or friends you may notice slight differences in bag contents. Other than that slight difference, this is our last bag of the season and we hope you've enjoyed the experience as much as we have. As they say, if you liked our CSA program this year, *tell your friends* and if you didn't, *tell us* and we'll make every effort we can to improve the program for the 2009 season.

Hanger Steak with Pluots n' Arugula

2 tsp olive oil
2 garlic cloves, crushed or finely chopped
1 lb hanger steak, cut into 1/8-in-thick slices
1 tsp salt
½ tsp each black pepper and crushed red pepper
½ bunch arugula, washed and dried
1/3 cup leek, thinly sliced
3 tbsp balsamic vinegar
4 pluots, pitted and sliced
4 tsp fresh lemon juice
1 oz Parmigiano-Reggiano cheese, shaved into thin strips
Place oil and garlic in a large non-stick skillet over medium heat; cook 4 minutes or until garlic is lightly browned, stirring occasionally. Increase heat to med-high. Sprinkle steak evenly with salt and peppers. Add steak to pan; sauté 1 minute or until desired degree of doneness. Transfer steak to a large bowl. Add arugula to bowl; toss well. Wipe pan dry and coat with cooking spray. Reduce heat to medium. Add leek and balsamic vinegar to pan; cook until soft, about 5 minutes. Add pluot slices to pan; cook 30 seconds, tossing to coat. Add pluot mixture and juice to steak mixture; toss gently. Serve with cheese.

Potato, Kale & Goat Cheese Quesadillas

2 Yukon Gold potatoes, cubed
2 tsp chili powder
1 ½ cup grated hot pepper Monterey Jack cheese
1 ½ cup salsa
1 bunch Kale, coarsely chopped
4 flour tortillas
3 oz chilled fresh goat cheese, coarsely crumbled
olive oil
Place baking sheet in oven and preheat to 275°F. Steam potatoes until tender, about 8 minutes. Place in large bowl; sprinkle with salt, pepper and chili powder. Toss to coat. Cool potatoes 15 minutes. Coarsely chop kale. Divide kale, cheeses and potatoes between bottom half of each tortilla. Top with 2 Tbsp salsa for each. Fold tortilla halves over filling, pressing to compact. Brush with oil. Heat a large nonstick skillet over medium heat. Place 2 quesadillas, oiled side down, in skillet. Brush tops with oil. Cook until quesadillas are brown, about 3 minutes per side. Transfer to sheet in oven to keep warm. Repeat with remaining 2 quesadillas.

Warm Goat Cheese & Arugula Sandwiches

2 tsp balsamic vinegar
½ tsp Dijon mustard
Olive oil
1-2 beets, roasted then sliced
8 thick slices of bread
Goat cheese, softened
4 very thin slices red onion
Arugula leaves
Preheat broiler
Whisk together vinegar, mustard, salt and pepper to taste, then whisk in 2 tbsp oil. Toss beets with vinaigrette. Arrange bread on a large baking sheet and brush tops with olive oil. Season with salt and pepper and broil 6 inches from heat 1 to 1 ½ minutes or until edges are golden. Remove 4 slices from oven. Turn remaining 4 slices over on baking sheet and spread thickly with goat cheese. Broil 1 minute more and transfer to plates. Top goat cheese with sliced roasted beets, onion, arugula and remaining bread, toasted sides up.

Beet Salad with Broiled Halloumi

7 oz halloumi cheese, ¼-in-thick slices
1 red chili, seeded and finely chopped
1 clove garlic, crushed
3 tbsp olive oil
Juice of one lemon

1 tbsp red wine vinegar
Pinch of sugar
Grated rind of ½ lemon
1 ½ tsp chopped mint leaves
Salt and black pepper
Couple handfuls arugula
1 bunch cooked beets, cut into slim wedges

Arrange the halloumi in a dish in a single layer. Whisk together the chili, garlic, lemon juice and 1 Tbsp of the oil in a small bowl and pour it over the halloumi. Turn to coat well, then let it marinate for at least 30 minutes. Make a dressing by whisking together the vinegar, sugar, lemon rind, mint and remaining olive oil in a small bowl. Season to taste with the salt and pepper and set aside. Heat the broiler to hot and line the broiler pan with foil, or heat a ridged grill pan. Divide the arugula between four serving plates and scatter the beet wedges on top. Place the halloumi slices on the prepared broiler pan or grill pan and cook on each side until lightly charred and just starting to bubble. Scatter the halloumi over the prepared salads. Drizzle with the dressing and serve immediately. Serves 4.
Adapted from Susannah Blake, Seasonal Eating

Sweet Apple-Filled Squash Rings

6 tbsp (¾ stick) butter
1 large onion or leek, chopped
1 ½ tsp curry powder
2 apples, peeled, cored, diced
2/3 c apple juice or cider
½ c dried currants or other dried fruit
8 1-in-thick unpeeled squash rings, (from 2 medium squash) seeded
Melt 1 Tbsp butter in heavy large skillet over medium heat. Add onion and sauté until tender, about 12 minutes. Add 1 Tbsp curry powder; stir 1 minute. Add apples, apple juice, and currants. Sauté until liquid evaporates, about 6 minutes. Season filling to taste with salt and pepper. Preheat oven to 350°F. Melt 5 Tbsp butter in small skillet over medium heat. Add ½ Tbsp curry powder; stir until fragrant, about 1 minute. Transfer curry butter to bowl. Brush 2 large rimmed baking sheets with some curry butter. Arrange squash in single layer on sheets. Sprinkle with salt and pepper. Scoop filling into center of rings. Drizzle remaining curry butter over squash and filling (mostly on squash). Cover with foil. Bake squash rings until squash is tender when pierced with skewer, about 40 minutes. Using spatula, transfer squash rings with filling to plates.
Recipe by Bon Appétit, 2001

Please return all empty red bags to your pickup site by next Wednesday, Nov. 19!
For CSA related questions, please call our Seattle Home Office, 206.762.0577 or visit our website, www.TinysOrganic.com.