



Tiny's Organic 'Farm to City' CSA 2008 ♦ A Farm Family Growing for You

Fresh from the Farm

www.TinysOrganic.com

WEEK 2 ♦ JUNE 24, 2008

This Week's Harvest

Please note: This newsletter is written before our 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
- * Basil
- * Beets: Touchstone Gold, Chiogga or Red Ace
- * Bellesque Endive
- * Cherries: Rainier & Bing
- * Fava Beans
- * Red Onion Bunch
- * Radishes: French Breakfast, Cherry Belle, or Plum Purple
- * Spicy Green Salad Mix
- * Summer Squash

Farm Menu

Recipes on back!

- * Zucchini Slices with Basil & Feta Cheese
- * Zucchini Boats with Ricotta-Basil Mousse
- * Bellesque Endive & Beans
- * Beets & Spicy Green Salad
- * Chopped Fava Bean Crostini
- * Fava Bean Salad with Radishes & Feta Cheese

Crop Talk

When the farm is graced with a couple days of sun, our summer squashes grow astonishingly quickly. It's amazing their delicate skins can keep up with the rapid changes! Radishes are also bursting into season and our crew picks them as fast as possible so you get them at the peak of freshness.



www.TinysOrganic.com



Jaune et Verte summer squash keep us busy and it's harvested three times a week once it comes into season.

Summer Squash

Here's the low-down on the summer squash we're growing for you: Round and green, **Eight Ball** squash is harvested twice weekly starting as early as mid June and is excellent for stuffing or stir-fries. **Costato Romanesco** zucchini with its two-toned green stripes is the most delicate of all summer

squashes and a winner in all taste tests and harvested weekly all summer. **Jaune et Verte**, French for yellow and green, is a colorful, tender summer treat with showy bloom and mature fruit. **Light Green Summer Scallop** squash is among the most flavorful of all summer squashes first harvested in late June and twice weekly throughout the summer. Tiny's exotic **Flying Saucer** summer squash is a great addition to any stir-fry and is harvested about once every five days all summer. Newcomer **Floridor** is a bright yellow round zucchini! Store summer squash in plastic in the warmest part of the refrigerator (not the crisper) for a couple of days.

Basil

To keep this sensitive herb fresh for a few days, take off leaves from the bottom couple of inches of the stem and place the stems in a glass of water on the counter. Pick fresh basil leaves as needed. For long-term storage, try chopping the leaves then adding to butter and keeping in the refrigerator. Or, puree the leaves, add to olive oil and freeze. A farm favorite warm-weather treat is brie wrapped in fresh basil leaves.

Bellesque Endive

This sweet and tender salad green has delicate rosettes with frilly edges. Bellesque endive makes a delicious fresh salad with vinaigrette, honey glazed walnuts and feta. To store, place in a plastic bag in the vegetable drawer of the refrigerator for 2-4 days.

Fava Beans

Keep long, flat and wide fava beans in a plastic bag in the refrigerator for up to one week. To eat, remove the string from both sides of the shells and remove the beans from the fuzzy interior, parboil them for 30 seconds, removing the waxy coating around each bean and add to your dish. Nutty and buttery in flavor, these beans are worth the work!

Cherry Belle, French Breakfast or Plum Purple Radishes

The peppery, globe-shaped roots of Cherry Belles and Plum Purple radishes are a nice contrast to mild, cylindrical white-tipped French Breakfast radishes. Remove the delicate radish greens and store unwashed in a plastic bag in your crisper drawer. Rinse and add small leaves to salads. Sauté the larger leaves with other greens. Keep the unwashed roots in a plastic bag in the refrigerator for up to a week. Slice or grate well-rinsed radishes into pasta or bean salads.

The vibrant colors and intense flavors of healthy organic produce, especially greens, tempt the palates of hungry humans and bugs alike. What should you do if you notice some determined little creatures hiding in your greens as you unpack your CSA bag? Simply soak the leaves in cold, well-salted water for about 5 minutes. Any hangers on will float to the top. Scoop them off, gently and thoroughly pat the greens dry and store in a plastic bag in your refrigerator's crisper drawer!

Zucchini Slices with Basil & Feta Cheese

One large zucchini or any large summer squash

Olive Oil

Basil, finely chopped

Cracked black pepper

Slice zucchini or other summer squash into 1/2-inch slices and place on baking sheet. Drizzle, brush or spray olive oil on slices, sprinkle with basil then top with feta cheese. Grind black pepper over cheese.

Zucchini Boats with Ricotta-Basil Mousse

Three small zucchini or one large

Cooking spray

1/2 c loosely packed fresh basil leaves, finely chopped

1/2 c ricotta cheese

2 Tbsp grated Parmigiano-Reggiano cheese

1 Tbsp hot water

1/2 Tbsp lemon juice

Salt & pepper

Preheat oven to 450°

Cut each zucchini in half lengthwise, scoop out pulp and reserve for another use. Arrange zucchini shells in a single layer in a baking dish coated with cooking spray. Combine basil and remaining ingredients, stirring well with a whisk. Divide mixture evenly among shells, pressing gently. Bake for 20 minutes or until zucchini is tender. Serves 6

Bellesque Endive and Beans

One head Bellesque Endive

One bulb garlic, minced

1-2 red spring onions, diced

2 Tbsp olive oil

1 1/2 c navy, cannellini or other white beans, rinsed and drained

Sauté onions and garlic in oil. When well cooked, add endive and cover

until all leaves are very wilted. Add beans and stir. Serve with rice or pasta

Beets & Spicy Green Salad

3-4 beets, stems and root ends removed

1 bag spicy green salad mix, add chopped beet greens

1/8 c walnuts or pine nuts, chopped

Balsamic vinegar & Olive oil

Freshly ground black pepper

Goat cheese

Heat oven to 400°F.

Wrap beets in foil. Roast until soft, about 30-45 minutes. Cut into wedges, place in medium size bowl, drizzle with olive oil & vinegar. Add nuts & arugula, toss. Season with salt and pepper. Crumble cheese on top.

* Spicy Green Salad Mix pairs nicely with crackers and a pungent cheese and jam or as a salad with balsamic vinegar, jam & olive oil.

Chopped Fava Bean Crostini

One baguette

One medium garlic clove, halved

2 1/2 lbs fava beans in pods

1/4 c olive oil

4 tsp lemon juice

1/2 tsp kosher salt

1/4 tsp freshly ground black pepper

2 tsp thinly sliced fresh basil leaves

One 2-3 oz piece Pecorino cheese

FOR CROSTINI: Heat the oven to 400°F. Slice baguette into 1/2-inch thick slices, place on a baking sheet, brush lightly with olive oil. Place in the oven on the middle rack and bake until lightly toasted and crisp, about 8 minutes. Remove from the oven, rub cut garlic on each slice.

FOR FAVA BEANS: Remove fava beans from their pods and discard pods. Bring a medium pot of heavily salted water to a boil. Add shelled fava beans and cook for 2 minutes; drain in a colander and run cold water over the beans until. Peel the light green skin from each bean to reveal two bright green inner halves. Discard skins and place peeled beans in a nonreactive bowl. Add olive oil, lemon juice, salt, and pepper. Use a potato masher to mash beans into a coarse, choppy paste or pulse in a food processor. Fold in sliced basil and adjust seasoning to taste. Top each toast with chopped favas, and garnish with a thin shaving of Pecorino. Drizzle with olive oil, sprinkle black pepper over each and serve.

Fava Bean Salad with Radishes & Feta Cheese

2 tsp cumin seeds

2 Tbsp fresh lime juice

2 tsp honey

1/4 c extra-virgin olive oil

3 Tbsp chopped fresh basil

4 c fresh shelled fava beans

1 bunch radishes, trimmed, halved, thinly sliced

1 c crumbled feta cheese

Heat small skillet over medium heat. Add cumin seeds and toast for about 2 minutes until slightly darker. Cool; grind finely. Whisk lime juice, honey and cumin in small bowl. Gradually whisk in oil and stir in basil. Season to taste with salt and pepper. Cook fava beans in pot of boiling salted water for about 5 minutes until almost tender. Drain well, rinse in cold water, then drain again.

Transfer fava beans to large bowl. Add radishes, feta, and dressing; toss. Season with salt and pepper if needed. Divide salad among bowls.

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