



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

## Fresh from the Farm

www.TinysOrganic.com

WEEK 3 ♦ JULY 2

### This Week's Harvest

*Please note: This newsletter is written before our harvest is completed. Below is a list of what we **hope** to put in your bags. For peak freshness, we harvest at the last minute. If a variety is ready at that time, we'll harvest it and add it to your bag.*

- \* Arugula
- \* Cherries: Bing and Rainier
- \* Greens (possibly): Chard, Mustard or Beet Greens
- \* Radish: French Breakfast (you may receive another variety)
- \* Red Express Cabbage (this week or coming soon!)
- \* Lettuce: Jericho Romaine or Rouge de Grenoblouse
- \* Sugartime Peaches
- \* Summer Squash
- \* Tasty Rich Apriums
- \* Turnips
- \* Zee Fire Nectarines

### Farm Menu

*Recipes on back!*

- \* Peachy Arugula Salad
- \* Cabbage Salad with Mustard Vinaigrette
- \* Turnip Greens
- \* Simple Summer Squash Salad

### Crop Talk

After a very hot (104F) stroll through the fields this past Sunday, it looked like we'd have the first peaches of summer for you along with lots of red cabbage, summer squash and cherries. A walk through on Monday changed our minds. Peaches, cherries and summer squash? Yes. Cabbage? Maybe. A surprise contender, arugula, has overtaken the beds and will most likely be in your bags this week. Things change so quickly here on the farm that the only guarantee we can give is that you will always receive the best of our harvest every week of the season. Enjoy!



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**Sugartime Peach is the earliest variety harvested at Tiny's. A yellow flesh, low acid treat, we harvest this peach right along with Rainier cherries.**

### Sugartime Peaches

It may be tempting, but please refrain from squeezing your sweet-smelling yellow-fleshed Sugartime peaches as they are delicate and bruise easily! To soften tree-ripened peaches, simply place them in a single layer on the counter (not stacked)

for a day or two. Then extend their life for up to a week in the refrigerator. Peaches need humidity, so refrigerate in a plastic bag. For full flavor, bring peaches up to room temperature before eating. For a quick boost of Vitamins C, A and calcium, eat fresh out-of-hand or slice into a refreshing green salad.

### Jericho Romaine Lettuce

The large, light-green leaves of Jericho Romaine lettuce are heart healthy, feeding your body with good amounts of fiber, Vitamin C, beta-carotene, folic acid and potassium. Wash, dry and place crisp, white-ribbed heads of romaine lettuce in a plastic bag or wrap in a damp cloth. Store in your refrigerator crisper for up to a week. Easily used in salads and layered in sandwiches.

### Red Express Cabbage

One of the earliest cabbages of the season, Red Express leaves are firm, crisp and higher in Vitamin C than oranges and a great addition to summer picnics in salads and classic coleslaws. To store for up to a month, simply put the entire unwashed head in your refrigerator's vegetable bin. Remove any flimsy outer leaves before using. Place cut cabbage in a plastic bag and it will be fine in the refrigerator for several weeks. To keep the vivid purple-red color while cooking, add a splash of lemon juice, vinegar or wine.

### Turnips

Sweet, tender and crisp, this mineral-rich, white radish-shaped root is helpful as a digestive aid. When cooked, it quickly mellows and absorbs the flavor of accompanying ingredients. To store properly, remove unwashed turnip greens and place them in a plastic bag in your crisper. Put the unwashed roots in another plastic bag and keep in the refrigerator for up to a week. Grate raw turnips into salads or eat sliced with butter and a sprinkle of salt. Small turnip leaves are also great in raw salads.

This season's cherry harvest is especially precious to us because much of the crop was lost to a late frost. To treasure these gems for later consumption by freezing, first rinse and drain well. Spread the cherries with stems intact in a single layer on a baking sheet. Freeze until firm then pack into freezer-proof containers or plastic bags. Be sure to squeeze out any excess air, cover or fasten tightly and freeze immediately. They will keep for up to a year in your freezer. Serve whole cherries partially thawed or pit, stem and add to salads, sauces, batter or as garnishes.

## Easy, breezy recipes for a summer weekend...

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### **Peachy Arugula Salad**

¼ c finely chopped toasted nuts of your choice  
½ tsp salt  
Black pepper  
4 oz goat cheese log  
6 c arugula (use Romaine lettuce for a milder taste)  
1 Tbsp olive oil  
Zest and juice of 1 lime or lemon  
4 ripe but firm peaches, halved and pitted  
(apriums may be used instead in greater quantity)  
4 Tbsp local honey  
Sprinkle nuts into a shallow dish. Season with ¼ tsp salt and pepper to your taste. Roll goat cheese log in the nuts to coat. Refrigerate the log until firm then cut into 8 rounds. Place arugula in a medium bowl. Add oil, lemon zest and juice and toss to coat; season with the remaining ¼ tsp salt and pepper. Divide the arugula among 4 shallow bowls. Nestle 2 peach halves into each portion of greens, top each half with a round of nut encrusted goat cheese and drizzle each salad with 1 Tbsp honey  
(adapted from 'Eating Well' magazine).

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### **Cabbage Salad with Mustard Vinaigrette**

1 head red cabbage  
handful flat-leafed parsley leaves  
1 1/2 tsp Dijon mustard  
2 1/2 Tbsp red-wine vinegar  
3/4 tsp salt  
5 Tbsp extra-virgin olive oil  
Cut cabbage into thin shreds and chop parsley. In a small bowl whisk together mustard, vinegar, and salt until combined. Whisk in oil in a slow stream, whisking until emulsified. In a large bowl, toss together cabbage, parsley, vinaigrette, and salt and pepper to taste until combined. Chill salad, covered, at least 30 minutes and up to 2 hours.  
Serves 4-6

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### **Turnip Greens**

Cook turnip greens in olive oil with garlic and add a few chili flakes at the end. A great, easy and satisfying side dish.

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### **Simple Summer Squash Salad**

1 lb summer squash  
1/3 c loosely packed mixed greens (mint, basil, arugula, mustard or beet greens would be fine)  
3 Tbsp extra virgin olive oil  
1 Tbsp fresh lemon or lime juice  
¼ tsp salt  
Pepper to taste  
¼ c toasted nuts (pine or your preference)  
Parmesan or another hard cheese for shavings  
Fresh mint sprigs for garnish  
Toast nuts in small skillet on medium high heat. Stir gently as the nuts start to brown. When slightly browned, remove from heat and let cool. Slice the squash into paper-thin slices and set aside in a bowl. Stack the mixed green leaves, roll them together lengthwise and slice crosswise to make very thin slivers. Add to squash in bowl. Combine the oil and lemon juice in a small bowl and whisk together. Whisk in the salt and pepper and pour the dressing over the contents of the bowl. Add the nuts and toss all together, gently, but thoroughly. Let mixture stand for about 15 minutes to soften the squash and develop the flavors. Transfer salad to serving dish or to four individual salad plates. Garnish with shavings of cheese made with a vegetable peeler and a few sprigs of fresh mint. Serve with rice or pasta if desired. Serves 4.

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

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