



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 4 ♦ JULY 9

This Week's Harvest

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

- * Spring Snow Peaches
- * Sugartime Peaches
- * Summit Cherries
- * Zee Fire Nectarines
- * Rival Apricots
- * Radishes
- * White Spring Onion
- * Summer Squash Mix:
Yellow Crookneck, Green & Yellow Eight Ball, Jaune et Verte, Flying Saucer, Yellow & Green Scallop, Costato Romanesco, Patty Pan
- * Yukon Gold Potatoes
- * Fiesta Broccoli

Farm Menu

Add some spice to your summer BBQ, picnic or party with show-stopping recipes on back!

- * Pickled Radish
- * Greek Salad Pita
- * Herbed Radish & Cucumber Rounds
- * Delicious Chocolate Zucchini Cake
- * Open-Face Radish & Butter Sandwiches
- * Smashed Potatoes with Horseradish

Crop Talk

Tiny's Organic farm is simmering in the sun. The land is bubbling with growth, greens, vegetables and fruit! Between the waves of squash and arugula are crops of cucumbers *just about* ready to burst forth! Last year we introduced mild, round, yellow Lemon Cucumbers. This year we've added two more unique heirloom varieties: Pale green Armenian Cucumbers and Satsuki Midori, a long, slender slicing cucumber up to 14 inches long!



Light Green Summer Scallop squash is one of our most flavorful!

Summer Squash

Check out these quick tips for enjoying our bountiful harvest of summer squash: Handle gently when storing as the skin is thin and quite fragile. Summer squash keeps up to a week stored in the refrigerator in a plastic bag. It also has high water content and occasionally needs draining, otherwise the dish you are preparing may become too watery. Drain

by cutting into slices, arranging in a shallow dish and sprinkling with salt. After 20 to 30 minutes, rinse the slices under cold running water and pat dry. Add a little brown sugar, honey or maple syrup when cooking to produce a sweeter taste. Experiment with sweet spices like allspice, cinnamon, cloves, ginger and nutmeg, or try more pungent flavors like basil, mustard and rosemary. Cook slices over steam three to five minutes or sauté in olive oil until just tender. Do not overcook. Add butter, lemon juice, herbs or spices and serve hot. Serve thin, unpeeled raw slices in salads or with dips. You can also grate and freeze zucchini for later use in breads and soups. Choose mature squash that are about 12 inches long, as they contain less moisture. No need to blanch; simply shred unpeeled zucchini, discard center pulp and seeds, then package in freezer bags in pre-measured amounts corresponding with recipes you'll use later. Thaw and drain before adding to a recipe. Or as an alternative, shred and prepare zucchini bread now, allow to cool to room temperature, slice, wrap in wax paper and freeze in a plastic container or freezer bag to enjoy piece by luscious piece.

Yukon Gold Potatoes

Tiny's crew calls potatoes "Comfort Food" and we love to share them with you whenever possible. A great source of B vitamins, potassium and vitamin C, Yukon Gold potatoes are great for baking, boiling, frying and mashing. Golden flesh and buttery, their nutty flavor makes a fabulous addition to any meal. Tip for grill lovers: Simmer sliced Yukon Gold potatoes in water until almost fully cooked, then brush with olive oil and cook on the grill with your corn and other veggies. Keep your unwashed potatoes for several weeks in a paper bag in a cool, dark place.

Radishes

Radishes have a distinct flavor. Usually eaten raw, they can be added to soups or pickled. To give a burst of color to your meals, cut into matchsticks and use raw or stir-fried to top salads, pasta, meat or just about anything! Toss with olive or sesame oil and roast, then stir in chopped spring onions for a simple side dish. Slice thinly (or mince) with onions and mix with sour cream, salt and pepper for a great sandwich topper. High in moisture, radishes do best when stored unwashed (greens removed) in a plastic bag in the crisper drawer. Get the most out of radishes by using the greens in your everyday dishes, adding them to salads, stir-fries and soups.

Pickled Radish

1 c sliced radishes
¼ c distilled white vinegar
2 tsp coarse kosher salt
1/4 c chopped fresh dill (optional)
Stir vinegar and 4 teaspoons coarse salt in small bowl until salt dissolves. Place radishes and dill in heavy 1-gallon resealable plastic bags. Add vinegar mixture; seal bag. Turn several times to coat. Refrigerate overnight, turning bag occasionally.

Greek Salad Pita

3 tbsp extra-virgin olive oil
1 tbsp red wine vinegar
1 c diced cucumber
2/3 c chopped red onion
1/2 c chopped radishes
1/2 c chopped fresh Italian parsley (optional)
1 c crumbled feta cheese (about 4 1/2 ounces)
Whole wheat pita breads, halved
Whisk olive oil and red wine vinegar in large bowl. Season dressing with salt and pepper. Mix cucumber, red onion, radishes and parsley into dressing. Stir in feta cheese before serving.
DO AHEAD: Salad can be made 2 days ahead. Cover and chill. Using slotted spoon, transfer salad mixture to pita bread halves. Serve sandwiches immediately.

Herbed Radish & Cucumber Rounds

4 oz cream cheese, softened
2 tbsp sliced fresh mint
2 tsp chopped fresh chives
1/2 tsp finely grated fresh lemon zest
1/4 tsp fresh lemon juice
1/8 tsp table salt
Pinch of cayenne, or to taste
1/2 medium cucumber
3 medium radishes
Coarse sea salt for sprinkling
Stir together cream cheese, herbs, zest, lemon juice, table salt and cayenne. Slice rounds from cucumbers & radishes. Top each cucumber slice with a radish slice and 1/2 teaspoon herbed cream cheese. Sprinkle with coarse sea salt and serve immediately. Garnish with fresh mint leaves and lemon zest!

Delicious Chocolate Zucchini Cake

1 c butter
1¾ c sugar
2 eggs
1 tsp vanilla
½ c sour milk
1½ c flour and 1 c whole wheat flour
6 Tbsp cocoa
½ tsp baking powder
1 tsp baking soda
½ tsp each cinnamon and cloves
2 c finely diced zucchini
1 c chocolate chips
(½ c in cake, ½ c on top)
Cream butter and sugar together. Add eggs, vanilla and sour milk; beat well. Mix together dry ingredients and add to creamed mixture; beat well. Stir in diced zucchini. Pour batter into greased and floured 9 x 12 x 2 inch baking pan; sprinkle top with chocolate chips. Bake at 325F for 40 to 45 minutes.
Recipe by Jynel Layman

Open-Face Butter & Radish Sandwiches

2 1/2 bunches radishes, trimmed
Butter, room temperature
20 1/4-inch-thick diagonal slices baguette
Sea salt or coarse kosher salt
Place radishes in medium bowl of ice water and chill between 30 minutes and 2 hours. Drain radishes and slice thinly. Spread butter generously over baguette

slices and sprinkle lightly with sea salt or coarse kosher salt. Arrange radish slices atop buttered baguette slices and serve.

Smashed Potatoes with Horseradish

1 lb Yukon Gold potatoes, scrubbed & cut
1/2 c whole milk
1 large garlic clove, pressed
2 Tbsp prepared white horseradish
3 Tbsp unsalted butter
Cook potatoes in large pot of boiling salt water until tender, about 20 minutes. Drain. Return to pot. Meanwhile, bring 1/2 c whole milk and garlic to boil in large saucepan. Add milk mixture and horseradish to potatoes. Slightly smash them with a wooden spoon just until they crack open. Add butter; stir until melted. Season with salt and pepper.
DO AHEAD: Can be made 2 hours ahead. Let stand at room temp. Stir over medium heat until heated through; add more milk to thin if necessary.

*Top with Pickled Radishes for a tangy treat!

Recently, some members have been curious as to why some of the stone fruit they receive is hard to the touch.

We posed these questions to Tiny's owner, Greg McPherson: *"Why do you pick your stone fruit while it's still hard? Isn't that the same thing the grocery stores do?"*

He replied, *'It's impossible to pick 'tree ripe' fruit unless a person has a backyard tree with only a few fruits on the tree and can eat them right away. In fact, many varieties of peaches and nectarines lose much of their taste if left on the tree to soften because the fruit begins to consume the sugar as it goes past optimum harvest timing. Commercial growers picking stone fruit for grocery stores pick it at an extremely immature green stage. Consequently, the fruit never has a chance to ripen properly and that's why it tastes like cardboard. Here at Tiny's we pick fruit approximately 5+ days later than any stone fruit (peaches, plums, nectarines) you find in a grocery store. We wait until the last possible moment to pick because at that stage of maturity, the fruit will ripen and taste as it should. The only reason we pick fruit while it's relatively firm is so the fruit doesn't bruise when they're stacked in the picking bucket. If you check, you'll find the fruit is usually slightly soft at the calyx end (bottom points) and that's about the time we start to pick the fruit.'*

So what should you do if you find somewhat hard apricots or apriums in your bag this week?

'Allow to soften at room temperature for two to five days. Their color, juiciness and aroma will improve. When your fruit is just right, eat or store in a plastic bag in the refrigerator.'

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