



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

## Fresh from the Farm

[www.TinysOrganic.com](http://www.TinysOrganic.com) (this newsletter also available online)

WEEK 5 ♦ JULY 15

### This Week's Harvest

Please note: 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.

- \* Lapins Cherries
- \* Spring Snow Peaches
- \* Flavorosa Pluots
- \* Arctic Star Nectarines
- \* Cucumber Mix:  
Armenian, Satsuki Midori,  
True Lemon or Boothby's  
Blonde
- \* Summer Squash Mix:  
Yellow Crookneck, Green  
& Yellow Eight Ball, Jaune  
et Verte, Flying Saucer,  
Yellow & Green Scallop,  
Costato Romanesco, Patty  
Pan
- \* Astro Arugula

### Farm Menu

*recipes on back!*

- \* Summer Squash Bread
- \* Disappearing Zucchini  
Orzo
- \* Arugula Salad
- \* Tzatziki
- \* Summer Cucumber Salad

### Crop Talk

Heat has been a factor in flavor for all varieties of both fruit and vegetables at Tiny's. Temperatures have been running consistently in the high 90's and low 100's for the last two weeks and work on the farm now starts at 5 am each morning so we can wrap up the day by noon or so. Cherry harvest is also well underway and workers hit the ladders at 4:45 am and put in a full day by 11 am. Because of a very cold spring, the cherry crop is significantly down from the average for all regions of the state, including Tiny's cherry acreage, but the tradeoff is larger cherries across all varieties.



The Lapins Cherry was developed by Dr. Henry Lapins at the Summerland Research Canada station in Summerland B.C. in 1981. It is the only fruit ever released from the research station that did not start with an 'S'.

### Lapins Cherries

A low-acid selection from Canada with a high sugar, low-acid flavor balance. A grower's favorite because of high tolerance to rain and a propensity to larger sizes because of its Stella/Van parentage.

### Flavorosa Pluot

The Flavorosa is the earliest season pluot at Tiny's. It resembles an ordinary plum but that's where the resemblance stops because of its extraordinary concentrated flavor and dark red flesh. Another of its trademarks is exceptional juiciness so load up with napkins before biting into this beauty.

### Cucumbers

This week's mixed cucumber varieties are at least two of the following: **Armenian** is burpless, has no bitterness, is very thin and is almost always used without peeling. This variety is great on salads and isn't quite as strong tasting as a regular cucumber. **Satsuki Midori** is a rare Asian variety running 10-14" in length with tender skin and few seeds. Extremely tasty and never bitter. **True Lemon** is in its second year at Tiny's and is quickly becoming a real favorite here at the farm. Oval in shape with a tinge of lemon color, it's a wonder this fascinating cucumber is never found in any grocery store! Mild taste and mild skin so never a need to peel. **Boothby's Blonde** heirloom variety was an early American favorite grown by the Boothby family of Livermore, Maine although it was originally discovered in India in the 1600's.

### Arugula

Grown specially for fresh eating, Arugula adds a spunky and tasty accent to mixed green salads. Use as edible garnish for sandwiches and fruit plates. To store, refrigerate in a sealed container. Use promptly for optimum quality.

### Summer Squash Medley

We are quickly learning that summer squash grows exceptionally well in the arid climate of Eastern Washington and we're proud to be able to continue providing several different varieties of squash in your bag each week.

### Arctic Star Nectarines

The Arctic Star is the earliest nectarine grown at Tiny's and is a high flavor, low-acid specialty white cling nectarine that can be eaten crunchy like an apple or with time, soft like a traditional nectarine.

### **Disappearing Zucchini Orzo**

¾ lb pkg orzo pasta  
(multicolored is fun)  
Bring 6 cups water or chicken stock to a boil and add pasta  
Cook 8 to 12 minutes  
1 chopped onion, garlic to taste  
3 large zucchini  
Olive oil for sauté  
Use a cheese grater or mandoline to shred zucchini, sauté briefly with chopped onion and garlic until lightly golden  
Thyme  
Oregano  
¼ cup grated parmesan or any hard yellow cheese  
Add spices to zucchini mixture, stir thoroughly then remove mixture from heat.  
Combine with cheese and cooked orzo, salt to taste, serve cool or at room temperature.  
Recipe by Barbara Kingsolver with Steven L. Hopp and Camille Kingsolver

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### **Astro Arugula Harvest Salad**

Arugula  
Flavorosa Pluots, sliced  
Goat cheese  
Extra-virgin olive oil  
Balsamic vinegar  
Pluot Jam (any jam will do), to taste  
Layer arugula, sliced pluots and goat cheese rounds on large platter.  
Combine olive oil, vinegar, jam and drizzle over salad.

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### **Tzatziki**

16 Oz Plain Greek Yogurt  
Lemon or Satsuki Midori cucumbers, seeded and chopped fine  
3 garlic cloves, minced  
1 teaspoon extra-virgin olive oil  
Set the cucumber aside in a colander or strainer, to allow excess liquid to drain away. Place yogurt in a bowl, add garlic, oil and cucumber. Stir well.  
Refrigerate until ready to serve.  
Tzatziki is a traditional Greek dip.  
Usually served with dolmades - grape leaves stuffed with rice and spices.  
Tzatziki also makes an attractive addition to vegetable platters.  
Can be served with soft bread or bread sticks.  
Recipe adapted from Epicurious.com

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### **Summer Squash with Tzatziki**

4-6 summer squash  
Greek Extra-Virgin olive oil  
Salt  
Pepper  
Oregano  
Cumin powder  
Slice zucchini on a mandoline lengthwise into medium thick slices. Season slices with salt, pepper, oregano and cumin powder. Drizzle olive oil over all slices and let marinade for 1 hour.  
Grill over medium heat.  
Serve with Tzatziki

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### **Summer Cucumber Salad**

Cucumbers, sliced  
Kalamata olives, pitted and sliced  
Feta cheese, chunked  
Oregano  
Olive Oil  
Vinegar  
Salt & pepper  
Combine cucumber, olives and cheese in large bowl. Whisk olive oil, vinegar and oregano in small bowl until well blended. Season to taste with salt and pepper. Pour dressing over salad and toss to coat evenly.

### **EZ Summer Squash Bread**

3 eggs (whites only)  
2 c sugar  
2 c shredded summer squash...all varieties will work  
1 c olive oil  
½ salt  
1 tsp baking soda  
2 tsp baking powder  
3 c flour

Mix egg whites and sugar, then add all other ingredients. Divide into two bread pans sprayed with any cooking spray. Bake 40 to 50 minutes at 350 degrees.

\*Bread can be frozen for use later!

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### **Erik's Summer Squash Harvest Bread**

4-5 cups grated summer squash  
2/3 cup butter  
1 cup brown sugar  
1 cup oat bran  
2 1/3 cups whole wheat pastry flour  
1-1 1/2 cup soymilk  
2/3 cup applesauce  
2 tsp baking soda  
1/2 tsp baking powder  
2 tsp vanilla  
1 1/2 teaspoons salt  
1 tsp cinnamon  
1 tsp cloves  
1/2 tsp nutmeg  
1/2 tsp allspice  
2/3 cup dried cranberries  
1/2 cup raw pumpkin seeds  
1/2 cup raw almonds -- chopped

Mix butter, sugar, applesauce, vanilla and 1 cup soymilk. Add grated summer squash. Mix dry ingredients in a separate bowl and slowly add to the wet mixture while stirring. The batter should be thick but should easily drip off the end of a spoon. Add the remaining 1/2 cup of soymilk as necessary to achieve this consistency.

Divide the batter between two 8x5x3 baking pans greased with vegetable oil and bake at 350F for one hour or until a toothpick inserted in the center comes out clean.

Tip - Check the loaves after 40 minutes and cover with aluminum foil if tops become too brown.

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**Some recipes this week adapted from Erin and Rosalie's farm kitchen.**

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