



Fresh from the Farm

www.TinysOrganic.com

WEEK 6 ♦ JULY 23

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, produce is harvested at the last possible minute. If a variety is ready at that time, we add it to your bag.*

- * Arctic Star Nectarines
- * Early Queen Plums
- * Flavorosa Pluots
- * Flavor Supreme Pluots
- * Lapins Cherries
- * Rival Apricots
- * Spring Snow Peaches
- * Dill
- * Baby Romaine Heads
- * Bunched Carrots
- * Cucumber Mix
- * Potatoes: Red & Yukon
- * Summer Squash Mix

This Week's Recipes

(Recipes on back)

- * Potato, Cucumber & Dill Salad
- * Crispy Summer Squash Chips
- * Summer Squash & Black Bean Quesadillas
- * Farfalle with Yogurt
- * Summer Squash Chocolate Chip Cookies

Crop Talk

Picking and packing continue to start at the crack of dawn as superhot weather has overtaken the Wenatchee Valley. We're happy to see that later blooming fruit trees weren't hit quite as hard by the cold spring as our cherries. And Pluot season has begun! We'll be picking seven varieties for you over the next few months. Scattered throughout Tiny's orchard are also seven unusual varieties of plums grown to pollinate our pluot trees and as the season progresses, our members will experience each and every one of them!



Who needs candy when you have sweet, mouth-watering Flavorosa Pluots?

Flavorosa & Flavor Supreme Pluots

The best of both worlds! A dynamic combination of plums and apricots, pluots are renowned for their sweetness and flavor. Full of Vitamin C, they give a healthy boost to summer smoothies and salads. Flavorosa pluots have smooth, tart purple skin and sweetly intense, dark red flesh that you're sure to love. The speckled green skins of Flavor Supremes hide incredibly delicious bright pink flesh. Pluots are ready to eat.

For later use, store in the fridge. Eat firm or soft. For a great midday pick-me-up, take a chilled pluot or two to work or school.

Arctic Star Nectarines & Spring Snow Peaches

Warm summer days and cool nights at Tiny's orchard in East Wenatchee are perfect for growing spectacular stone fruit. The white flesh of the Arctic Star nectarine is sweetly tinted pink. Eat fresh out of hand or slice up with cherries, drizzle with fireweed honey and sprinkle lavender blossoms on top for a dazzling fruit salad. Store ripe nectarines in the refrigerator for a day or two or longer. Juicy Spring Snow peaches have beautifully marbled deep red and white flesh. Peaches can be refrigerated to extend their life. To enjoy their full flavor, warm to room temperature before eating.

Dill

Feathery, fragrant dill has been used for centuries to induce sleep and aid in digestion. To keep at peak freshness, spritz lightly with a fine spray of water, wrap loosely in paper towels and place in a plastic bag. Dill is fine in the vegetable bin of your refrigerator for up to a week. Fresh dill can be frozen for up to two months. It will darken in color and can be used without thawing. Dill pairs well with cream sauce, cheese, potatoes, fish and chicken. Snip the green fronds into green salads, omelets, potato salads or use in pickling.

Cucumbers

We'll be harvesting cucumbers all summer and look forward to sharing plenty with you! One bite and you'll quickly realize that cucumbers are not only crisp but also cool and moist; attesting to their exceptionally high water content. As soon as you get home, store your unwashed cucumbers in plastic in the refrigerator crisper drawer. They'll keep for at least a week. Eat fresh out of hand, in salads or pickle. Slice and add cucumbers to chilled water for a revitalizing treat.

Freezing Stone Fruit

Don't settle for out-of-season fruit with unknown origins after our season is over! Frozen local fruit is still local in the middle of winter even though it's been patiently waiting in the refer for a few months. Start now by regularly freezing some of your favorite plums, pluots, peaches, nectarines and apricots throughout the summer and fall harvest! Simply cut in half and remove the pit. Seal the halves in a reusable plastic freezer bag, squeezing out excess air to prevent freezer burn. Your bagged fruit will be easiest to work with later if stored in a single layer, frozen flat on a cookie sheet, then stacked. When cool, gray days return, bring back sunny memories by thawing your frozen fruit, adding juice or yogurt and blending for tasty homemade all-fruit smoothies. Frozen stone fruit is also great in cooked fruit toppings and baked desserts, like crumbles!

Whatever am I going to do with all of this summer squash?

Each year, week after week of tender summer squash brings even the most enthusiastic squash lovers among us to ask ourselves that question. And yet, when fall arrives and there is no more summer squash, we wistfully wish we had put some aside. Now is the time to take action! Cut each variety of summer squash into cubes or slices, blanch for 1-2 minutes and freeze in a plastic freezer bag. Zucchini can be grated and frozen without blanching.

What should I do with all of the plastic produce bags?

Tiny's staff reuse them at home each week to store greens and root vegetables separately; also to protect summer squash and stone fruit in the refrigerator. They also work well to carry fruit and other goodies to work, school or around town for lunch or as snacks.

Stress-free recipes to keep you cool as a Boothby Blonde Cucumber!

Potato, Cucumber & Dill Salad

3/4 pound potatoes
1/2 cup plain yogurt
1 tablespoon chopped fresh dill
1/2 teaspoon ground coriander seeds (optional)
1 tablespoon fresh lemon juice
1 large cucumber, seeded and cut into 1/2 inch cubes
Cut potatoes into 1/2 inch cubes (peel if desired, but not necessary). Cook until tender in a large saucepan of boiling salted water, about 5 minutes. Drain potatoes and rinse under cold water in colander. Drain potatoes well. Stir together yogurt, dill, coriander and lemon juice in a small bowl. Combine with potatoes, cucumber and season with salt and pepper and toss to coat.

Crispy Summer Squash Chips

4 cups pure olive oil
1 cup pastry flour
Kosher salt and freshly ground pepper
1 pound summer squash, sliced into paper-thin rounds
1 lemon, sliced into paper-thin rounds
2 tablespoons finely chopped dill
1 garlic clove, minced
In a large, heavy saucepan, heat the olive oil. Set a wire rack over a large baking sheet and cover it with paper towels. Put the flour in a large plastic bag and season it generously with salt and pepper. Add one-fourth of the zucchini and lemon slices to the bag and shake to coat them with flour; shake off any excess. Add the floured vegetables to the oil and cook over high heat, turning once until deep golden, about 2 minutes. Transfer to the paper towels to drain. Fry the remaining squash and lemon slices in 3 more batches, adjusting the heat as necessary to keep the oil temperature constant. Sprinkle the squash and lemon slices with the dill and garlic. Transfer to paper towels to drain. Serve immediately.

Summer Squash & Black Bean Quesadillas

4 small summer squash, grated and drained on paper towels
1 small onion, chopped
2 jalapeño peppers, seeds and ribs removed, chopped
One 15-ounce can drained and rinsed canned black beans
1/2 teaspoon salt
1/4 teaspoon fresh-ground black pepper
1 teaspoon chili powder
3/4 pound Monterey jack, grated (about 1 quart)
8 large (burrito-size) flour tortillas
2 tablespoons olive oil
In a large bowl, combine the zucchini, onion, jalapeños, beans, salt, pepper and chili powder. Toss gently to distribute the seasonings and then stir in cheese. Spread filling to the edge and fold the tortilla over the filling.

In a large nonstick frying pan, heat 1/2 tablespoon of the oil over moderate heat. Add the quesadillas to the pan (put a plate or weight on top of the quesadilla) and cook, turning once, until the cheese melts, about 1 1/2 minutes per side. Remove from the pan and keep warm on a baking sheet in the oven. Repeat in batches with the remaining oil and quesadillas.

Farfalle with Yogurt

1 pound Farfalle
4 medium squash (about 1 1/2 pounds), coarsely shredded
4 tablespoons unsalted butter
1 cup plain whole-milk Greek yogurt
1 cup freshly grated Parmigiano-Reggiano cheese, plus more for serving
Freshly grated nutmeg
Kosher salt and freshly ground pepper

DIRECTIONS

In a large pot of boiling salted water, cook the Farfalle until al dente, add the shredded zucchini to the pot. Drain the Farfalle and zucchini, reserving 1/4 cup of the pasta cooking water. In a large, deep skillet, melt the butter. Remove from heat. Stir in the Greek yogurt and 1 cup of grated Parmigiano-Reggiano and season the yogurt sauce with freshly grated nutmeg, salt and pepper. Add the Farfalle, squash and reserved pasta water to the saucepan and cook over low heat, tossing, until the sauce coats the pasta; transfer to bowls and serve with the extra cheese.

Recipe adapted from Food & Wine Magazine

Summer Squash Chocolate Chip Cookies

(Makes about two dozen)
1 egg, beaten
1/2 cup butter, softened
1/2 cup brown sugar
1/3 cup honey
1 tbsp. vanilla extract
Combine in large bowl.
1 cup white flour
1 cup whole wheat flour
1/2 tsp baking soda
1/4 tsp salt
1/4 tsp cinnamon
1/4 tsp nutmeg
Combine in a separate, small bowl and blend into liquid mixture
1 cup finely shredded summer squash
12 oz chocolate chips
Stir these into other ingredients, mix well. Drop by spoonful onto greased baking sheet and flatten with the back of a spoon. Bake at 350°, 10 to 15 minutes.
Recipe courtesy of Barbara Kingsolver

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

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