



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 7 ♦ JULY 30

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

- \* Saturn Donut Peaches
- \* Flavor Supreme Pluots
- \* Flavorosa Pluots
- \* Early Queen Plums
- \* Shamrock Apples
- \* Sweetheart Cherries
- \* Nectarines
- \* Sweet Corn
- \* Cucumbers (Boothby's Blonde, True Lemon, Satsuki Midori, Armenian)
- \* Perfection Fennel
- \* Potatoes: All Blue, Yukon Gold, Rose Finn Apple-Ruby Crescent Fingerling, Russian Banana Fingerling Fingerling, Mountain Rose, Sangre & Cranberry Red
- \* Red Dandelion Greens
- \* Summer Squash: Eight Ball, Flying Saucer, Jaune et Verte, Green Scallop, Yellow Crook Neck, Floridor, Zephyr, Yellow Scallopini or Costata Romanesco

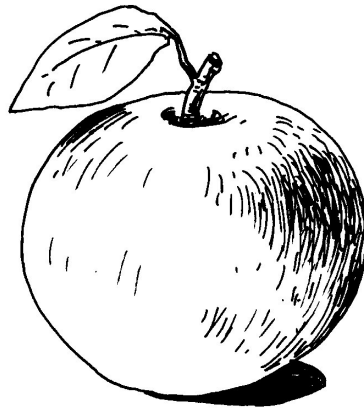
### This Week's Recipes

(Recipes on back)

- \* Sautéed Dandelion Greens
- \* Dandelion Greens with Warm Balsamic Vinaigrette
- \* Fennel & Potato Gratin
- \* Cherry Clafoutis (klah-foo-tee)
- \* Grilled Shrimp & Summer Fruit
- \* Granny's Apple Crisp

### Crop Talk

Most notable, one month into summer, is that the wind just won't stop blowing. This past Sunday, gusts were clocked at 40 mph and old-timers say they've never seen wind like this. Of course we hadn't seen cold like this past spring for 30 years either so 2008 will go down as a memorable year and one we'd certainly much rather forget! Cullage from wind and cold on almost all our fruit varieties is the highest we've ever seen in over 40 years of farming here in the Wenatchee Valley. On the bright side, temperatures have been ideal for growing and forecasts predict continued 90F+ for at least the next 10 days!



Tiny's first apples of the year are here! Tangy Shamrock Apples originated just north of Washington in Summerland, British Columbia.

### Shamrock Apples

Light green Shamrock apples are tart, crisp and juicy, wonderful for baking, making into sauces or eating fresh out of hand. Shamrocks bruise easily so handle with as much care as possible and store in the fridge to keep them nice and crunchy. Apples are a great source of Quercetin, a powerful flavonoid that acts as a natural

anti-histamine and anti-inflammatory.

### Saturn Donut Peaches

Donut peaches are sweet, delicious and high in Vitamins A and C. Flat in shape, they have tender white flesh and are best eaten as soon as they are ripe. Chop and mix into fresh salsas and salads or slice, grill on both sides and serve with chicken, pork or as dessert. Peaches pair well with other stone fruits, honey, vanilla, cream, ginger and both red and white wines. Saturns keep up to 4 days at room temperature and a few days longer when refrigerated. Allow them to come to room temperature before eating for best flavor.

### Sweetheart Cherries

Deep mahogany Sweetheart cherries are large, crunchy treats! Eat fresh out of hand as a snack or use in baked desserts like Clafoutis, a sweet n' simple French custard (hint: leave in the pits for better flavor). Cherries store fresh in the refrigerator for a couple of days. As the end of cherry season draws near, now would be the ideal time to start on those preserves. They make tasty jams and jellies and can easily be preserved with sugar and alcohol to make a tasty liqueur and spiked cherries for use in sauces and other desserts over the winter months.

### Red Dandelion Greens

Red dandelion greens add a spicy kick to any raw salad and a boost to your immune system because their calcium content is higher than broccoli! Sauté with organic olive oil and chili pepper flakes then serve with fresh mozzarella on the side. Also great with hard cheeses, lemon, onion, garlic and corn, just to name a few. Store dandelion greens in a plastic bag in the refrigerator for up to 3 days.

### Fennel

Virtually all of the fennel plant is edible; the roots and stalks can be cooked and eaten as a vegetable; the stems chopped and added to salads; the bulb eaten raw or cooked; you can even chop up the leaves for soups, serve with fish or add to salads. Fennel partners well with lemon, olive oil, potatoes and butter. Our recommendation? Eat this tasty veggie grilled! To store, separate the stalks and bulb. Keep the unwashed bulb refrigerated in a plastic bag for a week or more. Place the stalks upright in a shallow glass of water, cover with a plastic bag and keep in the refrigerator for up to 5 days, snipping off the feathery fronds as needed.

### Sautéed Dandelion Greens

1 bunch dandelion greens  
3 tbsp extra-virgin olive oil  
1 large garlic clove, mashed  
¼ tsp dried hot red-pepper flakes  
½ tsp sea salt

Cook greens in a 10-to 12 quart pot of boiling salt water (3 Tbsp salt for 8 quarts water), uncovered, until ribs are tender, about 10 minutes. Drain in a colander, then rinse under cold water to stop cooking and drain well, gently pressing out excess water. Heat oil in a 12-inch heavy skillet over medium heat until it shimmers, then cook garlic and red-pepper flakes, stirring, until pale golden, about 45 seconds. Increase heat to medium-high then add greens and sea salt and sauté until coated with oil and heated through, about 4 minutes.

Cook's note: Dandelion greens can be boiled 3 days ahead. Chill, wrapped in paper towels, in a sealed bag.

Recipe adapted from Epicurious.com

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### Dandelion Greens with Warm Balsamic Vinaigrette

1 bunch dandelion greens  
1 garlic clove, minced  
⅛ c hazelnuts, coarsely chopped  
1 tbsp organic extra-virgin olive oil  
½ tsp Balsamic Vinegar  
Salt & pepper to taste

Cut top 5 inches from greens and reserve leaves. Cut remaining greens into ¾ inch slices. Transfer all greens to a large salad bowl. For the dressing, in a small heavy skillet sauté garlic and nuts in oil over moderate heat, stirring, until garlic is golden. Stir in vinegar and salt and fresh-cracked pepper to taste. Pour hot vinaigrette over greens and toss to combine.

Recipe adapted from WholeFoods.com

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### Fennel & Potato Gratin

Butter for greasing  
1 medium fennel bulb, cut crosswise into thin slices  
2 c thinly sliced potatoes  
Salt & pepper  
2 c half-and-half or whole milk  
2 tbsp butter

Preheat oven to 350F. Lightly coat a shallow 2-quart baking dish with butter. Cover the bottom of the baking dish with a layer of fennel slices. Cover with half of the potato slices. Sprinkle with salt and pepper to taste. Repeat layers until you've used up all your slices. Bring the half-and-half to a gentle boil in a medium pan over medium-high heat. Pour it over the fennel and potato. Using a large spatula, press down on the top layer to submerge it. Dot with butter. Bake until potatoes are tender and the top is golden, about 1 hour.

Recipe adapted from Farmer John's Cookbook

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### Cherry Clafoutis (custard-like baked French dessert)

Butter, for greasing  
1 ½ to 2 c cherries  
1/3 c all-purpose flour  
¼ c sugar  
6 large eggs, beaten  
1 c milk  
¾ c light cream

Confectioners sugar, for dusting  
2 Tbsp Kirsch liqueur (A dry, clear brandy distilled from black morello cherry juice and pits and infused with their aroma and taste. Made in Germany, France and Switzerland, kirsch is colorless because it is not aged in wood. Most prominently known as a flavorful addition to fondue and cherries jubilee. Not to be confused with creme de kirsch, a sweet cherry liqueur).

Heat oven to 375F. Butter a round baking dish, about 8 inches in diameter, and scatter the cherries in the bottom. Combine the flour and sugar in a bowl, then gradually beat in the eggs until smooth. Whisk in the milk and cream, then stir in the kirsch. Pour this batter over the cherries and bake in the oven for about 50 minutes, until golden and puffed up. It should still have a wobble, but a knife inserted in the center should come out clean. Serve hot or warm, dusted with confectioners sugar.

Recipe from Seasonal Food by Susannah Blake

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### Grilled Shrimp & Summer Fruit

Nectarines  
Pluots  
¾ lb large peeled and deveined shrimp  
1 lemon halved and thinly sliced  
4 tbsp extra-virgin olive oil  
2 cloves garlic, minced  
2 tbsp chopped fresh herbs (such as basil, marjoram, rosemary and thyme)  
Salt and freshly ground pepper to taste  
Heat oil in a small skillet until very hot. Add garlic and cook briefly until aromatic; do not allow the garlic to brown. Remove from heat immediately and stir in herbs; set aside. Cut plum and nectarine into 1 inch chunks and thread onto skewers alternately with shrimp and lemon slices. Brush lightly with garlic-herb oil. Grill over medium-high heat for 3 to 5 minutes per side or until shrimp is pink and cooked through. Remove from grill and drizzle with remaining oil.

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### Granny's Apple Crisp

Shamrock Apples  
1 cup flour  
1 cup sugar  
¾ cup butter  
1 teaspoon cinnamon

Fill buttered square (8x8) pan with sliced apples. Sprinkle on cinnamon lightly or to your taste. Cut butter into flour & sugar mixture using two knives to pea size crumbles or use a Cuisinart. Spread all of the mixture over apples. Bake 350F 20-40 minutes until apples are tender, not mushy.

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#### Quick Tips:

- \*Add sliced pluots to oatmeal, granola or serve warm with meat.
  - \*Mix chopped cucumbers, dill, plain yogurt and serve with greens, fish, meat or grains.
  - \*Roast potatoes (thinly sliced) with olive oil, salt and fresh chopped herbs. Combine all ingredients in plastic bag, shake, then place in foil packet. Roast in oven or grill.
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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).