



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 8 ♦ AUGUST 6

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

- \* **Saturn Donut Peaches**  
We've packed donuts that are actually good for you into cheery pink boxes!
- \* **Flavor Supreme Pluots**
- \* **Melon:** Sunny Girl Yellow Watermelon, Sun Jewel or Snow Leopard
- \* **Shamrock Apples**
- \* **Sweet Scarlett Peaches**
- \* **Sweetheart Cherries**
- \* **Santo Cilantro**
- \* **Bell Peppers:** King Arthur, Bianca & Islander
- \* **Cucumbers:** Boothby's Blonde, True Lemon, Satsuki Midori, Armenian
- \* **Orion Fennel**
- \* **Potatoes:** All Blue, All Red, Yukon Gold, Rose Finn Apple-Ruby Crescent Fingerling, Russian Banana Fingerling, Mountain Rose, Sangre or Cranberry Red
- \* **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)*

- \* Savory Summer Squash Ricotta Cheesecake
- \* Cilantro Garlic Yogurt Sauce
- \* Orzo Salad with Feta, Olives & Bell Peppers
- \* Pluot & Port Tart
- \* EZ Pie Crust Recipe
- \* Sweet & Crunchy Harvest Potato Salad
- \* Quinoa with Black Beans & Cilantro

### Crop Talk

This week marks the first pick of our melon varieties and hot weather has really sweetened them up. Wenatchee's climate is ideal for growing all fruit varieties, especially melons, and high heat units bring out the best flavor. This week also marked our first bell pepper harvest and with bells, high temps are an absolute must to make the plant grow. Originally planted in May, the plants looked quite forlorn until daytime temps hit the 90's and now they're growing like proverbial weeds.



**Sweet Melon and Bell Pepper harvest is underway this week at Tiny's.**

### Cilantro

The cooling, tangy grass green leaves of cilantro (one of the first herbs ever used by mankind) are an integral part of Tiny's Organic summer cuisine! Best when added to a dish after cooking, fresh cilantro

enhances ceviche (raw fish or seafood cooked by marinating in citrus juices), salads, sauces, salsas, quinoa, rice and pasta. Cilantro also pairs well with shrimp, beef, chicken, corn, ginger, lime and onion. Featuring edible stems and leaves, your cilantro can be kept bouquet-style in the refrigerator with the bottoms in a shallow cup of water. Use as quickly as possible for peak flavor and freshness!

### Sweet Bell Peppers

Believe it or not, crisp and glossy bell peppers (when eaten raw) contain up to six times more vitamin C than oranges! Core, slice & sprinkle with salt for an on-the-go snack or serve with apples, cheese and nuts. Raw bell peppers make a great addition to any salad and will keep unwashed in a plastic bag in the refrigerator for up to a week. Rinse under cool water just before use. To keep bell peppers for several weeks, roast, remove the skins and store in a jar covered completely with olive oil.

### Flavor Supreme Pluots

The flavor of this red-fleshed and greenish-skinned pluot is said to be similar to Elephant Heart plums. There is practically no limit to the uses for the Flavor Supreme pluot! Slice and mix into salads, layer on top of meat dishes, stir into cake batter, simmer in sauces, eat out of hand or bake into a crostada, a rustic tart as recommended by one of our members. Pluots can be eaten crisp or soft. If needed, allow fruit to soften at room temperature to your liking before refrigerating for a few days. Allow pluots to return to room temperature for fullest flavor.

### Melons

Tiny's Organic melon season has begun! Sun Jewel, a lemon-yellow Asian melon, Snow Leopard, ivory-skinned honeydew brushed with green, and Sunny Girl Yellow Watermelon are the first three of the crop! Boasting 94% water content, melons are superb cleansers and rehydrators of the body. Splendid when cubed and tossed into green salads and fruit salads, melons are also super easy to freeze and save for yummy wintertime smoothies.

### Sweet Scarlet Peaches

Sweet Scarlet peaches are low acid yellow flesh peaches with an old fashioned traditional peach flavor. Easily digested and high in water content, Sweet Scarletts can be eaten crunchy like an apple or can be allowed to soften over a few days. Please handle gently as ripe peaches bruise easily. Store your peaches in a plastic bag in the refrigerator when they've reached your preferred level of softness.

### Savory Summer Squash Ricotta Cheesecake

2 cups summer squash, unpeeled & grated  
1 tsp salt  
2 ½ cups ricotta cheese  
½ cup shredded Parmesan cheese  
2 shallots, chopped  
2 cloves garlic, chopped  
¼ cup fresh dill, chopped  
Zest of one lemon  
2 large eggs, well beaten  
1/3 cup goat cheese, crumbled  
Drizzle of olive oil

Preheat oven to 325F. Lightly coat a 7-in spring form pan with olive oil. In a strainer, toss the shredded squash with the salt and let sit for 10 minutes, then squeeze and press out as much moisture as you can and set aside. Combine the ricotta, Parmesan, shallots, garlic, dill and lemon zest in a medium bowl. Stir in the eggs and continue mixing until well combined. Now stir in the shredded squash.

Fill the pan with the ricotta mixture and place on a baking sheet. Place in the oven and bake for 60 minutes.

Using a paper towel, dab off any excess moisture from the top of the cake. Sprinkle with the goat cheese and bake until the goat cheese is melted and the cake barely jiggles in the center, about 20-30 minutes. If the cake is baked and set, but the top isn't quite golden, place it under the broiler for more color. Remove from the oven, cool 5 minutes, and then release the cake from its pan. Cool completely, serve at room temperature drizzled with a bit of olive oil and a few sprigs of dill. Recipe adapted from Heidi Swanson

### Cilantro Garlic Yogurt Sauce

Like Tsatsiki, but with cilantro standing in for the mint, this tangy sauce packs a sneaky cayenne kick and makes an ideal accompaniment to grilled shrimp, chicken, rice and vegetables.

1 1/2 cups plain whole-milk Greek-style yogurt  
3/4 cup finely chopped cilantro  
4 1/2 tablespoons fresh lemon juice  
1 1/2 teaspoons finely chopped garlic  
3/4 teaspoon cayenne

Stir together all ingredients with 1 teaspoon salt (or to taste), then chill, covered, at least 30 minutes (for flavors to blend). Bring to room temperature before serving. Sauce can be chilled up to 6 hours.

Adapted from Gourmet Magazine

### Orzo Salad with Feta, Olives & Bell Peppers

12 oz orzo (rice-shaped pasta)  
2 tbsp plus ½ cup olive oil  
1 ½ cups crumbled feta cheese  
2 cups chopped bell pepper  
¾ cup pitted Kalamata olives  
2 tbsp drained capers  
3 tbsp fresh lemon juice  
1 tbsp white wine vinegar  
1 tbsp garlic, minced  
1 ½ tsp dried oregano  
1 tsp Dijon mustard  
1 tsp ground cumin  
3 tbsp pine nuts, toasted

Cook orzo in large pot of boiling salted water until tender but still firm to bite. Drain. Rinse with cold water; drain well. Transfer to large bowl. Toss with 2 tablespoons olive oil. Add crumbled feta cheese, chopped bell peppers, Kalamata olives and capers. Combine lemon juice, vinegar, garlic, oregano, mustard and cumin in small bowl. Gradually whisk in remaining ½ c olive oil. Season dressing to taste with salt and pepper. Add dressing to orzo mixture and toss to blend. Tip: Prepare up to 6 hours ahead. Cover and refrigerate.

Adapted from BonAppetit.com

### Pluot & Port Tart

2 c tawny Port  
½ c (packed) plus 1 Tbsp raw sugar  
¼ tsp allspice  
1 ½ lbs (5-6 medium) pluots, halved, pitted, each half quartered  
1 Tsp flour  
EZ Pie Crust (see next recipe)

Preheat oven to 375F. Boil port, ½ cup raw sugar and allspice in a large skillet until reduced to 2/3 c, about 10 minutes. Sprinkle flour over; toss to coat. Drizzle 1/3 cup syrup over pluots; toss to coat. Reserve remaining syrup. Unroll cold crust onto parchment lined baking sheet. Spoon pluots into center of crust, leaving 1 ½" border; drizzle remaining syrup over pluots. Fold crust edges over pluots. Brush

crust with water; sprinkle crust and pluots with remaining 1 tbsp raw sugar. Bake tart until crust is golden and syrup is bubbling, about 45 minutes. Cut warm or room temperature tart into wedges.

Adapted from BonAppetit, June 2008

### EZ Pie Crust

1 ½ cups flour  
1 tbsp sugar  
½ tsp salt  
1 stick butter, cut into small pieces  
1 egg yolk or ¼ cup plus 1 tbsp water  
Mix flour, sugar, salt in large bowl. Cut butter into mixture with fork until the mixture resembles coarse sand. Beat yolk or water in another bowl with fork. Add to flour mixture and blend until dough comes together. Transfer to wax paper and press into flat disk. Wrap tightly, chill 1 hour or overnight.

Adapted from recipe by Victoria Riccardi

### Sweet & Crunchy Harvest Potato Salad

1 bag potatoes, cut into 1" cubes  
1 cup cucumber, cut into 1/2" cubes  
½ cup flavor supreme pluots, diced  
4 tbsp extra virgin organic olive oil  
1 tbsp balsamic vinegar  
1 tbsp dijon mustard  
salt & pepper to taste  
Boil potatoes for 10 minutes or until easily pierced with a fork.

Drain and rinse in cold water. Mix potatoes in a bowl with cucumbers and pluots.

Whisk dressing ingredients in a separate bowl until well mixed.

Pour over potato mixture and stir gently. Serve warm or cold.

Recipe by Erik Olson

### Quinoa with Black Beans & Cilantro

1 tbsp olive oil  
2 cups chopped onion  
1 cup bell pepper, chopped  
1 cup quinoa, rinsed and drained  
2 tsp chili powder  
½ tsp ground cumin  
½ tsp salt  
1 ½ cups water  
1 15-ounce can black beans, rinsed, drained  
½ cup chopped fresh cilantro, divided  
Crumbled feta cheese

Heat oil in heavy medium saucepan over medium-high heat. Add onions and red pepper; sauté until beginning to soften, about 5 min. Stir in next 4 ingredients. Add water; bring to boil. Cover, reduce heat to medium-low and simmer until quinoa is almost tender, about 14 min. Add beans and ¼ cup cilantro and cheese. Bonappetit.com

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