



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 9 ♦ AUGUST 13

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.

- * Sun Plums
- * Flavor Supreme Pluots
- * Saturn Donut Peaches
- * Santa Rosa Plums
- * Shamrock Apples
- * Walla Walla Sweet Onions
- * Baby Greens
- * Melons: Honey Pearl, Tigger, Snow Leopard, Sunny Girl Yellow or Sun Jewel
- * Bell Peppers: King Arthur, Bianca or Islander
- * Cucumbers: Boothby's Blonde, True Lemon, Satsuki Midori or Armenian

This Week's Recipes

(Recipes on back)

- * Grilled Summer Squash & Pasta Salad
- * Slightly Sweet Dill Refrigerator Pickles
- * Summer Squash Pancakes
- * Indian-Style Cucumber Dipping Sauce
- * Summer Squash Carpaccio
- * Ginger Peach Scones
- * Erik's Far Out Roasted Pepper Hummus
- * Sandy's Cucumber & Melon Salad with Hoisin-Lime Dressing

Crop Talk

Have you ever tasted a melon that actually tastes good without having to add honey or some other sweetener to make it palatable? Here at the farm we wonder the same thing. Without much extra effort, modern farming could also provide excellent tasting melons at your local grocery store. But ever fearful of having truckloads of produce rejected on buyers' loading docks, commercial farmers pick approximately 5-7 days before actual maturity to make sure melons stay hard and green and acceptable at the retail level. Of course they usually don't taste very good but always display well. Oh well.



Mild-flavored Sun Plums help pollinate all of Tiny's Organic pluots.

Sun Plums

We have very limited quantities of this variety so we're sharing all the Sun Plums we have with our CSA members! Known for their stimulating qualities, plums can be sliced and added to many baked goods as well as salads. Plums go well with yogurt, allspice, red and white wine, ginger, and crème fraiche. How do you know when a plum is ripe? One way is to observe the skin: unripe plums will have shiny skin; the skin of ripe plums will have a mottled appearance. As with other stone fruits, if needed, allow Sun Plums to soften at room temperature to your liking. Ripe plums will keep in the refrigerator for up to 5 days.

Cucumbers

A great supplement to those eight glasses a day, cukes contain over 90 percent water!

Lemon Cucumber Seltzer Recipe

8 cups seltzer water (or substitute club soda or mineral water)
24 slices Lemon Cucumber with peel
2 lemons sliced

Pour 8 cups seltzer water into a clear pitcher. Add the cucumber and lemon slices and two trays of ice cubes. Stirring occasionally, let the ingredients chill together for about 10 minutes before serving. When you pour into glasses, make sure each serving gets ice cubes, several slices of cucumber and a couple of slices of lemon.

Cucumbers are best served raw, sliced or grated into salads, dressed with yogurt or sour cream or simply eaten whole. Wash and trim cukes, then cut into spears, slice, or grate just before final preparation. There's no need to peel homegrown cukes, as taste and nutritional value suffer, unless the recipe requires peeling. On a hot summer day, there is nothing like a cold cucumber salad, whether it's German with sour cream, chopped chives, and a sprinkling of paprika or Oriental with raisins, black olives, and chopped water chestnuts. You can even cook cucumbers in a variety of ways if you're feeling adventurous in the kitchen! Unfortunately, cucumbers don't store well because of their high water content. The fruits will keep for up to a week in the vegetable crisper of the refrigerator. Pickling is the only way to go! Get out your favorite pickling recipes, sweet, sour, sweet and sour and put up as many as you can store. That way, you can enjoy homegrown cukes through the winter and quite possibly into next spring. Pickling is also a great family activity. Kids love making pickles! Make several jars to keep on hand as last minute gifts for Christmas, housewarmings, parties or teachers.

Summer Squash

There are many ways to incorporate summer squash into your everyday cooking! Slice larger squash into $\frac{3}{4}$ inch rounds, brush with olive oil, fresh garlic, dried oregano, salt, pepper and grill. Flip squash over when grill marks appear. Place grilled squash on toasted bread, layer with cheese & peppers. Shredded squash, potatoes, herbs (fresh or dried) & chopped onions make a great breakfast hash. Add squash to baked goods such as brownies, muffins, breads & cookies! Get creative...summer squash season is almost over which means you won't have it fresh again for another year! For those of you who just can't seem to use up all that summer squash, we recommend sharing with your local community, food banks, soup kitchens neighbors & friends.

Santa Rosa Plums

Unlike melons which don't improve with age, plums can take 3-4 days to get really tasty. This week's Santa Rosas and Sun Plums will need to sit on your counter to ripen properly. Unfortunately, most plums fall off the tree a few days before maturity so that's why we pick them while still quite firm.

Grilled Summer Squash & Pasta Salad

16 oz Farfalle (bowtie) pasta
1 lb summer squash, cut into 1-in. chunks
1 lb summer squash, halved lengthwise and cut into 1-in. chunks
½ c olive oil, divided
Salt and freshly ground black pepper
2 tbsp vinegar
2 tbsp chopped fresh or dried oregano
¼ to ½ cup toasted pine nuts
¼ cup chopped pitted kalamata olives
Cook pasta in a large pot of boiling salted water according to package directions. Drain and rinse thoroughly under cold water until completely cool. Prepare grill at medium heat. Thread squash on skewers and place on a baking sheet. Brush with ¼ to 1/3 c olive oil on all sides and sprinkle with salt to taste. Transfer to grill and cook 10 to 15 minutes, turning occasionally or until vegetables are very tender. Meanwhile, whisk together remaining olive oil and the vinegar and pepper in a small bowl. With a fork, push vegetables off skewers back onto baking sheet and toss them in oil left there. In a large bowl, toss together pasta, vegetables, oregano, pine nuts and olives. Add dressing and salt and pepper to taste; toss. Serve warm or cold.

Slightly Sweet Dill Refrigerator Pickles

1 small sweet onion, thinly sliced
2 lbs cucumbers, cut into ¼-in-thick rounds
1 bunch dill, coarsely chopped (stems included)
1 Tbsp yellow mustard seeds
2 tsp whole white peppercorns
1 ½ c apple cider vinegar
1 c water
1 c sugar
3 Tbsp coarse kosher salt
2 tsp dill seeds
Divide sliced onion between two 1-qt wide-mouth glass jars. Pack cucumber slices horizontally in jars. Top each jar with dill. Using mortar and pestle or resealable plastic bag and mallet, crush mustard seeds and peppercorns together. Place crushed spices in medium saucepan. Add vinegar, 1 c water, sugar, coarse salt and dill seeds. Bring mixture to boil over medium-high heat, stirring until sugar dissolves. Ladle mixture evenly over cucumbers. Leave jars uncovered and chill 24 hours. Cover glass pickle jars tightly with lids. Keep refrigerated for up to one week.
Recipe by BonAppetit, June 2008

Summer Squash Pancakes (makes about 25 minis)

4 summer squash
1 onion chopped
9 oz feta cheese
1 cup flour
3 eggs, beaten
Olive oil for frying
Herbs, fresh chopped or dried
Salt and pepper
3-4 limes (optional)
Coarsely grate summer squash with either the grating blade in the food processor or by hand. Spread the little shards out on a tea towel or paper towel and leave for about 20 minutes to get rid of any excess wetness. Put the chopped onions & herbs in a bowl and crumble in the feta. Add the flour and season well with salt and pepper. Gradually add the beaten egg and mix thoroughly before stirring in the drained, grated summer squash. Heat a few tablespoons of oil in a large frying pan and drop heaped dessertspoons of the mixture into the hot oil, flattening the little cakes down with the back of the spoon as you go. Cook these little patties for about 2 minutes each side until golden and then transfer to a couple of waiting plates. When they have cooled to room temperature, chop up the limes and tumble them about the edges of the plates. Eat them just as they are, spritzed with lime juice as you go.

Indian-Style Cucumber Dipping Sauce

(quantities of all ingredients to taste)
cucumber, grated
plain Greek yogurt
garlic, minced
ground cumin
cayenne pepper
fresh basil, chopped
mix all ingredients together and serve with grilled, spiced summer squash and chicken or shrimp.

Summer Squash Carpaccio

summer squash, one per person
lemon or lime juice
olive oil
sea salt
fresh dill or other leafy herb
Using a vegetable peeler, shave off thin curling strip of squash, avoiding the central seedy core. Lay the strips of squash on a plate, spritz with lemon and a drizzle of oil, a sprinkle of sea salt and feather with a few fronds of fresh dill.

Ginger Peach Scones

4 cups whole wheat pastry flour
½ tsp salt
¾ cup sugar
2 tbsp baking powder
1 tbsp ground ginger
1 ½ cups butter, very cold, 1-inch cubes
1 cup soft silken tofu
1 tsp baking soda
1 ½ cups soy milk
1 tsp vanilla
1 tsp lemon juice
Zest of 2 small lemons
4 peaches, cut into 1/2 inch slices and frozen
Preheat oven to 350F. Mix flour, salt, sugar, baking powder, ground ginger. Cut in butter with a fork. Thoroughly blend tofu, baking soda, soymilk, vanilla, lemon juice, and combine with the flour/butter mixture. Avoid over mixing. Divide the dough in half and pat into two circles about 1 inch thick. Layer frozen peach pieces on top of the dough, pushing each into place. Set one circle on top of the other and place on a greased baking sheet. Bake at 350 for 25-30 minutes or until a toothpick inserted in the scones comes out clean. Cut into wedges and serve with fresh peach slices and cream.
Recipe created by Erik Olson

Erik's Far Out Roasted Pepper Hummus

2 cups cooked chickpeas or 1 can garbanzo beans
4 bell peppers
Olive Oil
1/4 cup fresh lemon juice
1/8 cup + 2 tbsp tahini
1/4 tsp each salt & pepper
4-8 cucumbers & summer squash sliced
Halve and deseed peppers. Coat thoroughly in olive oil and place face down on a baking sheet. Broil until skin starts to burn slightly. Watch carefully so it doesn't burn all the way through! Let cool and remove stems and charred flesh. Mince and set aside. Mix tahini and lemon juice well. Mash chickpeas/garbanzo beans with salt & pepper and add to tahini mix. Stir in peppers and serve warm or cold with slices of cucumber & summer squash.

Sandy's Cucumber & Melon Salad with Hoisin-Lime Dressing

1 ½ cucumbers cut into 1/2-inch pieces (about 3 cups)
3 cups chopped melon
3 ½ tbsp fresh lime juice
3 tbsp hoisin sauce
¼ cup chopped fresh cilantro
2 tbsp chopped fresh mint
1/3 cup coarsely chopped dry-roasted peanuts
Combine cucumbers and melon in medium bowl. Cover with plastic wrap and refrigerate at least 15 minutes and up to 4 hours. Drain; discard liquid. Whisk lime juice and hoisin sauce in small bowl to blend. Pour dressing over cucumber-melon mixture and toss gently. Season salad to taste with pepper. Sprinkle salad with cilantro, mint, and then peanuts. Serve immediately.

Saffron Cucumber Pickles

1 cup Champagne vinegar
1 cup dry white wine
½ cup sugar
1 tbsp kosher salt
1/2 teaspoon crumbled saffron threads
Two 1-pound cucumbers, sliced 1/8 inch thick
In a medium saucepan, combine the vinegar with the wine, sugar, salt and saffron and bring to a boil. Let cool to room temperature.
In a heatproof bowl, pour the pickling liquid over the cucumbers. Cover and refrigerate overnight.

Some recipes from Erin & Rosalie's Farm Kitchen.
For CSA related questions, please call our Seattle Home Office, 206.762.0577 or visit our website, www.TinysOrganic.com.