



Tiny's Organic 'Farm to City' CSA 2009 ♦ A Farm Family Growing for You

## Fresh from the Farm

(this newsletter also available online)

[www.TinysOrganic.com](http://www.TinysOrganic.com)

JUNE 16 WENATCHEE ♦ JUNE 17 SEATTLE & EASTSIDE

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

- \* Chandler Strawberries
- \* Tasty Rich Apriums
- \* Chelan Cherries
- \* Lavender Bunch
- \* Basil: Genovese or Lemon
- \* Lacinato or Red Russian Kale
- \* Deer Tongue Lettuce
- \* Radishes: Cherry Belle, Purple Plum, Pink Beauty or French Breakfast
- \* Bunching Spring Onions: Purplette or White Lisbon

### This Week's Recipes

*(Recipes on back)*

- \* Eric's Springtime Salad
- \* Aprium Chicken Salad with Spinach
- \* Spring Onion Vinaigrette
- \* Kale Wheat Berry Salad
- \* 'I Can't Believe It's
- \* Summer Squash' Carpaccio
- \* Handmade Whipped Cream
- \* Lavender Rose Strawberries
- \* Lovely Lavender Cupcakes (GF)

### Crop Talk

Welcome to our 3rd season offering members the freshest organic fruit and vegetables we can possibly grow! Although we endured another cold spring (3rd straight year), we managed to include a share of cherries in the first CSA bag as well as a couple of pints of strawberries. Cherry harvest in any 'normal' year starts as early as June 5-10 but this season just didn't seem to get off on the right foot with at least two record low highs set during April and a disproportionate number of overnight lows hovering in the low 30's. Nevertheless we've managed to make it this far without serious frost damage and temps have now rebounded to above normal the first two weeks of June. The only crops that are looking a bit behind schedule are tomatoes and cucumbers but both are now putting on normal growth and we're hopeful to include cucumbers in about 2-3 weeks. Tomatoes are a little slower but we've got umpteen varieties planted and it will be interesting to try all of them where they're ready to go. Next week we'll see plenty of cherries ripening up and we'll try to make up for this week's nominal cherry offering with a larger share for all members.

We look forward to sharing the 3<sup>rd</sup> year of Tiny's Organic 'Farm to City' CSA with you!

### Chandler Strawberries



Easily digested and a quick source of energy, super sweet and juicy Chandler Strawberries sport a deep, red uniform color. This picking, they are sweet as jam straight from the vine and ready to serve alongside shortcake, in a pie or fresh with yogurt or whipped cream for a sweet treat. Chandler Strawberries will keep well in the refrigerator but really do best and taste best when allowed to come to room temperature. Wash just before using.

### Tasty Rich Apriums

Have you tasted an Aprium before? This light orange plum-apricot hybrid has the sweet-tart flavor depth of a plum with the firmer texture of an apricot. We have picked your fruits ripe from the trees ranging from ready-to-eat to slightly harder so you can enjoy them throughout the next week. Eat the most fragrant Apriums first and place the rest gently on the counter. Gobble them up when they reach your preferred level of softness or store in the refrigerator for later use. Apriums are perfect for morning cereals, smoothies and salads. Gently rinse with water just before eating and you are good to go!

### Lavender

Breathe deeply and let Lavender's spicy aroma refresh and calm you after a busy day. Its versatile leaves and flowers can be used while fresh in salads and desserts as well as cupcakes, beverages and candies. To dry Lavender, tightly bundle stems together with a rubber band. Hang upside down away from sunshine for a few days to a couple weeks depending on the humidity in your area. When completely dry, dried flowers can be used as food garnishes, in sachets or baked dishes. Dried lavender leaves can be used in jellies. Store in a cool, dry place or in a tightly closed jar.

### Lacinato Kale

Also known as Dinosaur or "Dino" Kale, Lacinato is a very hardy heirloom kale. Rich in minerals and known for its deep blue-green color, crinkly leaves and chewy texture, Lacinato Kale can be enjoyed raw in salads and holds up well to being stir-fried, steamed or sautéed. Store in a plastic bag in the refrigerator for a few days; use as soon as possible for maximum nutritional content.

### Basil: Genovese or Lemon

Light green Genovese Basil is the traditional basil variety used in pesto. Lemon Basil is often used in curries, stews and vegetable dishes for a bright flavor that enhances the other ingredients. To keep this sensitive herb fresh for a few days, pinch leaves from the bottom couple of inches of the stem and place the stems in a glass of water on the counter. Pick fresh basil leaves as needed.

### Radishes

This week you may find globe-shaped roots of red Cherry Belles or Plum Purple or Pink Beauty radishes or maybe even cylindrical white-tipped French Breakfast radishes in your CSA bag! Slice mild French Breakfast Radishes and serve on a round of bread with a dab of butter and sea salt. Peppery Cherry Belles, Plum Purple and Pink Beauty Radishes are scrumptious grated or sliced over spring salads. Rinse leaves well and use in our Radish Greens Pesto recipe. To store, separate the fragile radish greens from the radish roots and store unwashed in a plastic bag in your crisper drawer for only a day or so. Keep the unwashed roots in another plastic bag in the refrigerator for up to a week.

### Eric's Springtime Salad

Several handfuls Deer Tongue Lettuce, torn into bite-sized pieces  
Handful Chandler Strawberries, sliced  
Handful Radishes, sliced thinly  
Several slices bacon, chopped and gently fried  
Sea salt & black pepper, to taste  
Spring Onion Vinaigrette or a lime vinaigrette  
aged white cheddar, grated  
In salad bowl, place lettuces and/or spinach. Add sliced strawberries, radishes, and bacon pieces. Toss gently and season to taste with sea salt and black pepper. Drizzle Spring Onion Vinaigrette over salad and grate white cheddar over top just before serving.  
*Recipe by Eric Willard*

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### Aprium Chicken Salad with Greens

1 tsp olive oil  
½-pound bacon strips, snipped into small pieces  
1 cold, cooked chicken breast, shredded  
1 bunch Deer Tongue Lettuce or Lacinato Kale, well rinsed and chopped  
2 spring onions, thinly sliced  
2-4 apriums, pitted and sliced  
1 Tbsp red wine vinegar  
Put the olive oil in a heavy frying pan and warm over medium-high heat. Add the bacon snippets and fry. While waiting for the bacon to be ready, in a good-sized bowl, toss together the shredded chicken, spinach, spring onions and apriums. When the bacon has crisped up, remove the frying pan from the heat, scoop the bacon out and add to the bowl of chicken and spinach. Do not drain the fat from the pan, instead, stir 1 tablespoon of red wine vinegar into the pan and mix into the bacon juices to create a dressing. Pour your dressing over the salad, lightly toss and eat.  
*Inspired by Nigella Lawson, Forever Summer*

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### Spring Onion Vinaigrette

2 Purplette or White Lisbon Spring Onions, thinly sliced  
2 Tbsp red wine vinegar  
A small handful of Genovese or Lemon Basil leaves, crushed  
Freshly ground black pepper & sea salt  
¾ c olive oil  
In a small or medium bowl, place the sliced spring onions; add red wine vinegar then sprinkle in salt and black pepper. Add the crushed basil leaves to the spring onion mixture. Let it rest for at least a quarter hour. Whisk the olive oil into the mixture then adjust the seasoning if needed. Let it rest for another half hour then remove the basil leaves (stir them into a side of rice or pasta) and drizzle over Kale Wheat Berry Salad or Eric's Springtime Salad.  
*Inspired by David Tanis' Basil Vinaigrette, 'A Platter of Figs'*

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### Kale Wheat Berry Salad

2 c soft wheat berries, rinsed (soak overnight for faster cooking time)  
6 c water  
2 tsp sea salt, more if needed  
a large bunch of Lacinato kale, chopped  
1 c toasted pine nuts  
½ c crumbled feta cheese  
Green Onion Vinaigrette or other dressing  
In a large saucepan, place wheat berries, water and 2 teaspoons sea salt. Bring to a boil over medium-high heat, then turn heat down to low, cover and simmer for about an hour until wheat berries are a bit chewy, like pasta al dente. When the berries are ready, carefully drain the water out and season to taste with sea salt. Toss them, still hot, with the Lacinato kale, pine nuts, Green Onion Vinaigrette and top with feta cheese crumbles.  
*Adapted from Heidi Swanson, Super Natural Cooking*

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### I Can't Believe It's Summer Squash Carpaccio

Summer Squash, thinly sliced with a vegetable peeler, mandoline or sharp knife  
Spring Onion Vinaigrette or extra-virgin olive oil  
coarse sea salt & black pepper  
Genovese or Lemon Basil leaves, thinly sliced  
Parmesan cheese, shredded  
toasted pine nuts or other nut variety  
Drizzle Spring Onion Vinaigrette onto a serving dish; sprinkle lightly with coarse sea salt and black pepper. Place summer squash slices on dish. Pour more olive oil over top, sprinkle on salt and pepper to taste. Top with basil, Parmesan cheese and toasted nuts.

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### Handmade Whipped Cream

1 pint cream  
¼ c raw cane sugar  
Vanilla extract (optional)  
Take the pint of cream and pour into a large bowl. Whisk in a few drops of vanilla extract if desired and continue whisking until pillowy. Serve with fresh, bare Chandler Strawberries, sliced Chelan Cherries and chunks of Tasty Rich Apriums or as a side to Lavender Rose Strawberries.  
*Recipe by Eric Willard*

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### Lavender Rose Strawberries

1 pint Chandler Strawberries  
1 Tbsp raw cane sugar  
Kirsch (optional)  
2 tsp rose syrup  
Homemade Whipped Cream or plain Greek yogurt  
A few fresh lavender flowers

Gently rinse the strawberries and pat dry. Remove the leaves, stem and cores with a small, sharp knife. In a medium bowl, place the entire pint of fresh strawberries, shake sugar over the berries and add a dash of Kirsch. Add the 2 tsp of rose syrup and mix gently, coating the strawberries. Toss in a few—only a few—fresh lavender flowers and transfer to a serving dish. Enjoy blissfully as is or with a side of Homemade Whipped Cream.  
*Adapted from David Tanis, A Platter of Figs*

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### Lovely Lavender Cupcakes

#### GLUTEN FREE

#### Cupcake Ingredients

1 Tbsp milk  
1 tsp fresh Lavender flowers  
½ c raw cane sugar  
8 Tbsp butter, softened  
2/3 c rice flour  
1 Tbsp garbanzo (chickpea) flour  
2 eggs, beaten  
2 Tbsp ground almonds or almond meal  
1 tsp baking powder  
1 tsp xanthan gum

#### Cupcake Topping

1 c confectioners' sugar

12 small fresh Lavender heads

Preheat your oven to 350F and line a 12-hole muffin tin with your favorite liners. In a small saucepan, heat milk and 1 tsp lavender flowers over low heat until just simmering. Remove the saucepan from heat and leave alone for about a quarter hour. Then, in a large bowl, combine and beat all cupcake ingredients together with lavender milk from saucepan. Pour the wet mixture into the cupcake liners and bake for up to a quarter hour. When the little cakes are golden and firm to the touch, take them out of the oven and cool on a wire rack. In a small bowl, place the confectioners' sugar and create a stiff frosting by stirring in a little bit of water. Spoon frosting over each cupcake and top with a fresh lavender head.

*Adapted from Great Gluten Free Baking*

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### Radish Greens Pesto

Two large handfuls ( 2 c) of fresh Radish greens, no stems  
¼ c almonds  
¼ c Parmesan cheese, grated  
1 Purplette or White Lisbon Spring Onion, chopped  
¼ c olive oil  
Sea salt & black pepper, to taste  
Place all ingredients in a food processor and process with short pulses, scraping down sides when necessary. Add more olive oil if too thick, season to taste and process until well blended.  
*Inspired by Chocolate & Zucchini, Radish Leaf Pesto*

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### Strawberry Basil Pesto

1/3 c feta cheese  
1/3 c pistachios  
1/3 c fresh Basil leaves  
5 small strawberries, stem and leaves removed  
2 tsp olive oil  
Sea salt & black pepper, to taste  
Place first three ingredients in a food processor and process with short pulses. When just blended, stop and add in the strawberries and olive oil, season to taste and process until desired texture.  
*Inspired by Chocolate & Zucchini, Pesto Fraise Basilic*

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*For CSA related questions, please visit our website, [www.TinysOrganic.com](http://www.TinysOrganic.com), or contact our Seattle Home Office, 206.762.0577 or [info@ilovetiny.com](mailto:info@ilovetiny.com).*