

THE TIPI TIMES

June 24, 2010, week 7 (green EOW)

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THIS WEEK'S BOX CONTAINS:

Broccoli, 2 medium heads
Snap peas, 1.5 lb.
Snow peas, 0.5 lb.
Zucchini/squash, 2 lb
Fennel, 1 large or 2 med.
Red bibb lettuce
Cucumber, 1
Red Russian kale
Basil
Garlic scapes

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Cabbage, peas, cucumbers,
zucchini, basil and more

*depending on weather, critters &
other forces of nature.

BI-WEEKLY NEWSLETTER. I write a newsletter at least every-other-week, although I will send one more frequently if the vegetables need explanation. You will always receive at least a list of what is in the box.

Sales of extra basil? - I will send an email early next week IF we have extra basil to sell for delivery with the July 1/2 boxes. *Beth*

VEGGIE NOTES. Cucumber - The first cucumber of the year!

Snap peas and snow peas - (Snap peas are plump, snow peas are flat.) - We've combined the two types of peas in one bag again this week. Both peas should be eaten pod and all.

Zucchini - You will receive green or golden zucchini or yellow summer squash.

Fennel (large vegetable with a fat bulb and lacy fronds) - Fennel is a 'swing vegetable'; it can be used raw or cooked. Clean well and slice as thinly as possible for use in raw salads. It is good in simple salads prepared with olive oil, lime or lemon juice, salt and shaved parmesan cheese. Cooking softens and sweetens fennel, and mellows its anise flavor. Both the bulb and leaves are edible. Here are ideas from Alice Water of Chez Panisse about how to use fennel: 'It's strong anise characteristic seems to suit fish particularly well. ... We use fennel all the time. We add the feathery leaves to marinades for fish and to numerous salads, sauces and soups and we use them as a garnish, too. ... The bulbs are sliced and served raw in salads in various combinations with other vegetables, parboiled for pastas; caramelized and served as a side dish; braised whole; or cooked in vegetable broths & fish stocks.'

Red bibb lettuce 'heart' - The wind on Friday ripped the outer leaves of this tender red bibb. The center of each head is still very, very good, so we stripped off the damaged outer leaves and sent the lettuce heart.

Red Russian kale - This is the large bundle of large green leaves with purple midvein. Use in any recipe that calls for collards or kale. Remove the midveins before cooking. You can cut them out with a sharp knife. Alternatively, you can rip them out of the leaf. Break the leaf a little on each side where it connects to the stem. Hold the stem in one hand. Grasp the base of the leaf in your other hand. Pull your hands apart, ripping the leaf away from the stem and midvein. Discard the midvein. Continue with all the kale leaves. Stack the leaves and slice.

Basil (stem with frilly green leaves) - This is the variety 'Napoletano.' It looks a bit different than most types of basil. This is our favorite variety because the it's leaves remain tender and flavorful even as the plants mature.

Garlic scapes (curly green things) - Use as a substitute for garlic cloves.

Zucchini Fennel Slaw, by Melissa Roberts, Gourmet, July, 2009

<http://www.epicurious.com/recipes/food/views/Summer-Salmon-Cakes-with-Zucchini-Fennel-Slaw-354151>

3 tablespoons mayonnaise

2 teaspoons fresh lemon juice, divided

3 tablespoons chopped chives

1 teaspoon grainy mustard

1/8 teaspoon cayenne

2 medium zucchini, coarsely grated (3 cups)

1 small fennel bulb, trimmed and thinly sliced

1 tablespoon olive oil

Whisk together mayonnaise, lemon juice, chives, mustard, cayenne, and 1/4 teaspoon each of salt and pepper in a medium bowl. Add fennel and zucchini and lemon juice and toss to combine.

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