

THE TIPI TIMES

July 29, 2010, week 12 (purple EOW)

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THIS WEEK'S BOX CONTAINS:

Don't be surprised if you do not receive this exact list. We have many veggies available in small quantities this week. If we run out of an item, we'll substitute something else.

Sweet corn, 5 or 6
Muskmelons, 2
Green leaf lettuce
Green bell peppers, 2
Red bell pepper, 1
Walla Walla onions
Zucchini/squash, 1?
Garlic, 1
Cucumber, 1
Tomatoes (slicing or cherry)
Eggplant (globe or Japanese)
Broccoli
OR celery
OR red frying peppers

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Melon, potatoes, tomatoes, peppers, and more

Remember, please limit your communication with us from July 30 through August 10. I will be away so Steve will be busier than usual. Please email me no later than noon this Friday (July 30) if you have questions, etc. If problems arise, go ahead and contact Steve. Thank you.
Beth

TOMATO UPDATE. Our tomato harvests are still small but will increase over the next two weeks. Everyone will receive one or two slicing tomatoes this week, or a partial pint of cherry tomatoes.

WASH YOUR TOMATOES. We spray a copper solution on our tomatoes to prevent late blight and other diseases. This material is approved for organic farms. We wash all the tomatoes here at the farm (even the cherry tomatoes), but you should wash them a second time.

STORAGE - Store your tomatoes at room temperature. However, you should refrigerate fully ripe tomatoes so they do not spoil.

VARYING RIPENESS - We pick some tomatoes a bit under-ripe. If you receive an under-ripe tomato, just store at room temperature until it ripens. We do this deliberately when we are harvesting lots of tomatoes, so you will have tomatoes ready to use over a few days, instead of all at once.

NO LATE BLIGHT YET - We had trouble last year with late blight on tomatoes. The disease is in Wisconsin now, but hasn't made it to our farm yet. We're watching for it.

SPOTTED TOMATOES - We are finding a different disease (bacterial speck) which causes the black spots you will notice on some tomatoes. There's not much we can do about this disease except hope for dry weather. The amount of spotting will vary through the season. We expect the spotting to decrease for a while, reflecting the dry three weeks when it didn't rain here at our farm. The dry period was a help, as it allowed the plants to set many green tomatoes without any disease. Sorry about the spotting, but I think we're just going to have to put up with it this year.

VEGGIE NOTES

Fresh garlic - The garlic is from John Hendrickson of Stone Circle Farm. You will notice that the skins are still moist. This garlic was just harvested. It has not been cured, so it will not store for months as you would expect with cured garlic. Eat it up.

Muskmelon - We are at the peak of muskmelon harvest, so we are sending two melons in each box. Enjoy them; it is a short season. Most of the muskmelons have cracks this week. They swelled up after the recent rains. You'll have to trim the cracked parts.

Sweet corn - The sweet corn ears are tiny this week, a combination of the variety we planted, plus the dry weather while it matured. You'll receive 5 ears (maybe 6 ears if we include a particularly small one.)

Red peppers - Everyone will receive a red bell pepper. Some members will receive several red Italian frying peppers. These are longer than the blocky bell peppers. They are sweet peppers, not hot.

Fresh Eggplant Rice Topper

Adapted from *A Cook's Journey to Japan* by Sarah Marx Feldner
Serves 4 With Rice.

This dish can be prepared with "regular" eggplant as a substitute.

Sarah is a member of our CSA and has recently published this cookbook, just in time for eggplant season. Here is a link with more information about Sarah's cookbook: <http://www.sarahmarxfeldner.com>.

I asked Sarah if she would like to contribute an eggplant recipe to the newsletter and she chose this recipe. I asked her several questions about the recipe.

Beth: It appears that the eggplant is raw. Does this really work?

Sarah: Yes! It really is uncooked. That's why I like introducing people to this recipe - it's so unusual for us. For the best flavor, it's important to dice the eggplant very fine. As it marinates, the sauce soaks into it, softening the texture. This is a dish from northern Japan (Yamagata). It's served in the summer - as all the strong flavors are meant to stimulate one's appetite.

Beth: What are the unusual ingredients?

Sarah: Shichimi Togarashi translates as 7-spice powder. The seven spices can vary, but it usually contains chili powder, citrus zest, sesame seeds (black and white), seaweed flakes, pepper and ginger. Cayenne is a good substitute, but you'll need to use less of it, and it doesn't have the additional ingredients to mellow its heat. Myoga is a rhizome in the ginger family - you eat the bud and stem. It's super herbal/floral/aromatic (<http://en.wikipedia.org/wiki/Myoga>). Grated ginger is a good substitute.

1½ teaspoons peeled and grated fresh ginger or 2 whole myoga

1 cup (95g) unpeeled, finely diced (1/8-inch / 3-mm cubes) Japanese eggplant (about 1 medium)

1 cup (70g) thinly sliced green onions (scallions) (about 8 whole)

3 tablespoons soy sauce

¾ teaspoon shichimi togarashi or ¼ teaspoon ground red pepper (cayenne), or to taste

1) If you're using myoga, blanch it, if desired, to mellow its spicy heat, then plunge in ice water to stop the cooking and drain. Clean myoga like you would a leek (slice in half lengthwise and let water run between its leaves). Thinly slice the myoga halves lengthwise.

2) Combine the ginger or myoga, eggplant, green onions, soy sauce and shichimi togarashi in a medium bowl. Let marinate 10 minutes, or up to 1 day, before serving over hot rice.

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