

# THE TIPI TIMES

September 23, 2010, week 20 (purple EOW)

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## **THIS WEEK'S BOX CONTAINS:**

Fabula potatoes, 3.5 lb  
Delicata winter squash, 2  
Mustard greens  
Yellow onions, 2  
Carrots, about 2 lb  
Broccoli, about 1.2 lb  
Lettuce  
Slicing/plum tomatoes, 2.6 lb  
Bell or frying pepper, 1 or 2  
Garlic

Some members will receive an heirloom tomato

## **NEXT WEEK'S BOX WILL PROBABLY CONTAIN:\***

Winter squash, beans,  
tomatoes and more

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

## **PUMPKIN U-PICK AND GLEANING PARTY**

**Date:** Sunday Sept. 26, 12:00 noon - 4:00 p.m.

We look forward to this weekend's farm party. All CSA members are welcome, whether standard shares, EOW shares, or families splitting a share. The weather forecast is very promising, but you should check it again before Sunday. Please read last week's newsletter (9/16/10) before attending. We have enough pumpkins for every household or every child to take one.

**LIGHTNING STRIKE.** Lightning struck our farm on Monday. We think it was a direct hit on our tractor shed or the ground next to it. No one was hurt, although two workers in the adjacent building (Carla and Dennis) felt shocks. Fortunately, fortunately, they were only minor shocks. Everyone working outside raced back to the buildings. Apparently there was no discussion; everyone just ran for the pick-up trucks. It was a scary and dramatic moment.

The lightning strike was forceful enough to shatter an electrical box in the tractor shed and punch a dent in the wall behind it. The strike caused all sorts of damage, and we're still getting everything working again. We think the charge traveled along electrical, phone and water lines, based on where we've found damage. We immediately lost our water supply, phone lines, internet access, many lights and the electrical supply to the greenhouses. Everyone went home early on Monday. Without water, there's little we can do here. Our electrician has fixed the blown-up electrical box, the first step in assessing what has been damaged. We know we lost two sophisticated

electronic panels that control the farmstead and irrigation wells. The big question is whether the pump for the irrigation well is damaged. We won't know until the replacement control panel arrives and is installed. At least some of this damage is covered by insurance.

The water is running again, thanks to a late-night service call from our well guy and plumbing work by Steve. I've described the odd, original water service at our farm in a previous newsletter. One of its oddities is how it interacts with nearby lightning strikes, even those at greater distances than this strike. The old water pipes to our house are narrowed with rust and fine deposits. The water pressure has been laughable. After a nearby lightning strike a few years ago, fine black deposits poured out of every faucet and the pressure went UP. We think the charge knocked the deposits loose. The same thing happened on Monday, but this time the pipes clogged completely shut. We had laid new lines into the house this summer but hadn't connected them (that's a 'winter job.') Steve got the new pipes plumbed, and we had water again. Imagine if we hadn't already laid new water lines; we'd need a backhoe to get water into our house again.

Who knows when the phone lines will be working again. I called on Monday and the phone company said 'someone will be there to investigate by Saturday.' That's not helpful! If you need to get in touch with us, please use email. We have internet access again, thanks to a new antenna.

**BIKE THE BARN.** I'd like to thank all the riders and CSA members who participated in MACSAC's Bike the Barns fundraiser on September 11. Over 600 riders biked 62 miles to raise money to subsidize CSA shares for low-income households. The group raised more than \$45,000 that will be dispersed through the Partner Shares program. I was there helping serve lunch. Here are links to photos of the event:

[Doug D's slide show](#)

[Mallory Powers blog](#)

## **VEGGIE NOTES.**

**Fabula potatoes** - These are a very pale yellow variety called 'Fabula'. Doug Rouse (who grows our potatoes) says they are a good all-purpose potato. You may have noticed that we are late to deliver potatoes this season. Doug has had trouble harvesting because there's been so much rain at his farm near Spring Green.

**Mustard greens (bundle of large green or red leaves)** - These are tender and delicious!

**Garlic** - This garlic (and all our garlic) comes from John Hendrickson of Stone Circle farm.

**Bell or frying peppers** - The peppers this week are better quality than last week. They came from a part of the farm with less disease.

**Delicata winter squash** - This is another flavorful, thin-walled winter squash. Cook like last week's Sweet Dumpling. We always start the winter squash season with Delicata and Sweet Dumpling, as these types do not require special curing after harvest, unlike butternut squash. Our butternut, buttercup and kuri squash are curing nicely and will be ready to deliver soon.

**Q & A.** Here is a recent question from a member that I'd like to answer for everyone.

Q1: Why have there been so few greens this summer?

A1: In summer, we rely on Swiss chard for greens. The quality stays good even in hot weather, whereas kale and collards get tough. Our Swiss chard failed terribly this summer, so we haven't send chard since July 8! We did send bundles of young lacinato kale recently. Those were the first picking from a new field, so they were nice and tender. Fall is the season for greens (due to the cool nights) and we have lots to choose from this time of year: mustard greens (this week), bok choy (last week and again soon), collards or kale, tah tsai, napa cabbage and spinach. For those of you who ask for bok choy, escarole or mustards in summer, please understand that those greens do not grow well during the summer.

## **BITTERSWEET AND NUTTY MIXED GREENS**

Adapted from <http://straightfromthefarm.net/2007/10/22/bittersweet-greens/>

Serves 3-4 as a side dish.

"Any greens would work here - mustard, kale, collards, chard, beet tops, or even sorrel if you like a really intense bitterness. Did you know mustard greens, much like Swiss chard, have ridiculously high amounts of vitamin K, vitamin C, calcium and fiber, among other things?"

*Beth's notes: The original recipe called for baby leeks instead of onions. Either works in this recipe.*

1/4 cup pine nuts (or sunflower seeds or chopped roasted almonds)

2 small firm apples

1 T. butter

1 T. raw sugar

1 large bunch of mustard greens

1 small onion (or 2 baby leeks, cleaned and cut into 1-inch pieces)

2 garlic cloves, thinly sliced

1 T. extra virgin olive oil

1 T. soy sauce

sea salt and freshly ground pepper

Heat a large skillet over medium heat. Add the pine nuts and stir until lightly browned. Set aside in a bowl.

Wash and dry apples. Cut out core and dice into 1/2 inch cubes. Melt butter in the same skillet and add apples. Sprinkle with raw sugar and cook over medium low heat until soft and somewhat caramelized/browned. Remove from heat and set aside on your serving dish.

Wash mustards greens thoroughly. Cut off stems, stack the leaves and cut into one-inch wide strips. Thinly slice the onion. Using the same skillet as before, heat olive oil over medium high heat and saute garlic slices until golden. Add chopped greens, stirring constantly until everything is noticeably wilted (about 2 minutes). Reduce heat to low and stir in soy sauce. Continue to cook for another 3-4 minutes until greens are tender. Add salt and pepper to taste.

Combine apples and pine nuts with the greens in the skillet. Toss well and serve immediately.