

# THE TIPI TIMES

October 7, 2010, week 22 (purple EOW)

Tipi Produce, 14706 W. Ahara Rd., Evansville, WI 53536, 608-882-6196, [tipi@ticon.net](mailto:tipi@ticon.net), [csa@tipiproduce.com](mailto:csa@tipiproduce.com)

## **THIS WEEK'S BOX**

### **CONTAINS:**

Acorn &/or delicata squash  
Golden beets with  
lovely greens  
Broccoli  
OR cauliflower  
OR Romanesco broccoli  
Scallions  
Garlic  
Kohlrabi  
Frying peppers, 3  
Tomatoes, a few  
Onions, 2

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

Winter squash, carrots,  
broccoli or cauliflower, bok  
choy, etc

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

## **FARM NEWS** - FYI, there will be only four CSA deliveries after this week.

Our farmscape has changed dramatically after three nights of frost. Most of the summer crops are sensitive to frost. By Monday, the fields of peppers and tomatoes were brown and drying. Steve and Randal have already chopped the dead plants and undercut the plastic mulch under the plants. Our work crew is pulling out the plastic mulch, a dusty, unpleasant job. We're doing this quickly so we can plant cover crops in those fields. Cover crops are grass and legume (pea family) crops that we grow to nourish our soils. They are essential tools on organic farms. We plant cover crops until mid-October. After that, there's not enough time for the young plants to establish before cold weather sets in.

We protected one tomato field and some peppers, so we'll have these for another week. The peppers set a last burst of fruits after an unproductive season. We're glad to have them now, as they combine so nicely with fall crops like greens, squash and broccoli.

## **VEGGIE NOTES.**

**Acorn (round, dark green) and/or delicata squash (long, green and white striped)** - We continue to rotate through our types of winter squash. We expect to have squash for you each week through the end of our CSA season.

**Golden beets with greens** - The tops for these beets are very good quality and are tender enough to use as a substitute for Swiss chard. Golden beetroots have the best color when cooked with the skins on. It's OK to slice or cut into chunks before cooking. Slip the skins off after cooking to reveal their bright orange color.

**Romanesco broccoli (pale green conical head, possible tinged with purple)**-Some members will receive Romanesco this week. This is one of our prettiest vegetables. Look at it closely to appreciate its branched beauty and repeating spiral pattern. It is called broccoli, but is closely related to cauliflower, which it resembles in flavor and texture. Like broccoli and cauliflower, it is fine eaten raw or cooked. It requires cooking times intermediate between the two. Don't overcook it. I usually steam it, then dress it simply with a butter-lemon-garlic-mustard sauce.

**FARM KITTENS.** We have four adorable kittens available for adoption the weekend of October 16/17. They will be eight weeks old. We have three grey tigers and one black kitten. Our daughter treats kitten-taming as a full-time job, so they are well-handled and friendly. They appear healthy but we have not taken them to a vet. They are litter box trained. Contact us if you are interested in adopting a kitten.

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

**Q:** We're puzzled why we've received so few peppers in our CSA boxes (small bells or frying peppers), yet you had 'extra peppers' to sell in September.

**A:** For several weeks, the CSA boxes were so full that we could not fit in blocky bell peppers, so we sent smaller bell or frying peppers that could be tucked into corners. Those were the weeks that we offered extra red peppers for sale. In reality, we were not able to fill many orders for extra peppers, so not many were diverted away from the CSA boxes. We've sent more frying peppers than usual this year, as that type produced the most fruits.

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