

# THE TIPI TIMES

October 21, 2010, week 24 (purple EOW)

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

Butternut squash  
Garlic  
Yukina greens  
Celeriac  
Leeks, 1.5 lb  
Carrots, 2 lb  
Onion, 1  
Jalapeno, 1

Most members will receive  
broccoli (about 1.75 lb).  
A few will receive  
cauliflower or Romanesco  
broccoli instead.

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

Parsnips, portobella  
mushrooms, beets, kale,  
carrots, garlic and more

## **MENU IDEAS**

Roasted veggies  
Celeriac-leek soup  
Potato-celeriac-leek soup  
Grated carrot salad with  
spicy jalapeno dressing  
Grated celeriac-carrot  
salad  
Squash soup  
Garlicky sauteed Yukina  
greens with minced onion

## **SCHEDULE OF FINAL BOXES.**

We approach the end of our CSA season.

October 28/29 = final box for green EOW members

November 4/5 = final box for purple EOW members and all weekly members

Please remember to return all your empty boxes.

## **Farm vocabulary.**

A crew member recently brought a friend to work. At the end the day the friend said "I came to work at the farm where most of my food is grown, and found that I had to learn a whole new language." Apparently our work crew has developed some idiosyncratic phrases. Here are a few examples. The first two are Simone O'Donahue's contributions, in honor of her recent birthday.

**arachnophobia**: bastardization of anthracnose, a disease that caused problems on peppers this year. Sample use: "The north pepper field has terrible arachnophobia." Isn't that a striking image?

**scooby**: a little bit. Sample use: "Add a scooby to that case of peppers."

**shrunk baby heads**: celeriac. This term needs no explanation. Just look at the celeriac in your box.

**hail choy**: The crew was transplanting bok choy when a freakish burst of hail surprised everyone. Bok choy harvested from that field is now 'hail choy.'

**straight-ahead truck**: This pick-up truck currently lacks reverse, due to a transmission problem. Sample use: "Pay attention to where you park the straight-ahead truck."

## **VEGGIE NOTES.**

**Butternut squash** - Our winter squash planting did very well this year. This is the most we've ever sent in the CSA boxes, and feel that they add terrific variety and color to the fall vegetables. A few of the butternuts we've sent this week have superficial flaws, eg shallow white patches that do not extend into the squash flesh. Those squash should probably be eaten within two weeks. Otherwise, butternuts store quite well, so you can set aside this squash if you wish. Store uncovered at room temperature. We'll send butternut squash again next week, and maybe on November 4.

**Yukina greens** - This relative of mustard greens is my favorite fall cooking green (although they are pretty tasty raw too). Both stems and leaves are edible. They will reduce substantially when cooked. I stir-fry lots of garlic in olive oil, add chopped Yukina, then stir until wilted and cooked. Season with a little balsamic vinegar and salt and pepper and a dusting of paprika.

**Celeriac (knobby, round, bizarre-looking vegetable which smells like celery)**- Flavorful celeriac is good raw or cooked. It is excellent in mixed roasted veggies or in soup. It's especially good in cream soups, alone or mixed with potatoes.

Raw grated celeriac is a great starting point for winter salads, and mixes well with carrots. Celeriac will store in your refrigerator for months. Cut off chunks as you need them.

**Jalapeno** - Green or red hot chile.

## **Squash Soup**

<http://www.foodnetwork.com/recipes/alton-brown/squash-soup-recipe/index.html>

Adapted from The Food Network, recipe courtesy of Alton Brown

Prep Time: 10 minutes. Inactive Prep Time/Cook Time: 40 minutes.

*Beth's notes: I love butternut soups, but tend to make ones seasoned with curry and orange. Farm cook Eric Friedericks prepared this soup for us and it was rich, flavorful and great. The recipe is easily scaled to the quantity of butternut squash that you have.*

6 cups (about 2 large squash) seeded 2-inch wide chunks butternut squash  
Melted butter, for brushing  
1 tablespoon kosher salt, plus 1 teaspoon  
1 teaspoon freshly ground white pepper, plus 1/2 teaspoon  
3 cups chicken or vegetable stock  
4 tablespoons honey (*Eric substituted molasses*)  
1 teaspoon minced fresh ginger (*Eric substituted a smaller quantity of dried ginger*)  
4 ounces heavy cream  
1/4 teaspoon nutmeg

Preheat the oven to 400 degrees F.

Brush the flesh of the squash with a little butter and season with 1 tablespoon salt and 1 teaspoon freshly ground white pepper. On a sheet pan lay the squash flesh side up. Roast for about 30 to 35 minutes or until the flesh is nice and soft.

Scoop the flesh from the skin into a pot and add the stock, honey, and ginger. Bring to a simmer and puree using a stick blender. Stir in the heavy cream and return to a low simmer. Season with salt, pepper, and nutmeg.

## **Roasted Veggie Medley**

This is our standard recipe for roasting any combo of the fall veggies below, useful with this CSA box and upcoming boxes. Don't add salt until the vegetables are cooked. Beets require longer cooking and are not useful in this dish. If you have red peppers in the freezer, they are a nice addition at the end of cooking.

Choose several of the following vegetables:

potatoes, cut in large, evenly-sized chunks  
carrots, split in half lengthwise  
onions, quartered  
celeriac, cut in 1/2-inch slices, peeled then into chunks  
parsnips, split lengthwise into quarters or sixths (depending on size), then into 3-inch lengths

garlic cloves, peeled  
canola oil  
olive oil  
thyme or oregano or parsley (or other herbs), minced  
asiago cheese, grated  
salt and pepper

1. Preheat oven to 425oF.
2. Toss the potatoes, carrots, celeriac, parsnips and/or onions with canola oil. Spread in a shallow layer in an oiled baking pan or sheet. In a separate small ovenproof pan, toss the peeled garlic cloves with olive oil. Use lots of garlic. Place the two pans in the oven.
3. Roast until everything is tender. The garlic will be ready in about 20 minutes. Remove from oven when the cloves first turn golden-brown. The potatoes, carrots and onions will be ready in about 45-60 minutes. Toss at least once or twice during roasting.
4. Add the garlic and minced herbs to the cooked potato mixture. Season well with salt and pepper. Toss well, then scatter grated Asiago on top. Return to the oven until the cheese is melted.