

THE TIPI TIMES

October 28, 2010, week 25 (green EOW)

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THIS WEEK'S BOX CONTAINS:

Butternut squash
Portobella mushrooms, 2
Carrots, 2 lb
Parsnips, 1.2 lb
Carrots and parsnips are in one bag.
Garlic
Onions
Kale
Beets, 2 lb
Cauliflower
OR Romanesco broccoli
(OR maybe broccoli)

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Potatoes, carrots, garlic, Brussels sprouts, onions, butternut squash, napa cabbage, and Beauty Heart radish. Maybe some spinach?

MENU IDEAS

We continue to send fall vegetables that are good for roasting: carrots, parsnips, garlic, and onions. Beets should be roasted separately to avoid staining the other vegetables, and because they take a long time to cook.

How about roasted veggies with mushroom gravy?

THIS IS THE FINAL WEEK FOR ALL GREEN EOW MEMBERS.

Thanks for sharing this season with us! Next week (Nov. 4/5) is the final delivery for the remaining EOW members and for all weekly shares.

2011 RENEWAL FORM. I've sent a 2011 renewal form as a separate document today. We have raised prices for our weekly share by \$45, \$1.73 per weekly box. There are several reasons for the increase:

- We have chronically underestimated some of our costs, and need to correct for that.
- We are committed to increasing wages for our work crew. Indeed, most of our price increase from 2009 to 2010 was dedicated to increased wages and bonuses for our employees.
- Over the last two years we have increased the value of produce that we sent in the boxes. Long-term members will recognize that we are consistently using a larger box for most of the deliveries, 3/4 bushel instead of 5/9 bushel.

Amazingly, we will still be one of the least expensive CSAs in Madison and Milwaukee. Of course, you need to compare on a per-week basis, as our season (26 weeks) is longer than most CSAs. We hope this cost increase is not a hardship for you folks. We are offering a \$24 discount to members who sign up for 2011 by December 1. The early discount for EOW shares is \$18.

FARM NEWS. Have you noticed the wind this week? It is really obvious in an open field. Our biggest concern has been keeping 100 lb. Simone on the tractor while she's driving. We've thought about strapping her in place with bungee cords, or giving her a cement block to hold in her lap. Eric cooked a big, filling lunch today, and Simone said that would be enough to hold her in place. The lids blew off the beehives. The bees were not going anywhere (they never fly in weather like this), so the crew put the lids back on and weighted them with heavy rocks. No damage (yet) from the winds. There are few large trees on our farm, so there's little risk of damage from fallen trees or branches.

We are working hard to wrap up our season. We continue to harvest root crops to store for sale through this winter. Storage crops are a good strategy for our farm, as they allow us to spread our work beyond Wisconsin's short growing season. We've got the celeriac, turnips, daikon and other winter radishes stashed away. All of the beets are in. We still have to work on carrots, cabbage and rutabagas. The carrot harvests are the most valuable to us, and we won't rest easy until they are completed.

It was a busy week for Steve. Our driver Jim was on vacation, so Steve made the deliveries to our store and CSA customers in Madison and Milwaukee. We've never trained a back-up driver because Jim travels infrequently, so Steve is the back-up driver. Apparently Jim is quite efficient in loading the truck. It took Steve and I much longer to load than usual.

VEGGIE NOTES. *Parsnips (These look like big white carrots, and are in the same bag as the carrots)* - Those long, white roots aren't carrots, they are parsnips. The two vegetables are related though. Unlike carrots, parsnips are rarely eaten raw, although I've heard of parsnip slaw. When cooked, parsnips are sweet

and starchy. Brown them so the sugars caramelize. That gives them the best flavor. The most extreme example of this I've experienced was parsnip chips, thin parsnip slices fried in hot oil like potato chips. They were brown and incredibly delicious. You can also caramelize the parsnips by roasting them in a vegetable medley. I've had delicious parsnip fries: cut like French fries, coat lightly with oil, place on a cookie sheet and roast in a hot oven until cooked through and browned.

Portobello mushrooms - These are from Hidden Valley mushrooms in the Wisconsin Dells. To store, wrap in cloth or paper towels, and store in a bag or container.

Collards, Kale or Other Dark Greens Cooked in Yogurt

"The Best Recipes in the World," by Mark Bittman, Servings: 4. Time: 30 minutes.

"Think of this as the Middle Eastern version of creamed spinach, served at room temperature. The yogurt is uncooked, which keeps it fresh and tangy. Other vegetables to prepare this way: spinach."

Salt and black pepper to taste

About 1 lb. dark leafy greens, like collards or kale, stems and leaves separated

2 cups yogurt

2 Tbsp. extra virgin olive oil

1 Tbsp. fresh marjoram or oregano leaves

1 small or 1/2 large garlic clove, minced

pinch of cayenne, optional

1. Bring a large pot of water to a boil and add salt. Meanwhile, roughly chop the collard stems; you can leave the leaves whole. Add the stems to the boiling water and, about 3 minutes later, the leaves. Cook until both are tender, 5 to 10 minutes more. Drain and rinse under running water until cool enough to handle. Squeeze dry and chop.

2. Whisk the yogurt and olive oil together in a large bowl until smooth. Stir in the marjoram, some pepper, garlic, cayenne if you're using it, and a large pinch of salt. Stir the greens into this and serve immediately or cover and refrigerate for up to an hour.

Mushroom Gravy

Adapted from Gourmet, April 1996, <http://www.epicurious.com/recipes/food/views/Mushroom-Gravy-12013>

Can be prepared in 45 minutes or less. Yield: Makes about 2 1/2 cups

Beth's notes: Farm cook Eric Friederickson prepared this recipe for a recent lunch, using button mushrooms.

It was very tasty and would probably be even better prepared with portobellos. Eric served it over a rice-nut loaf and over mashed potatoes.

1 pound mixed fresh white and exotic mushrooms such as cremini, oyster, or shiitake (discard shiitake stems)

4 large garlic cloves, minced

2 tablespoons unsalted butter

1 onion, chopped fine

1 tablespoon soy sauce

1/2 cup dry red wine

1 tablespoon balsamic vinegar

1 tablespoon cornstarch dissolved in 1 1/2 cups cold water

1/2 teaspoon sugar

2 tablespoons finely chopped fresh parsley leaves

Slice mushrooms. In a 10-inch heavy non-stick skillet cook garlic in butter over moderately low heat, stirring, until pale golden. Add onion and cook, stirring, until softened. Add mushrooms and soy sauce and sauté mixture over moderately high heat, stirring, until liquid mushrooms give off is evaporated and mushrooms begin to brown.

Add wine and vinegar and boil until liquid is evaporated. Stir cornstarch mixture and add to skillet with sugar. Bring mixture to a boil, stirring, and simmer 2 minutes. Stir in parsley and season gravy with salt and pepper.

Gravy may be made 1 day ahead and chilled, covered. When reheating gravy, add water if necessary to thin to desired consistency.

Serve gravy spooned over baked or mashed potatoes and/or steak or chicken.