

# THE TIPI TIMES

November 11, 2010, first winter share delivery

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## **THIS WEEK'S DELIVERY:**

### **BOX #1 (small box)**

Russet or Satina potatoes, 5 lb  
Blue potatoes, 3 lb  
Garlic, 1  
Mixed winter squash.  
Here is my best guess of which squash you'll receive:  
butternut, 2 or 3  
acorn, 1  
delicata/Sweet Dumpling, 2

Also, everyone will receive one flawed squash. Maybe it's too small, maybe it has some minor disease. We have lots of these and we prefer to share them with you rather than throw them away. Use the flawed squash soon.

### **BOX #2 (large box)**

Carrots, 5 lb  
Onions, 5 lb  
Golden beets, 3 lb  
Kohlrabi, 1  
Daikon radish, 1 or 2  
Leeks, 2 lb  
Romanesco broccoli OR  
cauliflower  
Cranberries, 1 pt  
Pak choy  
Parsley  
Jalapeno chiles, 2

## **HERE IS OUR BEST GUESS OF WHAT THE SECOND DELIVERY ON DEC. 10 WILL CONTAIN:**

Brussels sprouts, green cabbage, red cabbage, red beets, carrots, celeriac, garlic, leeks, onions, parsnips, two types of potatoes, rutabaga, winter radish and (we hope) one butternut squash

Maybe something fresh too, if the weather holds.

***THE SECOND (and final) WINTER SHARE DELIVERY will be on Thursday December 9 (Madison, Middleton, Oregon and Evansville) and Friday December 10 (Milwaukee area, Janesville).***

## **THINGS YOU NEED TO KNOW:**

\* YOUR DELIVERY WILL CONSIST OF TWO DIFFERENT BOXES, labeled #1 and #2. They contain different vegetables. Please be sure to take one #1 box and one #2 box.

\* You must pick up your box on the day of delivery.

\* We are sending almost all the winter squash in this first delivery. We don't have a place at the farm that is warm enough to store squash well. It is safer stored in your house.

\* The first delivery will be larger than the second delivery (in December), because we're sending most of the squash in the first delivery.

## **WINTER SHARE STRATEGY**

These vegetables are the most perishable: bok choy, parsley.

These are the next-most perishable: leeks, cranberries, Romanesco or cauliflower, daikon, delicata and Sweet Dumpling squashes.

These will last the longest: beets, carrots, garlic, onions, potatoes, butternut squash.

## **VEGGIE NOTES and STORAGE INFORMATION**

**Refrigerated produce - Store these items in plastic bags to prevent drying out.**

Beets - Refrigerate. Beets will store for two months or longer. Golden beets have the best color if cooked with the skins on (it's OK to slice or cut into chunks).

Bok choy. Refrigerate.

Romanesco or cauliflower. Refrigerate.

Carrots. Refrigerate. Will keep for several weeks.

Cranberries. Refrigerate. Freeze if you don't expect to use within several weeks. These organic cranberries are from Ruesch Farms in central Wisconsin. They are of very beautiful quality. This is because they were harvested by 'dry raking' instead of a wet harvest in which the field is flooded. Brian Ruesch says that dry raking is difficult but preserves the quality and storage life of the cranberries.

Daikon (long white root) - Refrigerate.

Leeks. Leeks are not a long-storage crop. Eat within three weeks. You may need strip off one or two outer leaves if they've deteriorated.

Parsley. Refrigerate.

**Produce that does not need refrigeration:**

***Onions, potatoes and winter squash will store longer if kept cool, eg. 50oF or below.***

**Garlic.** Can be stored at room temperature.

**Onions.** Can be stored at room temperature or in a cool, dry spot.

**Potatoes.** Can be stored at room temperature or in a cool spot, but must be kept in the dark, or they will turn green. Keep in the paper bag or cover with a cloth. The blue potatoes are a variety called 'Adirondack.' They have blue skins and blue flesh. Potato grower Doug Rouse says they are good for many uses. His favorite is roasted or thinly sliced and fried in olive oil.

**Winter squash.** Store in a cool, dry place in your house. 50oF is ideal. Do not put in a plastic bag. Cook the delicata and Sweet Dumpling soon; these squashes will not store as long. Similarly, use any flawed squash soon. Inspect all the squash frequently and cook them if they seem to be deteriorating. The butternuts have been storing exceptionally well, but I don't know how much longer they will stay in good condition. Keep an eye on them. You can cook and mash the squash and freeze for future use.

**CRANBERRY RECIPES.** The Ocean Spray website has an astonishing number of cranberry recipes.

<http://www.oceanspray.com/recipes/> Martha Stewart also has a bunch of inventive cranberry recipes:

<http://www.marthastewart.com/food>, then search for cranberry. There are lots of recipes in the 2008 files.

**ROASTED BEETS AND CARROTS WITH TART GRAPEFRUIT (or ORANGE) GLAZE**

Adapted from cookbook author Mollie Katzen's website:

[http://www.molliekatzen.com/recipes/print.php?recipe=beets\\_grapefruit&print=yes](http://www.molliekatzen.com/recipes/print.php?recipe=beets_grapefruit&print=yes)

CSA member Connie James Jenkins recommends this recipe and writes "we use orange juice instead of grapefruit juice. This dish is adored by our 10-year-old."

Molly Katzens writes: "This is a delicious way to dress up roasted vegetables with a huge hit of zingy flavor, and without adding any fat. Here's the Idea: Roast carrots and beets until they are fork-tender. Serve them hot, warm, or at room temperature, coated with a generous drizzle of Tart Grapefruit Glaze."

Logistics: The beets need to roast for about 1 hour, whereas the carrots only need about half that much time, or less. You can give the beets a head start on one tray, and then put the carrots into the oven on a second tray when the beets are about half-done. Check with a fork periodically to see if the vegetables are tender. This is an inexact science - you decide when they're ready. Make the glaze when the vegetables come out of the oven. It only takes about 10 minutes. NOTE: If you are roasting red and yellow beets at the same time, keep them separate, so the yellow ones won't get irreparably stained.

**ROASTED BEETS** Allow about 3 beets per serving, depending on the size.

Preheat oven to 400oF.

Use small or medium-sized beets (1- to 2 inch-diameter). Trim the greens but leave on the stems. Place the beets in a small pan with a splash of water, and cover tightly with foil. Roast for 1 hour, or possibly longer. They're done when a fork slides in easily. Cool to room temperature, then rub off the skins, and cut into bite-sized pieces, if desired.

**ROASTED CARROTS** Allow about 1 medium-sized carrot (or a handful of small ones) per person.

Preheat oven to 400°F. Brush a baking tray with olive oil.

Cut larger carrots into 2-inch lengths; leave small ones whole. Roll the carrots around on an oiled baking tray until they are lightly coated, then roast for 15 to 30 minutes (depending on the size and thickness of the carrots), or until done to your liking. Serve at any temperature.

**TART GRAPEFRUIT GLAZE**

Prep time: 10 minutes, Yield: 1 generous cup glaze (enough for 4 to 6 servings of roasted vegetables)

1 cup grapefruit juice

1 tablespoon unseasoned rice vinegar

2 tablespoons plus 2 teaspoons real maple syrup

1 tablespoon cornstarch

Whisk together grapefruit juice, vinegar, and maple syrup.

Place the cornstarch in a small saucepan, and dizzle in the liquid, whisking until all the cornstarch is dissolved. Place the pan over medium heat, and heat just to the boiling point, whisking frequently. Turn the heat down, and cook, stirring often, until thickened (3 to 5 minutes). Remove from heat.

Drizzle the hot glaze over hot, warm, or room-temperature roasted vegetables.