

THE TIPI TIMES

MAY 22, 2008, WEEK 1

Tipi Produce, 14706 W. Ahara Rd., Evansville, WI 53536, 608-882-6196 (ph/fx), tipi@ticon.net

THIS WEEK'S BOX CONTAINS:

Asparagus, about 1 lb
Red leaf lettuce
Green leaf lettuce
Arugula
Radishes
Chives
Button mushrooms, 1 lb.
Rhubarb, 1.5 lb.

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Asparagus
Lettuce
Spinach
A tender spring green
Green garlic
Cilantro
and more

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

MENU IDEAS

- Steamed asparagus dressed with butter, lime juice, salt, pepper.
- Quiche with asparagus, arugula, mushrooms and chives
- Big salads of mixed lettuce, arugula, radish and mushrooms
- Rhubarb cake
- Rhubarb crisp
- Pancakes with rhubarb sauce

WELCOME. Thank you for joining our farm this year. We are Beth Kazmar, Steve Pincus, children Sophie and Ari and a work crew of 21, many of whom have worked for us for several years. I'll tell you more about our farm over the coming months. It's been a cool spring, but we have lots of crops planted in the fields and growing steadily. Cool weather slows the growth of spring vegetables, but improves their quality. We will have spinach for you next week. We debated harvesting a bit this week, but decided to wait because it grows so quickly this time of year. Any spinach left unharvested this week will double in weight by next week. That's a real difference.

Beth

THINGS YOU NEED TO KNOW

- ❖ We will send a printed copy of the newsletter in your CSA box this week and next week. After that we will send the newsletter by email only. We will bring copies to the pick-up sites for members without email.
- ❖ Did you receive an email from us on Wednesday night? If you did not, please check your spam filters and junk folders and then contact us, preferably by sending an email to our address listed above. Double-check that you have added us to your email program's address book, and that (under 'preferences') you allow 'messages from senders in your address book to be exempt from junk mail filtering.' The exact language will differ for each email program. I am eager to be certain that our emails are reaching everyone.
- ❖ Returning members, do not be surprised if you also have trouble receiving my emails. Double-check the instructions above.
- ❖ We delayed the start of our CSA season because the veggies were growing so slowly in the cool spring weather. We have shifted the entire schedule by one week, so the final delivery for the regular CSA season will be on November 13/14. The every-other-week schedules in the info packets are accurate.
- ❖ The winter share schedule has also been delayed one week. The first delivery will be on November 20/21. This is the week before Thanksgiving. The second winter-share delivery will be in mid-December (date to be determined later). We will offer another chance to sign up for this share later this season. Watch the newsletter in late summer/early fall.
- ❖ The first three boxes of the season are always the smallest. Every-other-week (EOW) members, do not worry that you have signed up for the wrong share. The later deliveries will be bigger.
- ❖ EOW members, we expect you to read all the newsletters, whether on the week you receive a box or your 'off' week. We rely on the newsletter to

communicate with everyone. You don't want to miss important information or a good recipe.

VEGGIE NOTES. Asparagus – Enjoy this spring treat! You will receive either green asparagus, or a mix of green and purple asparagus. The purple variety will turn dark green when cooked, and the flavor is almost identical to normal green asparagus. The best way to wash asparagus is to submerge it in water, soak briefly, then swish vigorously and pull out of the water with the tips pointing down. The draining action helps pull the grit out of the asparagus tips. Repeat several times. Storage: Asparagus is perishable, so eat it as soon as possible. If you must store it for a while, wrap the bundle in a paper towel and then store it loosely in a plastic bag. The asparagus tips tend to rot in direct contact with the plastic bag. We snap our asparagus at harvest, rather than cutting it. Therefore, there is no need to snap the stalks to remove fibrous ends. For the same reason, it is not necessary to peel the asparagus stalks. It's OK to trim the end a bit. Cooking: Lay spears flat in the bottom of a broad pan, with ½ inch of water. Cover and steam over medium heat until just tender. Use two forks or a spatula to turn the asparagus during cooking, rotating the bottom spears in the water to the top. Drain and serve.

Arugula - (bunched green leaves with pungent scent) – This is good mixed with lettuce or spinach in salads or in cooked dishes. I really like it on sandwiches. Cover and refrigerate.

Rhubarb – Refrigerate in a plastic bag. FYI, 1.5 lb of rhubarb will yield about 5 cups when chopped.

Mushrooms – The certified organic button mushrooms are from Hidden Valley Mushrooms in the Wisconsin Dells.

ARUGULA, FETA AND HERB FRITTATA

Adapted from Fine Cooking 50, pp. 82b. Serves four.

9 large eggs	Coarse salt and freshly ground black pepper
3 Tbs. freshly grated Parmesan	2 Tbs. olive oil
3 oz. feta cheese, crumbled (about 2/3-cup)	1 clove garlic, minced (or 1 stem green garlic)
2 Tbs. minced fresh chives or dill or other herb	2 cups packed arugula, stemmed, washed, dried

Adjust an oven rack to the upper-middle position and heat the oven to 400°F. In a large bowl, lightly beat the eggs. Stir the Parmesan, feta, herbs, and a light sprinkling of salt and pepper into the beaten eggs.

Heat the oil and the garlic in a 10-inch ovenproof nonstick skillet over medium-high heat. When the garlic sizzles and starts to turn golden, add the arugula. Cook the arugula, stirring constantly, until wilted, 1 to 2 minutes. Season lightly with salt and pepper. Reduce the heat to low, shaking the pan to distribute the arugula evenly. Add the egg mixture and cook until the eggs start to set around the edges, about 1 minute.

Transfer the pan to the oven and bake until the eggs are puffed and set, 10 to 12 minutes. Slide or invert the frittata onto a large plate, cut into four wedges and serve.

ARUGULA SALAD WITH LEMON VINAIGRETTE.

In a small bowl, combine 2 Tbsp. lemon juice, 2 tsp. sour cream, 1 clove minced garlic (or 1 stem green garlic), and a pinch of salt. Slowly whisk in 1/4 cup olive oil. Toss with fresh arugula and other spring vegetables, then sprinkle with salt and pepper and crumbled feta or blue cheese.

RHUBARB MUFFINS

Here is a really good rhubarb muffin recipe, supplied by CSA member Kim Miller. Thank you Kim!

2 cups flour	1 tsp. salt	1/4 cups vegetable oil
3/4 cups sugar	3/4 cups nuts	2 tsp. grated orange peel
1-1/2 tsp. baking powder	(pecans or English walnuts)	3/4 cups orange juice
1/2 tsp. baking soda	1 egg, large	1-1/4 cups chopped rhubarb

- 1) Combine all dry ingredients.
- 2) Beat egg and oil; add orange juice and orange peel.
- 3) Add flour mix.
- 4) Add rhubarb.
- 5) Bake at 350°F for 25-30 minutes.

RHUBARB SAUCE. This is the simplest way to prepare rhubarb. Chop rhubarb into one inch chunks. Stir over medium heat with a small amount of water in the bottom of the pan. The rhubarb will release moisture as it cooks. Stew until it softens and falls apart. Sweeten to taste with honey or sugar. Eat warm on its own, or over vanilla ice cream. We eat it on pancakes!