

THE TIPI TIMES

MAY 29, 2008, WEEK 2

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

THIS WEEK'S BOX CONTAINS:

Asparagus, ¾ lb.
Red Romaine lettuce
Spinach, 1 lb.
Radishes
Bok choy
Cilantro
Green garlic
Rhubarb, 1 ½ lb.

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Asparagus
Lettuce
Spinach
Green garlic
White salad turnips
A tender spring green
and more

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

MENU IDEAS

We've sent lots of salad ingredients this week: lettuce, spinach, radishes, cilantro.

The bok choy, cilantro and green garlic will combine well in a flavorful stir-fry.

It's another good week for quiche, frittata or scrambled eggs, with asparagus, spinach, green garlic and cilantro.

Use the rhubarb in a dessert or freeze it for another week.

VEGGIE NOTES.

Spinach - The spinach this week is 'salad quality,' tender and thin-leaved. Even the stems are tender enough to eat. FYI, spinach with leaves this thin will reduce substantially if you decide to cook it. To clean, submerge in a tub of water, swish well and pull out of the water. The draining action helps pull the grit out of the leaves. Repeat if necessary. Spinach stores best if the leaves are dry. Clean, then spin dry in your salad spinner. Trust me, this makes a big difference. Refrigerate in a plastic bag.

Green garlic (looks like scallions) - Last fall, we planted lots of individual garlic cloves. The cloves sprouted and grew into the stalks we've sent today. If left to grow, the fat bulb on this week's garlic would divide and form the usual cluster of cloves in a garlic bulb. Green garlic is more pungent than scallions, so slice thinly and use sparingly when raw. It mellows nicely when cooked. The easiest way to use it is to chop it and add it to any cooked dish that would benefit from garlic. You may have to peel off and discard the outer layer. Use the white bulbs and pale green stems but not the leaves which are fibrous.

Bok choy (large rosette with green leaves and thick, white stems.)

This Asian green is good for stir-frying or sautéing. It is also good in soups. You can think of the stems and leaves as two separate vegetables. The stems require longer cooking. The leaves will cook almost as quickly as spinach. Bok choy stores well, so feel free to pull off leaves as you need them, or use the whole head at once. Refrigerate in a plastic bag.

Cilantro (fragrant herb in small bunch) - This herb is good in salsa, chutneys and salad dressings, or added to stir-fries. Good with eggs. Used in Mexican, Asian and Indian cooking.

Rhubarb (long red stalks) - Rhubarb will store well for about two weeks if not allowed to dry out. To freeze, wash and chop into pieces, then freeze in a container.

Sarah's Asparagus Soup.

Former Tipi Produce employee Sarah Elliott makes this soup every year. She says "it's a great recipe from a French/Argentinean creperie where I used to work. It really highlights the delicious asparagus! It's nice and creamy, and totally open for interpretation."

1. Sauté a big onion until it is nice and buttery and good.
2. Sauté ¾ to 1 lb asparagus until it's bright green (not very much time) with the onion.
3. Add a little salt and fresh ground black pepper to taste.
4. Blend in blender with equal parts of coconut milk and veggie broth (I guess you could use chicken broth) until it's a soup-like consistency.
5. Re-heat to desired temperature.
6. Serve with little chunks of bread.

Broiled/Grilled Asparagus. CSA member Carol Pollock writes to share the way she prepares asparagus.

"Lay flat on some type of flat pan, brush with olive oil, sprinkle with sea salt and coarse pepper, then grill under broiler (400 degrees) or on charcoal grill. Turn after about 5 min. Cook another 5 min. or so. Will stay crisp when cooked, not soggy, while retaining great flavor."

Gingered Bok Choy and Tofu

Adapted from 'Simply in Season' by Mary Beth Lind and Cathleen Hockman-Wert.

"This is my new favorite way to cook tofu," one recipe tester reported. It can be made from beginning to end in the 40 minutes it takes to cook brown rice." Serves 4.

Beth's comment: This recipe calls for a lot of lime juice. Start with 1 Tbsp. and add more to taste.

Marinade:

½ cup soy sauce

½ cup dry sherry or broth

¼ cup rice vinegar or white vinegar

3 Tbsp. brown sugar

1 medium bok choy, leaves and stems separated
and coarsely chopped

3 Tbsp. ginger root, peeled and minced

¼ cup fresh lime juice (or less, to taste)

¼ cup fresh cilantro, chopped

pinch of ground red pepper (optional)

2 cakes firm tofu, cut in 1-inch squares

2 Tbsp. peanut oil

Bring the four marinade ingredients to a boil in a medium saucepan. Pour marinade over the tofu and set aside for 10 minutes (or more). Occasionally turn the tofu squares over. Drain, reserving remaining marinade.

Sprinkle the peanut oil over the tofu. Broil for 4 minutes then turn squares over. Continue broiling until tofu is golden brown, another 3-4 minutes.

While tofu broils, heat another 2 Tbsp peanut oil in a large skillet. Sauté the gingerroot and chopped bok choy stems for 1 minute. Add the leaves and sauté until the leaves are well wilted, about 2 more minutes, stirring constantly. The choy stems will still be crunchy.

Add the lime juice, cilantro and red pepper (optional) and remove from heat. When the tofu is browned, gently toss with cooked greens and as much reserved marinade as desired. Serve on hot rice topped with toasted cashews or peanuts.

Rhubarb Brown Sugar Crumble

From Fine Cooking 85, pp. 63, by Karen Barker who writes "Vanilla ice cream is a natural with this homey favorite." Serves six to eight.

For the topping:

1 cup all-purpose flour

1 cup lightly packed light brown sugar

½ cup old-fashioned oats

½ tsp. ground cinnamon

¼ tsp. kosher salt

8 Tbsp. cold unsalted butter, cut in small pieces

For the filling:

6 cups 1/3-inch-thick sliced rhubarb

1 cup lightly packed light brown sugar

¼ cup cornstarch

1 Tbs. fresh lemon juice

2 tsp. finely grated lemon zest (from 1 lemon)

¼ tsp. kosher salt

Position a rack in the center of the oven and heat the oven to 350°F. Grease an 8x8-inch Pyrex baking dish with softened butter.

Make the topping: In a food processor, combine the flour, brown sugar, oats, cinnamon, and salt and pulse several times to combine. Add the cold butter and pulse until the mixture has the texture of coarse meal and clumps together when squeezed lightly, about 1 minute.

Make the filling: Combine the rhubarb, brown sugar, cornstarch, lemon juice, lemon zest, and salt in a large bowl and stir with a spatula until evenly mixed. Transfer the rhubarb mixture to the baking pan, and sprinkle the topping evenly over the fruit; the pan will be very full, but the crumble will settle as it bakes.

Bake until the topping is lightly browned, the rhubarb is tender (probe in the center with a skewer to check), and the juices are bubbling thickly around the edges, 45 to 60 minutes. Transfer to a rack to cool to warm or room temperature and to allow the juices to thicken, at least 1 hour.