

THE TIPI TIMES

MAY 28, 2009, WEEK 2

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THIS WEEK'S BOX CONTAINS:

Asparagus, about 1 lb.
Red bibb lettuce
Red romaine lettuce
Green garlic
Kale or collards
Spinach, about ½ lb
Rhubarb, 1 lb.
Mint
Radishes (at sites which
did not get radishes last
week.)

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Asparagus, lettuce,
spinach, bok choy and
more

DRY LETTUCE AND SPINACH LAST LONGER.

To keep your lettuce and spinach fresh longer, separate the leaves, wash them and spin them dry in a salad spinner. Store in a closed bag or container in the fridge. Both greens will stay fresh much longer when handled this way.

BI-WEEKLY NEWSLETTER. I write a newsletter at least every-other-week, although I will send one more frequently if the vegetables need explanation. You will always receive at least a list of what is in the box. This is the last week we're sending a paper copy. We will continue to send it by email on Wednesday night.

CLARIFICATION. One of our employees overheard two CSA members talking: "We're sharing this year. That means we take two boxes, right?" Hmm. I'm glad our employee was present to clear up this misconception. If you split a CSA share with another household, that means you take one box. We've had trouble with this before. Please communicate with the friends or family members you are sharing with. Often, one person understands the system well but the others do not. Whoever picks up the box must understand what to do. Thank you.

VEGGIE NOTES. Spinach - Can be used for salads or cooking. Be forewarned; this tender spinach will shrink dramatically when cooked. We'll send larger amounts over the coming weeks.

Kale or collards - We consider these to be 'salad-quality' kale and collards. You don't often think of kale or collards as suitable for raw salads, but these greens

are. The greens you receive from us in midseason will be less tender and will require longer cooking times. Consider making a quick sauté with green garlic and shredded greens.

Lettuce - You will receive both red bibb and red Romaine lettuce this week. This red bibb is our prettiest and most tender lettuce.

Asparagus, green garlic and rhubarb - See last week's newsletter. This week's smaller quantity of rhubarb is suitable for muffins or stewed rhubarb.

Mint - We're sending mint a bit early this year. I usually send it with peas, but it's fresh and ready to pick now. I envision several ways to use mint this time of year: Prepare a lemon-mint dressing (see recipe). This flavor combination is used in Middle Eastern food. The dressing can be used on salads, or as a marinade for grilled veggies or meat, or to dress a tabbouleh-style salad. Mint combines well with yogurt (another Middle Eastern approach). Thai salads often incorporate mint and other herbs. Alternatively, make iced mint tea if it's hot this weekend.

LEMON, MINT AND GREEN GARLIC VINAIGRETTE Adapted from a few recipes on Cook's Illustrated.

Beth's notes: This is very tasty. We used some to dress a simple lettuce salad, then tried some on asparagus, then enjoyed the last on plain spaghetti. Then we wondered if only hungry farmers eat everything in sight. Your mint bunch should be sufficient to (at least) double this recipe, if you use the smaller quantity of mint.

1 green garlic stalk, white & pale green parts, thinly sliced
3 tablespoons extra-virgin olive oil
1 - 2 tablespoons minced mint leaves (*B: I used 1 Tbsp.*)
3 tablespoons lemon juice

1 tsp. grated lemon zest
1 teaspoon Dijon mustard
½ tsp. salt
ground black pepper

Add everything to a small jar. Seal and shake until well blended.

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