

THE TIPI TIMES

July 14, 2011, week 9 (purple EOW)

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THIS WEEK'S BOX CONTAINS:

Beets with greens
Walla Walla onion, 1
Snap peas, 1.25 lb
Snow peas, 0.3 lb
The two types of peas
will be in one bag.
Broccoli
Green bell pepper, 1 OR
Italian frying pepper, 1
Lettuce
Zucchini
Cucumbers, 2
Basil

Members at a few sites
will receive 1 tomato.

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Cabbage, fennel, green
beans, peas, zucchini,
cucumbers, tomatoes, etc

Tilted Farm. The storm on Monday was fierce. It came directly from the west, and left all the crops tilted to the east. It was disorienting for a day. Most of the crops have set themselves upright again. We weren't sure if the sweet corn would make it, but it did. We were so glad to get the rain.

Our farm was dry before Monday's storm. Hot dry weather stresses vegetable crops and bring their growth to a halt, so Steve irrigates as much as possible when it's hot and dry. We sent our son and a friend to play under the irrigation gun (it's like an enormous sprinkler) on a 90o day. We didn't expect them to have this much ... fun. In the photo below, they pretend to be monsters emerging from the mud. We're not sure if the friend's family will let him visit again.



Veggie Notes

Beets with greens - This week we have provided beets with their leaves attached. The greens are delicious. They are almost identical to Swiss chard in flavor, texture & cooking time (the two crops are very closely related.) You can remove the midribs before cooking if you wish, but it is not essential.

Storage: Cover and refrigerate. The beet roots will last for weeks. The beet greens are perishable and should be eaten soon. If you don't plan to eat the greens, then separate the tops and roots and discard the tops, to preserve freshness in the roots. For all the cooking methods below, wash and scrub the beets but do not peel. The skins slip off easily once the beets are cooked and cooled.

Cooking beet roots on the stovetop: Slice or quarter, cover with water in a pot, and simmer until tender. This will take from 25 to 45 minutes depending on how large the beet pieces are. Drain.

Roasting beets: Wash beets, but do not peel. On a sheet of aluminum foil, put beets (halved or quartered if large), salt, pepper and a few sprinklings of water. Seal the foil packet, and roast at 400oF until tender, about 45 minutes to 1 hour. Slip off skins once cool.

Microwave: Slice beets in half and place in a large microwave-proof bowl. Add ¾ inch water and cover with a plate. Microwave on high until tender, about 9-11 minutes. Drain and slip off skins.

Uses: Use cooked beets in cold salads, or dress simply with vinaigrette, onions, salt and pepper. Beets are also good tossed with sour cream, minced onion, fresh herbs and walnuts.

Veggie Notes, continued

Walla Walla onions - This is a sweet Vidalia-type onion, wonderful in salads. They will store for several weeks at room temperature or refrigerated. Uses: These onions are very sweet and mild, and are best eaten raw. You can cook them but they tend to melt away. Do not try to fry these onions! They contain too much water and simply will not fry. However, they will brown nicely on the grill or griddle. Don't overcook. You want them to still have some crunch.

Snap peas - These peas are the second picking from last week's field and they look a bit rough, with some brown russetting. They are absolutely delicious. A few weeks ago, I warned you that the snap peas had low levels of shell peas mixed in. This is no longer a problem, as we are now picking from a different variety. Both the snap and snow peas need to have the strings removed.

Peppers - Everyone will receive one pepper, either a bell pepper or an Italian frying pepper. As the name implies, frying peppers are good fried, but they are also good raw.

Cucumbers - Please note that some of the cucumbers have superficial scarring from wind and insect damage. This is normal for organic cucumbers and will be present on many cucumbers throughout the season.

Tomatoes - Now it's summer. We don't have enough tomatoes for all the sites, so we'll spread them around during these early harvest weeks.

Zucchini Cakes

This recipe is recommended by CSA member Kellyn Cutsinger who wrote "I thought I'd share a recipe with you in case your family (or anyone in the CSA) might be interested in a tasty and easy way to have zucchini for dinner. I made these zucchini cakes with some of your delicious zucchini and they were great! I found the recipe on a food blog: <http://www.omnivorousfox.com/2011/04/zucchini-cakes.html>. A couple out in California writes the blog. They have some very good recipes."

Beth's note: We've sent basil this week, which should be a good substitute for the parsley.
(makes 10 - 12 3" cakes)

- 1 extra large zucchini (about a pound), grated
- 1/2 small red onion (or other type of onion), chopped
- 1 large clove of garlic, crushed or pressed
- 2 eggs
- 1/2 cup of roughly crumbled feta cheese
- 2 tbsp of fresh parsley, chopped
- 1 tsp dried oregano
- 1 tsp za'atar (*Kellyn: I didn't have this so didn't use it, but they still turned out great*)
- 1/2 tsp cumin
- 3/4 cup of flour
- Salt and pepper to taste, plus extra salt to prep zucchini
- Oil for cooking

Grate the zucchini on the largest hole of a box grater. Toss with salt, and let sit for 5 minutes to allow the salt to bring out excess water from the zucchini. Rinse the shredded zucchini with water, then press over a strainer to remove as much water as possible. Transfer to several paper towels and press to further drain the zucchini.

Transfer zucchini to a large bowl and add all of the rest of the ingredients except for the flour and oil. Mix everything together until incorporated, then fold in the flour until you have thick goopy mixture, much like pancake batter.

Heat a couple tablespoons of oil in a large skillet on medium high heat. When the oil is hot, scoop about 3 tablespoons of batter into the skillet, and cook until almost dark brown (about 4 - 6 minutes). The key is get the outside as crispy as possible. Flip cakes and cook the other side.

They would be great served with Mediterranean salad and/or yogurt sauce with dill, or with cucumber-yogurt sauce.