

THE TIPI TIMES

September 1, 2011, week 16 (green EOW)

Tipi Produce, 14706 W. Ahara Rd., Evansville, WI 53536, 608-882-6196, csa@tipiproduce.com, www.tipiproduce.com

THIS WEEK'S BOX CONTAINS:

Yellow watermelon
Tomatoes, mixed slicing
and/or plum types, 3.2 lb
Red Italian frying peppers, 3
Bell peppers, 2
red, yellow or orange
Fennel, 1 or 2
Onions
Garlic
Carrots, 2 lb

You will also get something
from this list: cherry
tomatoes OR wax beans OR
cucumbers OR yellow squash
OR an heirloom tomato.

Some sites will receive
1 pt raspberries this week.
We will rotate raspberries
to all sites over the coming
weeks.

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Tomatoes, peppers,
edamame soybeans, carrots
and more

Raspberry U-Pick this weekend and upcoming weekends.

We began harvesting our new red raspberry field this week. Berries harvested Monday through Thursday will be distributed in the CSA boxes, in rotation by pick-up site. Weekly members might receive two pints over the next month. Berries ripening later in the week will be available for u-pick on Saturday mornings from 9 a.m. to noon. We need to schedule the u-picks by pick-up site because our field is too small to host the entire membership at once. I will send emails to alert members when it is their week to pick. We plan to start this weekend with Madison and local members.

U-pick price: \$2.50 per pint

Some members will receive a pint of raspberries this week. Please be patient with the berries you receive from us! This is the first raspberry harvest for our work crew and we're learning how to pick them properly.

WINTER SHARE. We offer a winter share for hungry members who want to extend their CSA season. Our winter share consists of two deliveries, the first on November 17/18 and the second on December 8/9. Please note that you get both the November and December deliveries when you sign up for one winter share.

To register for a winter share, go to
<http://tipiproduce.csasignup.com/members/updatemembership> and follow the instructions.

Cost: The cost is \$150 for the two deliveries.

Deadline: The deadline to register is Monday September 26. We need advance notice to order potatoes and cranberries. Our winter share is limited to 150 shares this year.

The produce: These deliveries are much larger than deliveries during the CSA season. We expect to pack two large boxes for each winter share delivery. The contents will depend on the weather, and what is available and good quality. Each delivery will include potatoes, carrots and onions, plus a mix of stored crops such as various winter squash, leeks, garlic, cabbage, beets,

celeriac, parsnips, rutabagas and winter radishes. When possible, we will include something fresh from the garden such as Brussels sprouts, cauliflower, broccoli or greens. Some veggies will need to be refrigerated, but others can be stored at room temperature. [Click here](#) to see what we delivered in the 2010 winter shares.

Not sure if you already ordered a winter share? Send yourself an email with your membership info at <http://tipiproduce.csasignup.com/members/statusemail>. Look under Membership Details/ Member Type 1 to view whether you have already signed up for a winter share.

Veggie Notes. This is an excellent assortment of summer veggies, isn't it? Melons, tomatoes, peppers - these are crops to celebrate and savor. We have sent Italian frying peppers again this week - the plants are at peak harvest right now. We have begun harvesting tomatoes from our second planting. There are fewer problems with anthracnose in this field, but please watch your tomatoes closely. If they look like they are going to deteriorate, eat them quickly or store them in the refrigerator. We usually discourage members from refrigerating tomatoes in order to preserve texture and flavor. However, it's better to put them in the fridge if you need to hold them for a few days.

Fennel-Tomato Recipes. Fennel combines beautifully with tomatoes, garlic and onions in dishes similar to bouillabaisse. We try to send these veggies in combination when we can. Here are a few fennel-tomato recipes from our archives:

[Braised Fennel with Tomatoes and Potatoes](#)

[Fennel, Leek and Scallop Soup](#)

Rich Summer Fennel Soup

From Angelic Organics cookbook "Farmer John's Cookbook." Serves 3.

<http://www.angelicorganics.com/ao/images/recipes/fennel.pdf>

"This hearty soup makes for a meal on its own, and it's even better the next day for lunch, though the farm crew seldom leaves any behind. To make your tomatoes virtually peel themselves, score a very shallow X on the bottom of each one, put them in a heatproof bowl or measuring cup, and pour boiling water over them. Leave them in the boiling water for a minute or so if necessary; the peel will loosen completely.

Bouquet Garni: 1 sprig parsley (stem only), 1 bay leaf, 1 sprig thyme

Soup

2 tablespoons unsalted butter

2 tablespoons vegetable oil

1 medium onion, sliced

1 to 2 cloves garlic, crushed

1 medium or large fennel bulb, roughly chopped

1 large carrot, chopped

1 medium potato, peeled, cubed

2 medium tomatoes, peeled, seeded, chopped

3 cups vegetable or chicken stock

2 tablespoons Pernod (licorice-flavored liqueur) (optional)

1/4 cup heavy cream or silken tofu

salt

white pepper

chopped parsley

- 1) To prepare the bouquet garni, tie together the parsley stem, bay leaf, and thyme sprig in a piece of cheesecloth.
- 2) Heat the butter and oil in a large saucepan over medium heat. Add the onion; sauté for 1 minute. Add the garlic and sauté for 1 minute more.
- 3) Stir in the fennel, carrot, and potato and cook for 5 minutes. Add the tomatoes, stock, and bouquet garni. Bring to a boil, then reduce the heat to a simmer. Cover and cook over low heat until the fennel is very soft, about 30 minutes.
- 4) Discard the bouquet garni. Let the mixture cool slightly and then purée it in batches in a food processor or blender. (If you are using tofu instead of cream, add it now and purée with the rest of the ingredients.)
- 5) Return the soup to the pot and stir in the Pernod and cream. Heat over medium-low heat to allow the soup to heat through, but do not boil. Season with salt and white pepper to taste. Garnish with parsley.

Grilled Fennel with Lemon, Sea Salt and Parmesan

From Beth's notes: This is a good way to prepare fennel in combination with roasted or grilled peppers and onions. Grilled fennel is an excellent addition to tomato salad. I find the fennel grills best over a low flame so it has time to soften.

2 fennel bulbs

olive oil

sea salt

lemon juice

parmesan cheese

Prepare grill. Wash fennel bulbs. Trim leafy stems to within 6 inches of the bulb. Trim off roots. Slice each bulb in half so that each bulb makes 2 "patties". Toss fennel with olive oil and place on grill over medium heat. Grill 10-15 minutes or until both sides are nicely blackened around the edges. Remove from grill and sprinkle with lemon juice, sea salt and parmesan cheese.