

THE TIPI TIMES

September 22, 2011, week 19 (purple EOW)

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

THIS WEEK'S BOX CONTAINS:

Bok choy
Slicing tomatoes, 5 lb
Broccoli
Leeks
Delicata squash, 2
'Yummy' orange peppers
Various bell peppers and
Italian frying peppers
Garlic

Some members will
receive raspberries or an
heirloom tomato.

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Cabbage, cilantro, greens,
tomatoes, peppers, onions
and more

We will host farm visits over the next two weekends.

See our website for directions and a map,

<http://www.tipiproduce.com/about/our-location/>. Please bring a water bottle, hat and sunscreen. Check the weather report before leaving home so you can prepare. Remember, it's likely to be colder/hotter/wetter/windier in our fields than at your house. In 2007, it was 90oF during the pumpkin u-pick! In 2008, it was cold and rainy! Check the weather report.

Call us if you have questions or get lost (608-669-0557 during the farm events. Otherwise, use 608-882-6196.) Please do not try to email us on the day of the u-pick, as we will not be checking our email. However, it is a good idea to check your email before leaving for the farm, in case we need to send any updates.

A few thoughts. **Feel free to go in the open sheds at the north end of the barn if you need to get out of the sun or wind. **We have bees here at the farm. Our beekeeper cautions that you should avoid scented products when you visit, especially ones that resemble flowers or food because those may attract the bees. Think about your soap, sun screen, etc. **Please do not bring dogs to the farm.

Raspberry u-pick this SUNDAY for all members & sites.

Date and time: this Sunday 9/25/11, from 10 a.m. to 1 p.m. or until the berries are all picked

U-pick price: \$2.50 per pint

Berry report: Quality and flavor are quite good. The berries are bigger after the recent rains and irrigation. Most people can pick about 5 pints/hour.

We will provide pint containers and boxes to carry the berries home.

Milwaukee members, we suggest that you call us by 10 a.m. Sunday to tell us you are coming so we can reserve part of the patch for you. We don't want you to make the long drive, then find that the berries are all picked.

Pumpkin U-Pick and Gleaning Party

Date and time: Sunday October 2, 12:00 noon - 4:00 p.m.

We hope you will attend our fall party. It's a chance to visit the farm (and farmers) that have fed you all year, and a chance to get out in the country. All CSA members are welcome, whether weekly shares, EOW shares, or households splitting a share.

Come pick pumpkins and glean some late-season crops. We don't charge for any of the pumpkins or gleanings. We will charge for raspberries (\$2.50/pint). The pumpkins are lovely. There will be enough for two pumpkins per household, and maybe enough for each child to have a pumpkin. We won't have a formal tour, but members are welcome to wander around the farm on their own.

We will offer a few crops for gleaning, and will announce those crops at the u-pick. Please keep in mind that we offer these free pickings with the understanding that members will only take what they need for their own household. If a vegetable is not on the gleaning list, it means we are still harvesting it, and the field is closed.

Please do not bring a wheelbarrow to the gleaning event. I am embarrassed to write this.

However, a few overzealous members made other visitors uncomfortable by competing for the gleanings.

If you are using a wheelbarrow, then you are taking too much. Please limit yourself to what you can carry out of the field. We will have 5 gallon pails available to use at the farm. Please bring containers to take your pickings home.

Early, Early Frost Last week, I wrote about our decision whether to frost-protect our crops. Wow, we are so glad we made the effort. The frost was much harsher than anticipated. Without protection, we would have lost all our peppers and tomatoes. Steve irrigated the peppers with good success. By morning, each leaf was coated in ice, a striking sight. We continued to irrigate until all the ice melted - if you stop too soon, the plants will freeze. We couldn't protect every field, so there were some losses. We left one pepper field unprotected, expecting just the top leaves to freeze; that's what usually happens during the first frost. By morning, we found that all the leaves were dead. Fortunately, the peppers themselves did not freeze. A few degrees colder and they would have turned to mush. We picked all the peppers in that field, many in the process of ripening from green to red. As a result, most of the peppers in the box this week are mixed colors, half green and half red.



The photo shows how well the row cover protected our tomatoes last week.

The row cover strip we used was not wide enough to cover the entire field. The row of tomatoes in the center of the photo was uncovered and therefore killed by frost. The other tomato rows were covered and remain green. You can see our crew picking tomatoes for this week's box.

That was the final use for that piece of row cover. The end was pretty dramatic. The day after the frost, we looked up to see a piece of row cover twisting through the air. A dust devil had caught the cover, ripping it and pulling a piece aloft. It was quite beautiful, white and filmy and twisting gently against a clear blue sky. It dipped as the dust devil weakened, then rose again as the wind caught it up. We've

seen flying row cover before, but it usually comes back to ground almost immediately. This piece stayed aloft and floated off the farm. Steve jumped in the car and raced to follow. He feared the cover would land in the middle of a road. He drove around the countryside but was unable to find it. We know it landed (the crew saw it plummet in the distance) but we're still looking for it. Evansville members, let us know if you can solve this mystery for us.

The first frost is a dividing line in our season, and a means to unveil the farm. We suspected we had a nice crop of butternut squash but found it difficult to judge because the vines were so thick. A touch of frost and the vines wilted, revealing a beautiful squash crop. Really, we didn't suspect anything quite this nice. Looks like we are well-prepared for the fall boxes.

Veggie Notes.

Delicata winter squash - These are flavorful, thin-walled winter squash. We always start the winter squash season with delicata or Sweet Dumpling squash, as these types do not require special curing after harvest, unlike butternut squash. Our butternut, buttercup and kuri squash are curing nicely and will be ready to deliver soon. Storage: Store at room temperature.

Preparation: These squash have a central cavity that can be stuffed if you wish. Cut squash in half, scoop out and discard the seeds. To cook, I place the cut squash face-down on a cookie sheet, then put some water in the pan, and roast at 400oF until easily pierced with a fork. The water in the pan is optional. The flavor is best if you allow the pan to dry during the cooking, so the squash has a chance to caramelize.

Leeks (look like big scallions) - These are great fall vegetables. Use the white parts, plus about 1-2 inches of the green part. To wash, split the leek lengthwise, from the green tops about halfway to the base, leaving the base intact. Rinse well under running water, separating the layers to flush. If necessary, split the leek further if there's soil more than halfway down the leek. Shake dry. Leeks are generally eaten cooked. They can be sauteed, steamed or roasted, and can be used as a substitute for onions in many recipes. Intact leeks will store at least 2 to 3 weeks if covered loosely and refrigerated. The outer leaves may yellow. Just peel them off and discard. The inner leek layers will be fine.

Bell and frying peppers - As I explained above, many of the peppers this week are 'suntan' peppers. That's farm lingo for peppers that are partly red and partly green. We needed to harvest lots of peppers before and after the frost, hence the suntans.

Veggie Notes, continued

'Yummy' peppers (small orange peppers) - These peppers are sweet with excellent flavor. They make a great snack because of their size, color, flavor and sparse seeds. They are a lovely little package, good for packing in lunches. You can also cook them like a normal bell pepper.

Delicata Squash Salad with Mustard Greens (or bok choy) and Cranberry Beans

Adapted from Martha Stewart Living, September 2009. Serves 4.

Beth's notes: I rarely adapt recipes from Martha Stewart. She (and her minions) have thought about the recipe a lot more than I have. Nonetheless, I've changed this one quite a bit, and find it to be a very tasty dish.

Bok choy can be used interchangeably for the mustard greens. Just steam the bok choy stems a minute longer than the leaves.

2 medium delicata squash
1 Tbsp extra-virgin olive oil
2 Tbsp. balsamic vinegar
1 Tbsp. maple syrup or honey
1 bunch mustard greens, washed and cut into ribbons (or substitute bok choy)
1 small onion, thinly sliced
1 clove garlic, minced
1 Tbsp. red wine vinegar
1 tsp. coarse salt
freshly ground pepper
1 can (15 oz.) cranberry or cannellini beans, drained and rinsed
cilantro, chopped, to taste

1. Preheat oven to 400°F. Cut squashes in half lengthwise, scoop out and discard seeds. Cut into 1/2-inch semi-circles. Lightly oil a nonstick cookie sheet. Spread squash on sheet and lightly spray or brush with oil. Turn over and oil again. Bake until just tender, 15 to 20 minutes.
2. Mix together balsamic vinegar and maple syrup (or honey). Brush some of the mixture onto squash slices. Reserve remaining mixture. Bake for 5 minutes more, or until tender.
3. Meanwhile, steam mustard greens (or bok choy) and drain.
4. Heat 1 Tbsp. olive oil in a small saucepan over medium heat. Add onion and garlic, and cook until slightly softened, about 4 minutes. Add red-wine vinegar and remaining vinegar-maple syrup mixture to the saucepan, and bring to a boil. Pour over the mustards, sprinkle with salt and pepper. Add squash and beans. Toss together. Serve warm or at room temperature.

Stir-Fried Beef, Bok Choy and Red Pepper

About one year ago, I tested a tasty bok choy, beef and pepper stir-fry recipe. It would be perfect with this week's veggies. I have to admit that I cannot find the recipe and don't have the time to track it down. Nonetheless, it's a good combination and I think you folks can wing it. Make sure to leave the veggies with some crunch. Serve with rice.

The essential ingredients are:

thinly sliced raw beef, bok choy sliced in ribbons, sliced red peppers, sliced onions

Seasonings: slivered ginger and garlic, mirin, sesame oil, soy sauce.