

THE TIPI TIMES

October 20, 2011, week 23 (purple EOW)

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THIS WEEK'S BOX CONTAINS:

Satina potatoes, 3.5 lb
Cauliflower
Tatsoi
Brussels sprouts, 1 lb.
Leeks, 1.5 lb.
Pepper(s) of some kind
A small lettuce
Jalapeno chile
Garlic

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Sweet potatoes, greens,
celeriac, carrots and more

MENU IDEAS

We have quite a few recipes for greens available in the recipe archives on our website. [Click here](#) to take a look. We will provide greens steadily in the final boxes. They are the ultimate fall food.

Potato-leek soup

[Cream of Cauliflower Soup](#)
(see below)

[Marinated Brussels Sprouts](#)

[Spaghetti with Creamy Braised Garlic and Leeks](#)

[Colcannon](#) Calls for potatoes, onions (or leeks) and cabbage. Weekly members, perhaps you have cabbage from last week?

Schedule of Final Boxes. After this week, we have three deliveries in the regular CSA season. Here are the remaining deliveries. Mark your calendar.

October 27/28 - green EOW

November 3/4 - final week for purple EOW members

November 10/11 - final week for weekly and green EOW members

Farm and Veggie Notes I should provide more explanation about last week's cabbage. I wrote in the newsletter that the cabbage heads were "pretty big." At the moment of packing them in the CSA boxes, I realized that most were *enormous*. That is one of our customary cabbage varieties. It must have loved the weather this fall, because we've never seen them get this big before. They are very good quality, and will last for many weeks if refrigerated. Cut off chunks as needed.

Satina potatoes - These light yellow potatoes are from Chris Malek. He's begun growing this yellow variety as a substitute for Yukon Golds.

Cauliflower - The cauliflower has loved the fall weather too. These are beautiful, solid heads. They will store well if refrigerated. Cut off chunks as you need them.

Tatsoi (large rosette of dark green leaves) - This relative of bok choy and mustard greens is at its best in cool fall weather. Use in any recipe that calls for mustard greens.

Brussels sprouts - The first sprouts of the year! They have been through several nights of frost, which sweetens them. If you are a new CSA member, please approach Brussels sprouts with an open mind. Many of us grew up eating awful, overcooked Brussels sprouts. These Brussels sprouts are completely different. Here is how we cook Brussels sprouts: Wash the sprouts and trim the cut ends. Cut an X in the stem end of large sprouts. Cut a single slit in small or medium sprouts. This does two things. It helps the Brussels sprouts cook evenly, plus it allows them to soak up any marinade or dressing. Place in a pot with one inch of water in the bottom and steam until tender, 7 to 14 minutes. If the sprouts are uneven in size, then set aside the smallest ones and add to the pot after the larger ones have cooked for a few minutes. Don't overcook them! You can also oven-roast Brussels sprouts. I often mix cooked sprouts with thinly sliced onion and bell pepper. When dressing the sprouts, whatever you mix with them first will be absorbed into the stem cut. For that reason, blend dressings well before mixing them with the cooked sprouts. Here are a few dressing ideas for cooked sprouts:

- Sherry vinegar/olive oil/Dijon mustard/garlic/white wine/salt and pepper
- Balsamic vinegar/olive oil/garlic/salt and pepper
- Lemon juice and zest/melted brown butter/poppy seeds/white wine/garlic/salt

Peppers - We have begun stripping our pepper fields. We've protected the

plants through many frosty nights, but it is time to let them go. We should have peppers for another week. By this time of year, most peppers are "suntans," peppers that are half red and half green. There is not enough time for them to ripen to fully red. We pull them from the plants rather than sacrifice them to frost. We find it hard to give up the peppers.

Lettuce - The lettuce heads are small and tender this week. Enjoy on sandwiches or as a salad.

Photo Tour of the Farm

Our work and landscape are changing with the seasons. Here are a few scenes from the past week.



(left) Kerry picks Brussels sprouts. Take a look at how they grow on the stalk of the plant. We need 25 pails of sprouts in order to pack 1 lb. in each CSA box. It's a slow job. Kerry looks happy, doesn't she? That's because she and Smitty picked almost all the sprouts on Tuesday before the weather turned cold. It is a dispiriting job during cold or wet weather.



(right) By Wednesday, the crew was bundled up against the cold and wind. Maggie and Ken harvest lettuce. This job can be done while wearing gloves.



(left) We are in the midst of building a new greenhouse. Steve rented a trencher to bury the electric lines. While we had the trencher, he also laid water lines to each of our four greenhouses. We have a good water supply to the greenhouse area, but have used garden hoses to deliver water to each individual house. We will enjoy having a faucet in each greenhouse.



(right) Gene Woller of Gentle Breeze Honey came to pick up his bees. There's little nectar or pollen for them to forage so it's time to move the hives back to his farm. It is a seasonal milestone in putting our fields to rest for the winter. Steve (at left) and Gene (at right) are friends from when we sold at the Dane County Farmers Market.



Our farm remains brightly colored while the surrounding countryside fades to brown. (left) Fields of green mustard, red mustard, turnip greens, daikon radish and rutabaga. (right) Green and red mustards are especially pretty right now.

Zupa Kalafiorowa (Cream of Cauliflower Soup)

<http://bitten.blogs.nytimes.com/2009/11/05/from-poland-a-light-but-creamy-soup/#more-4473>

Adapted from *The Best of Polish Cooking* by Karen West, modified by Annemarie Conte, who writes “(On a recent trip to Poland), we were served a cauliflower soup with small cauliflower florets, carrots and potatoes in a light, creamy broth. I like creamed soups, but they’re often too heavy. In contrast, this brothy soup was perfectly balanced — fresh, sweet and creamy. ... Wanting this soup in my life more often, I looked at recipes in several Polish cookbooks. All had the same basic recipe: cauliflower, chicken stock, egg yolk and cream. None called for other vegetables, so I just included them along with the cauliflower florets.”

Beth's notes: I want to echo the author's comments above. I don't make cream soups because I avoid cooking with cream. This soup is great because it is delicious and nourishing but contains only a modest amount of cream. Our kids love it. We skip the dill and do not miss it. Also, we ignore the recipe's instructions to wait until the next day for the flavors to develop. We find the soup is very tasty when it is freshly cooked.

The recipe can be adapted to include other veggies. I start with the three recommended ones (cauliflower, potatoes, carrots). Celeriac and Romanesco broccoli are good additions. Both require shorter cooking time than the other veggies, so add to the pot after about 5 minutes of simmering. You can add more veggies than are called for (maybe 1 additional cup), as long as they are covered by the broth.

1 quart chicken stock
2 cups cauliflower florets, cut into florets (or use Romanesco)
1 potato, diced
1 carrot, sliced
1/2 cup heavy cream
2 tablespoons flour
1 egg yolk
1 teaspoon fresh dill (optional)

1. Simmer cauliflower, potato and carrots in the chicken stock for 20 to 30 minutes.
2. Combine the cream, flour and egg yolk with a whisk. Add 1 cup chicken stock to the cream mixture, then gradually pour the cream mixture into the remaining stock, stirring constantly. Simmer for 10 to 15 minutes. Do not boil.
3. Garnish with the dill. Soup will be bland right after cooking, but flavors will develop by the next day. (Beth's note: Not true! The soup is good and ready to eat immediately.)