

THE TIPI TIMES

October 27, 2011, week 24 (green EOW)

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THIS WEEK'S BOX CONTAINS:

Sweet potatoes
Romanesco broccoli OR
cauliflower
Yukina greens
Celeriac (celery root)
Carrots, 2 lb
Beets, 2 lb
Peppers: green, suntan or
Italian, 1.5 to 2 lb
A small lettuce
Onions, 3 or 4

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Spinach, red cabbage,
butternut squash, carrots,
parsnips, onions, garlic
and more

I've provided several
recipes in this newsletter.
Here are a few favorites
from our archives:

[Romanesco broccoli with
Quick Lemon-Butter Sauce](#)

[Roasted Veggie Medley](#)
Keep this one handy - it is
useful with many fall
crops.

Farm and Veggie Notes. Take a deep breath before you open your CSA box this week. Some of the Yukina heads are quite big. Remember, *it will shrink a lot during cooking.*

Sweet potatoes - We have not washed the sweet potatoes. This is very unusual for us - we wash everything. However, we are uncertain how the sweet potatoes will react to being wet this time of year, when we do not have a warm place for them to dry. Wet + cool could lead to rot. So we have left them unwashed.

Romanesco broccoli (pale green conical head, possible tinged with purple)-

Most members will receive Romanesco this week. A few might receive some broccoli too. This is one of our prettiest vegetables. Look at it closely to appreciate its branched beauty and repeating spiral pattern. It is called broccoli, but is closely related to cauliflower, which it resembles in flavor and texture. Like broccoli and cauliflower, it is fine eaten raw or cooked. It requires cooking times intermediate between the two. Don't overcook it. I usually steam it, then dress it simply with a butter-lemon-garlic-mustard sauce.

Yukina greens - This relative of mustard greens is my favorite fall cooking green (although it is pretty tasty raw too). Both stems and leaves are edible. They will reduce substantially when cooked. I stir-fry lots of garlic in olive oil, add chopped Yukina, then stir until wilted and cooked. Season with a little balsamic vinegar and salt and pepper and a dusting of smoked paprika. Make a pan of cornbread, and you've got a meal.

Celeriac (knobby, round, bizarre-looking vegetable which smells like celery)-

Flavorful celeriac is good raw or cooked. It is excellent in mixed roasted veggies or in soup. It's especially good in cream soups, alone or mixed with potatoes. For example, see last week's recipe for [Cream of Cauliflower Soup](#). Grated raw celeriac is a great starting point for winter salads and mixes well with carrots. Celeriac will store in your refrigerator for months. Cut off chunks as you need them.

Peppers - We still have peppers to share, and love including them in the fall boxes. They are a great addition to fall soups and roasted dishes. We've stripped the plants, so we have lots to send this week. They are a mix of green bell peppers, 'suntan' Italian fryers. It has been an excellent year for Italian peppers. And a good one for bells too.

Onions - The onions this week are small. Some varieties made big onions this year, some did not. We happen to be working with small onions right now.

No-Knead Bread I begin baking bread again this time of year. It is true comfort food. The recipe is easy and allows me to bake lots of fall/winter veggies at the same time. Heck, if I'm going to run the oven for a long time, I may as well cook other things at the same time. The house smells wonderful, and we end up with lots of cooked food. We eat some foods right away (eg., winter squash), others form the basis for later meals (eg., beets). I've provided this recipe in the newsletter before. Here is a [link to view it](#).

Beets with Blue Cheese Sauce and Pepitos This dish is so simple that I hesitate to call it a 'recipe'. Nonetheless, it is something we make and enjoy again and again.

beets, cooked and cut into wedges
blue cheese
half-and-half
hullless pumpkin seeds (pepitos), *optional substitute = minced parsley or chives*

1. Mash the blue cheese with a little half-and-half to make a sauce. The sauce will be chunky.
2. Heat a small cast-iron skillet over medium heat. Add the pumpkin seeds and toast until they begin to pop. Cover but keep stirring or shaking. Don't let them burn. Remove from heat when most have popped.
3. Drizzle the blue cheese sauce over the cooked beets and top with the pumpkin seeds. If you don't have pumpkin seeds, you can top with your favorite minced herb instead.

Award Winning African Sweet Potato and Peanut Stew with Greens

Prepare the recipe below. Chop and steam any type of greens. Add to the soup. We ate this tonight with steamed Yukina and it was excellent.

Award Winning African Sweet Potato and Peanut Stew

Farmhand Eric Friedrichson cooks lunch for us one day per week, sometimes with help from his parents who live nearby. They prepared this warm, filling soup for us this week. Eric's father Dr. Jim Friedrichson developed the recipe based on their experiences living in Tanzania. Jim asks that we credit his friends Andy Ringquist and Diane Dahlberg for helping with the recipe.

1 Tbsp. olive oil
1 medium onion, chopped finely
1 large cloves garlic, minced
2 tsp. brown sugar
1 tsp. grated or ground ginger
1 tsp. ground cumin
1/2 tsp. ground cinnamon
1/2 tsp. cayenne pepper
1-1/2 lb sweet potatoes, peeled and cut into 1/2-inch squares
16 oz. tomato juice
1-1/2 cups vegetable stock
salt
2 cans (15 oz) red or kidney beans, drained
2 Tbsp. smooth peanut butter

1. Heat oil and sauté onion and garlic until soft.
2. Stir in sugar, ginger, cinnamon, cayenne pepper and cumin. Stir and cook for 30 seconds. Add sweet potatoes and stir to coat with oil and spices.
3. Stir in tomato juice, stock and salt to taste. Bring to a boil and reduce heat to a simmer until the potatoes are nearly soft (about 20 minutes). Add beans and continue cooking until the potatoes are soft (about 10 more minutes).
4. Place peanut butter in a bowl and add 1/4 cup of hot broth from the pot. Stir to thin and add to the pot.

For a thicker stew, puree 1 or 2 cups of the stew and return to the pot. This gives the stew a smooth texture. Serve with roasted peanut garnish (optional).

Sweet Potato Fries

Here's an excellent recipe, adapted from <http://www.instructables.com/id/Perfect-Oven-Sweet-Potato-Fries/> Check out the website for photos and more recipe details. The author writes "I have perfected the art of the sweet potato fry. I've made them so many times that I have a very set formula for making them. I don't enjoy frying things, so I do mine in the oven. They're easy and tasty and go well with Cuban, Mexican and Indian food. They're also good for holiday dinners. ... This recipe takes about a half hour to make, and one large sweet potato can serve 2-3 people if it's a side. Or sometimes I'll eat a whole one by myself if I've had nothing else to eat that day."

1 large sweet potato
sea salt, coarse
freshly ground black pepper
good quality olive oil

1. Preheat your oven to 450oF.
2. Wash the sweet potato and dry it very, very well. Leave the skin on, to add nutrition and a chewy texture.
3. Cut a thin slice from both ends. This will eliminate little pointy ends on your fries - they're bad because they tend to burn very quickly since they slice up thinner. Cut the sweet potato in half if it is large. Now, take one half and cut it into large slices about 3/4 inch thick. Next, cut the slices into fries. Your fries should be 1/2 inch to 3/4 inch thick. Repeat for the other half. *(Beth's note: the website photos help with this.)*
4. Pile the sweet potatoes on a cookie sheet and drizzle with olive oil. Sprinkle a good pinch of sea salt over them, and then apply a ton of freshly ground black pepper. Mix it all together on the baking sheet, scooping the salt, pepper and oil from the bottom and mixing it in. At this point you can add more olive oil if you want - just don't drown them. They should look glossy, but they should not be sitting in a pool of olive oil.
5. Space out the fries on the baking sheet. Make sure they're all evenly spaced and not touching, otherwise they don't brown.
6. Put them in the oven for 15 minutes. *(Beth's note: I generally need to bake them for 20 minutes.)* Do not open the oven or fidget with them during this time. Just let 'em cook.
7. Take the pan out of the over and flip the fries. Put them back in the oven for 10 minutes. Both sides should now be dark brown and crispy and delicious. And hopefully spicy, if you followed the directions. Spicy is the way to go with sweet potato fries! Keep in mind that I like mine REALLY dark and crispy. Should you want a lighter brown color, just reduce the cooking time a couple minutes for both sides.