

THE TIPI TIMES

November 3, 2011, week 25 (purple EOW)

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THIS WEEK'S BOX CONTAINS:

Red cabbage, 3 to 4 lb
Spinach
Butternut squash (and
maybe a Sweet Dumpling)
Broccoli, about 1.5 lb
Italian frying peppers
Carrots, 2 lb
Yellow onions
Scallions

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Russet potatoes, butternut
squash, kale,
Brussels sprouts, parsnips,
onions, garlic, cauliflower
OR Romanesco broccoli

MENU IDEAS

Make a colorful salad with
spinach, red cabbage,
carrots and peppers.

Try a red cabbage-carrot-
scallion slaw with
buttermilk dressing.

THIS IS THE FINAL WEEK FOR PURPLE EOW MEMBERS

Thank you for being members! We hope you have a great winter.

Next week (November 10/11) will be the final delivery for weekly members and for green EOW members. Please make sure that everyone who participates in your CSA share knows the date of their final box. Every year, a few regular season members absentmindedly show up after the CSA season has ended. This causes problems if they take a winter share box.

2012 CSA. We will begin taking 2012 CSA registrations next week, with a discount for early registration. Read next week's newsletter for the details.

Veggie Notes.

Red cabbage - These are some of the nicest red cabbage we've ever grown. Red cabbage heads are usually small but these are about 3 lb, a very respectable size. Of course, they look puny next to the green cabbage we sent a few weeks ago.

Spinach - The spinach is quite wet and somewhat muddy. That's the best we could do. I recommend that you re-wash it and spin it dry.

Italian frying peppers - These are the last peppers. I guess summer is over. Please eat them quickly, or chop and freeze them. We've had them in storage since we stripped the pepper field, and they need to be used soon.

Farm Notes. Each fall, we grow crops that we can store and sell through the winter. It spreads out our work, and lets us keep some employees working through the winter. The last few weeks have been quiet as we prepared for the big fall harvests. Steve has worked hard to get all the equipment in top shape. He estimates that he spends one hour in maintenance for each two days that we use our root harvester. It is a valuable piece of equipment, so the time spent adjusting and greasing is worth it. We've inspected the wooden storage bins, increased the insulation in one cooler, and add new lights to the "cabbage cave" cooler. The quiet weeks allowed us to get most of the fields cleaned up. The plastic mulch is all pulled up, and the drip tape rolled up to be recycled. Of course, our weekly harvests for you folks and our store

customers continue, but take less time as our crop list shortens. No peppers, no tomatoes, no zucchini - that frees up some time.

Now it is time to bring in the storage crops. We wait this late to let the crops grow, and to let the cold nights bring their temperature down. That helps cool the produce quickly once it's harvested. We've got all the celeriac and parsnips stored away. Now we're working on carrots, leeks, beets, rutabagas and other roots. We hope to get most of the cabbage harvested this week. It will feel good to have everything tucked away.

See below for some recent photos.



The crew works in teams for most jobs. It's faster, more efficient and more social. These photos are from Yukina harvest last week. At left, Eric, Simone and Bonnie cut the Yukina while Georgia and Clint wash and pack it on the wagon. At right, Clint washes the Yukina. Note the gloves made of neoprene, the material used for scuba diving suits. Waterproof gloves are essential if you are washing anything on a cold day. So is a full rainsuit and rubber boots.



Cabbage harvest is another team job. We use a harvest belt: a conveyor that stretches out over the rows of cabbage. At left, Ken, Georgia, Randal and Hugo cut the cabbage while Simone drives the tractor. At right, Eric and Clint take the cabbage off the conveyor and pack it into bins.



A view of red cabbage coming up the harvest belt. We use the harvest belt whenever we can. It saves a lot of lifting and carrying.

Red Cabbage and Apples

This is a classic, warming dish. The vinegar contributes flavor and preserves the red color of the cabbage. This is excellent served with sliced sausages. Serves 6.

1 red cabbage, about 2 lb (*Beth's note; the cabbages this week are 3 to 4 lb.*)

2 Tbsp. butter

1 medium onion, finely chopped

2 medium cooking apples, quartered, cored and cut into chunks

1/3 cup red wine vinegar

1/2 cup water or broth

2 Tbsp. sugar

1 pinch ground cloves

1 bay leaf

salt and pepper to taste

1. Cut the cabbage into quarters and slice thinly. Place in a large bowl. Add the sugar and vinegar and toss to coat.
2. Melt the butter in a large pot or casserole with lid. Add the onion and apples and cook over medium heat for 5 minutes.
3. Add the cabbage, ground cloves, bay leaf and broth or water. Stir well. Bring to a boil, then reduce heat to low. Cover and simmer for 1 hour. Stir occasionally and add a little water if it is sticking. Remove the bay leaf, season to taste with salt and pepper. Add another tablespoon or two of vinegar if needed. Serve.