

THE TIPI TIMES

November 17, 2011, first winter share delivery

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THIS WEEK'S DELIVERY:

BOX #1 (small box)

Satina potatoes, 5 lb
Purple OR red-fleshed potatoes, 3 lb
Butternut squash, 2
Sweet potatoes, 3.5 - 4 lb
Red onions, 2 lb
Yellow onions, 3 lb

BOX #2 (large box)

Cranberries, 1 pt
Carrots, 5 lb
Beets, 3 lb
Daikon radish
Fennel
Leeks, 3 lb
Kohlrabi
Broccoli, 2 lb
Pak choy
Sweet Dumpling squash, 2?
Parsley
Garlic

HERE IS OUR BEST GUESS OF WHAT THE DECEMBER 8/9 DELIVERY WILL CONTAIN:

Brussels sprouts, cabbage, golden beets, carrots, celeriac, garlic, leeks, onions, parsnips, two types of potatoes, rutabaga, winter radish and (we hope!) one butternut squash.

We'll send collard greens too, if they remain in good shape.

RECIPES Please visit our recipe archives for cooking ideas:
<http://www.tipiproduce.com/recipes/>

THE SECOND (and final) WINTER SHARE DELIVERY will be on Thursday December 8 (Madison, Middleton, Oregon and Evansville) and Friday December 9 (Milwaukee area, Janesville).

THINGS YOU NEED TO KNOW:

- * YOUR DELIVERY WILL CONSIST OF TWO DIFFERENT BOXES, labeled #1 and #2. They contain different vegetables. Please be sure to take one #1 box and one #2 box.
- * Please pick up your box on the day of delivery.
- * We are sending all of the sweet potatoes and most of the winter squash in this first delivery. We don't have enough warm storage space here at the farm to store them well. They are safer stored in your house. We plan to deliver one butternut in the December boxes.
- * The first delivery will be a bit larger than the second delivery (in December). Don't feel that you have to eat all this food before the next delivery! Much of it will store quite well. See below.

WINTER SHARE STRATEGY

- * These vegetables are the most perishable: fennel, broccoli, pak choy, parsley, Sweet Dumpling squash.
- * These are the next-most perishable: leeks, cranberries, daikon.
- * These will last the longest: beets, carrots, garlic, onions, potatoes, sweet potatoes, kohlrabi, butternut squash. The butternut and Sweet Dumpling squashes should be watched carefully. Use them quickly if you see any signs of deterioration.

STORAGE INFORMATION

Beets - Refrigerate in a plastic bag. Beets will store for two months or longer. Golden beets have the best color if cooked with the skins on (it's OK to slice or cut into chunks before cooking).

Broccoli. Refrigerate. Keep covered or in a plastic bag so it does not wilt. Broccoli is a perishable crop, but this batch should store well for at least one week. It's in very good shape. Some are small shoots. These are the side shoots that grew after we harvested a main head. Medium size heads are the first harvest from the final planting of the season. We thought they would not mature before winter, but they made it!

Carrots. Refrigerate in a plastic bag. Will keep for several weeks.

Cranberries. Refrigerate. Freeze if you don't expect to use within several weeks. These organic cranberries are from Ruesch Farms in central Wisconsin. They are of very beautiful quality. This is because they were harvested by 'dry raking' instead of a wet harvest in which the field is flooded. Brian

Ruesch says that dry raking is more work for them but preserves the quality and storage life of the cranberries.

Daikon (long white root) - Refrigerate. These will last for several weeks without problem. For longer storage, keep covered with a cloth or plastic bag to avoid wilting. The skin may discolor with longer storage, but daikons are easy to peel. These radishes are good cooked or raw. Grated daikon is a nice addition to salads. We often make a salad of grated carrots and radishes, with Asian-style dressing (rice vinegar, mirin, sesame oil, soy sauce, minced garlic)

Fennel (slender stalks with lacy fronds) - Refrigerate. Use quickly or keep covered to prevent wilting. This fennel grew during cool weather. The stalks are quite slender and tender.

Garlic. Can be stored at room temperature.

Kohlrabi (round, green or purple, with protruding leaf stalks) - Refrigerate. Kohlrabi store quite well and should be good for at least one month. Maybe longer. You will receive either green or purple kohlrabi. All have pale green flesh.

Leeks. Refrigerate and eat within three weeks. Leeks are not a long-storage crop. You may need strip off one or two outer leaves to freshen the leeks before you cook them.

Onions. Can be stored at room temperature or in a cool, dry spot. It is best to refrigerate onions if you plan to hold them for more than a few weeks. They will eventually sprout if stored at room temperature, especially if exposed to light. We've sent a mix of red onions and yellow onions. Both are pungent onions and both will store well.

Parsley. Refrigerate and eat soon.

Pak choy. Refrigerate and eat soon.

Potatoes. Can be stored at room temperature or in a cool spot, but must be kept in the dark, or they will turn green. They will store longer if kept cool. Around 40 - 50oF is ideal. Keep them in the paper bag we sent them in, or cover the potatoes with a cloth. The potatoes are from Chris Malek of Malek Family Stewardship Farm. Everyone will receive 5 lb. Satina potatoes. These have light yellow flesh and are a good all-purpose potato. Everyone will receive 3 lb of either purple OR red potatoes. Both have colored skins and colored flesh. We've included them because they are a pretty addition to roasted potato dishes. The purple variety is called 'Purple Majesty' and the all-red variety is called 'Mountain Rose.' Chris says he chose these varieties for their intensely colored flesh. Mountain Red is a pretty pink and Purple Majesty is an intense true purple. These potatoes are smaller than the Satinas, but Chris says that is normal for these varieties.

Sweet potatoes - Store at room temperature, no lower than 50oF. The sweet potatoes are holding up very well. However, they are a new crop for us so we're not sure how long they will store. You can keep them on your kitchen counter where it's easy to keep an eye on them. We grew two varieties this summer. This one is called 'Beaugard.' The roots come in a wide ranges of sizes and all are good. We've cooked the biggest and smallest tubers and have found that all are sweet and flavorful. The tubers have some scuffing. This was the first variety we harvested and it took us a while to figure out how fragile the skins are when freshly dug. The scuffing is superficial. The sweet potatoes are not washed. Our warm storage is limited. We didn't want to get them wet without a warm place for them to dry.

Winter squash (butternut and Sweet Dumpling) - Store in a cool, dry place. 50oF is ideal. Do not put in a plastic bag. Cook the Sweet Dumplings soon; these squashes are not intended for long-term storage and should be eaten soon. Some may be beginning to soften inside. That is a harmless indication of maturity. We've sent a few butternuts with minor flaws. Inspect all the squash frequently and cook them if you see any soft spots developing. The butternuts have been storing exceptionally well, but keep an eye on them. You can cook and mash the squash and freeze for future use. The butternuts are the 'Waltham' variety. I find that you can refrigerate cut raw squash for up to one week. This runs counter to the accepted way to store squash, but is useful if you want to cook just half a squash at one time.