

# THE TIPI TIMES

December 8, 2011, second winter share delivery

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## **THIS WEEK'S DELIVERY:**

### **BOX #1 (large box)**

Beauty Heart radish, 1  
Beets, red, 3 lb  
Brussels sprouts, 2 stalks  
Green cabbage, about 5.5 to 6 lb  
Carrot, 6 lb, a mix of orange and yellow  
Cauliflower, 2, about 2 lb.  
Celeriac, 1  
Leeks, 3 lb  
Parsnip, 2 lb  
Rutabaga, 1

### **BOX #2 (small box)**

Satina potatoes, 5 lb  
Russet potatoes, 5 lb  
Butternut squash, 1  
Onions, 5 lb, mostly yellow with  
a few red onions  
Garlic, 2

**RECIPES** Please visit our recipe  
archives for cooking ideas:

<http://www.tipiproduce.com/recipes/>

**GOOD BYE!** This is our final delivery for the winter share.  
Thank you for being members of our farm. Have a great winter.

## **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.

## **WINTER SHARE STRATEGY**

Almost all the vegetables in this delivery store well. Use the  
collards, Brussels sprouts, and cauliflower first. The leeks should  
be used within one month. Everything else will store quite well,  
but keep an eye on the butternut squash. Use it promptly if you  
see any sign of deterioration.

## **STORAGE INFORMATION**

**Beauty Heart radish (round, pale green)** - These radishes have a  
red interior and are beautiful in carrot-radish salads. Refrigerate  
for up to four weeks.

**Beets** - Refrigerate in a plastic bag. Beets will store for two  
months or longer.

**Brussels sprouts (on long stalks)** - Remove from the stalks and store in fridge for no longer than two weeks.

**Cabbage, green** - Refrigerate. Use chunks as needed. Will store for 2 months if uncut.

**Carrots** - We've sent a mix of orange and yellow carrots. The yellow carrots are large and blocky. This is how  
this variety is supposed to look. They are quite flavorful. Refrigerate in a plastic bag. Will keep for several  
weeks.

**Cauliflower** - The cauliflower are small but quite solid. We did not think our latest planting of the year would  
produce heads, but they came through. The warm fall weather helped enormously. Some cauliflower have  
bits of leaves on them. We accidentally sprayed them when spreading leaves on an adjacent field. They'll  
wash off easily.

**Collards** - Eat these soon. Remove the tough midribs before cooking. Cook thoroughly; the leaves are no  
longer young and tender.

**Celeriac** - This is the knobby root that smells like celery. Refrigerate. Stores for a long, long time. Cut off  
chunks as needed. Excellent grated raw in salads, cooked in soups, or roasted in a veggie medley.

**Garlic**. Can be stored at room temperature.

**Leeks (look like giant scallions)** - 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. Be sure  
to wash carefully. There will be grit between the layers, at the top third of the plant.

**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.

**Parsnips** - Refrigerate. These will store well for 2 months or longer. FYI, the skins will brown naturally in storage.

**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 Brian Igl of Igl Farms.

**Rutagaba (large creamy root with purple shoulders)** - Refrigerate in a plastic bag. Will store uncut for several months.

**Winter squash (butternut and Sweet Dumpling)** - Store in a cool, dry place. 50oF is ideal. Do not put in a plastic bag. The butternuts have been storing well, but keep an eye on them. Cook them if you see any soft spots developing. You can cook and mash the squash and freeze for future use.

## **Zesty Lime Slaw**

This is our new favorite winter salad. *Beth*

### **Salad**

2 lb. red or green cabbage, sliced very thinly  
1 lb. carrots, grated  
1/2 bunch cilantro, finely minced

### **Dressing**

3-1/2 Tbsp. lime juice  
3-1/2 Tbsp. cider vinegar  
1 Tbsp. smoked paprika  
1/2 tsp. chili powder  
3/4 tsp. salt

Combine the dressing ingredients in a large bowl. Add the cabbage, carrots and cilantro. Mix well to combine. Adjust the salt and chili powder to taste. Let sit about 30 minutes, then mix well and serve.

## **Lemon and Pink Peppercorn Parsnip Cake**

From the Isthmus, "[Parsnips and peppercorns make the carrot cake.](#)" serves 10-12.

Beth's notes: Crew members Clint and Bonnie made this cake for our end-of-year party. The cake is quite good, and is an unusual way to prepare parsnips. You can taste the parsnips, but only when you think about it.

4 eggs, beaten  
1 cup honey  
1/2 cup sugar  
1 cup olive oil  
3 cups flour  
2 teaspoons baking soda

4 tablespoons freshly ground pink peppercorns  
1 teaspoon salt  
3 cups parsnips, grated  
1-inch piece of ginger, grated  
juice of two lemons

1. Preheat oven to 350 degrees and grease and flour a 10" bundt pan. In a small bowl, mix eggs, honey, sugar and olive oil until sugar is dissolved.
2. In a large bowl, combine flour, baking soda, peppercorns and salt.
3. Add wet ingredients to dry ingredients and mix until combined. Fold in grated parsnips and ginger and pour batter into bundt pan.
4. Bake for 50-60 minutes until golden and toothpick or cake tester comes out clean.
5. Poke several holes in top of cake, and pour fresh lemon juice over the cake.
6. Cool 15-20 minutes before inverting bundt cake onto serving plate.
7. Serve warm, topped with vanilla ice cream and a sprinkle of pink peppercorns.

## Rutabaga

Rutabaga, whose name in Old Nordic means "baggy root," is a vegetable closely related to winter turnips; rutabagas differ only in their deeper color and slightly sweeter taste. Since rutabagas hold up for months in cold storage, seasonal eaters can appreciate them for the variety they add to the Midwestern winter table.

### Rutabaga Waldorf Salad

Here's a clever take on the classic Waldorf Salad, named after the Waldorf-Astoria Hotel in New York. Bring it to your next picnic instead of the same old coleslaw or potato salad. This recipe is the perfect home for the often neglected rutabaga. It pairs up nicely with the cabbage and apple, and since there is no cooking involved, you can whip up this dish in no time. If you like, grapes and walnuts are more traditional than raisins and peanuts. *Angelic Organics Kitchen.*  
Serves 4

1/2 cup mayonnaise  
1 tablespoon lemon juice  
1 cup shredded cabbage  
1 cup peeled, diced apple  
1/2 cup coarsely grated  
peeled rutabaga  
1/4 cup raisins  
1/4 cup chopped toasted peanuts  
salt  
freshly ground black pepper

1. Put the mayonnaise in a small bowl. Add the lemon juice, a little at a time, stirring until smooth.

2. In a large bowl, combine the cabbage, apple, rutabaga, raisins, and peanuts. Add the mayonnaise mixture and toss to coat well. Season with salt and pepper to taste. Chill before serving.

### A Shareholder

I've been a vegan for fifteen years, so I know my vegetables. Whenever someone asks, I tell them the rutabaga is the most underrated vegetable of all. Most of the time when I check out at the grocery store, the checker doesn't even know what it is. If you like white potatoes, sweet potatoes, or winter squash, you'll like rutabaga too—and get more nutrition for less calories. Of course the rutabaga from the farm are the best. I only wish there were more of them! My favorite way to eat rutabaga is to cut it up in little chunks (I don't even peel it) and bake it in a clay pot with red cabbage at 400 degrees for 70 minutes. It's the best!



### STORAGE

Rutabagas store exceptionally well. Keep unwashed rutabagas in a plastic bag in the refrigerator for a month or longer.

### HANDLING

Scrub rutabagas well to remove any lingering dirt. Peel larger roots, and grate, julienne, slice or chop according to your recipe.

### Savory-Sweet Rutabaga Pudding

Somewhere between a fluffy ricotta dessert and mashed potatoes, this delectable rutabaga pudding has all the qualities needed to become a standard in your culinary repertoire. This dish will surprise you in many ways: in taste, in texture, in ease of preparing, and in the compliments it will bring to your table. It pairs exceptionally well with lamb. *Friend of the Farm* (adapted from Nika Hazelton's *Way with Vegetables*).  
Serves 6 to 8

1 large rutabaga (about 2 pounds), peeled,  
cut into 2-inch dice  
1 1/2 teaspoons salt, divided  
butter for greasing the baking dish  
2 eggs plus 1 egg yolk, beaten  
1/4 cup heavy cream  
1/4 cup dried bread crumbs  
1 tablespoon maple syrup  
pinch freshly grated nutmeg  
1/3 cup raisins, plumped in hot water for 15 minutes  
and drained (optional)  
freshly ground black pepper  
2 tablespoons butter

1. Bring a large pot of water to boil. Add the rutabaga and 1 teaspoon salt, partially cover, and cook until the rutabaga is very soft, 30 to 45 minutes. (You will need to reserve 1/2 cup of the cooking water.)

2. Preheat the oven to 350° F. Coat a 2-quart baking dish with butter.

3. Beat the eggs and egg yolk in a medium bowl. Stir in the cream, bread crumbs, maple syrup, and nutmeg.

4. Drain the rutabaga, reserving 1/2 cup of the cooking water. Mash the rutabaga thoroughly with a potato masher or run it through a food mill. If the mixture seems dry, add a little of the reserved rutabaga water as you mash. Add the egg mixture, raisins, remaining 1/2 teaspoon salt, and a few grindings of pepper; stir to combine.

5. Transfer the rutabaga pudding to the prepared baking dish. Smooth the top and dot with butter.

6. Bake until lightly golden on top, about 45 minutes. Serve hot.

