

# THE TIPI TIMES

May 31, 2012, week 4 (purple EOW)

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## **THIS WEEK'S BOX CONTAINS:**

Sugar snap peas, 1 lb  
Spinach, 1 to 1.25 lb  
Asparagus, almost 1 lb  
Red or green leaf lettuce  
Scallions  
Radishes  
Turnip greens

## **NEXT WEEK'S BOX WILL PROBABLY CONTAIN:\***

Peas, asparagus, lettuce,  
greens, garlic scapes and  
more.

\*depending on weather, critters &  
other forces of nature.

## **MENU IDEAS**

[View the free Local Thyme  
menus here.](#)

We continue to send salad  
and cooking greens. 'Tis the  
season! Last week, I  
provided a link to an  
[interesting article in Fine  
Cooking](#), with five  
adaptable recipes for  
greens.

Take a look at the [greens  
recipes in the recipe  
archives on our website.](#)

We have a nice collection of  
favorites housed there.

### **Scallion ideas**

The New York Times ran a  
[Korean barbeque menu](#) last  
year, with five recipes that  
include scallions. I highly  
recommend the beef  
bulgogi recipe, which we  
prepare with either beef or  
tofu.

**New menu service available.** [Click here to see free menu plans that  
uses all of this week's veggies.](#) Local Thyme is ready to debut their new menu  
service. Let me explain. Local chefs Pat Mulvey and Laura Gilliam have  
started a business preparing custom menus and recipes for CSA boxes. Many of  
you already know Pat as an editor of recent editions of the Asparagus to  
Zucchini cookbook. We are one of the farms that Pat and Laura chose to work  
with this year. Each week, they will prepare a custom menu for Tipi members,  
based on the veggies the we pack in our CSA boxes that week.

**Cost:** They charge \$60 for an entire season, and offer several options  
(vegetarian, gluten-free or omnivore). You can sign up on their website:  
<http://www.localthyme.com/>. Just be sure to choose the Tipi Produce  
service, and the appropriate delivery day for your CSA site (Thursday or  
Friday).

**Free sample menu this week:** Pat and Laura have provided this week's menu  
for free for all our CSA members, so you can evaluate the service. [View here.](#)  
Also, they contributed most of the recipes in our newsletters thus far this  
season. If you enjoyed one of those dishes, then you've already formed an  
opinion about their recipes.

We "interviewed" Pat and Laura this winter by asking them to prepare sample  
menus for two CSA boxes, one challenging, one easy. The November box was  
challenging, with Brussels sprouts, fennel and other unusual veggies. The  
August box was filled with popular veggies like tomatoes, peppers, melons, and  
sweet corn, as a test of what fresh ideas they could devise for 'easy'  
vegetables. View the challenging [November menu](#), and the [August menu](#).

**Why are we (Tipi) participating in this new venture?** We think the service  
will help members use up all their CSA produce in new and creative ways.  
Many of you are excellent cooks and may not need this help. However, we  
hear that some members struggle to use all their produce efficiently. The  
Local Thyme motto is "Ending Veggie Guilt One Box at a Time." No one wants  
to waste food. We think the menu service will help members get the best  
value from their CSA boxes.

**Details** - Pat and Laura plan to post the menus on-line on the day that your  
CSA boxes are delivered, and will accommodate any "splits" that week, for  
example when we send eggplant to some sites and broccoli to others.

Beth

**Probably no strawberries this year.** We are facing a failure of  
our strawberry crop this year. This is extremely disappointing for all of us.  
The strawberry flower buds were damaged by the strange spring weather.  
They began growing during the warm weather in March, which made them  
vulnerable to freezing temperatures. We irrigated to protect against frost, but  
apparently it was not enough. If we can salvage a modest harvest, we will  
share the berries among the members. However, it may be a total crop  
failure. It is not clear yet how this will play out, but we felt that we should

give you some advance warning. We have cancelled our strawberry u-pick, but are planning a pea u-pick instead. See below. We encourage you to find other local sources of berries. I spoke with Kay Jensen of [Jenehr Family Farms](#) in Sun Prairie. Their crop was also damaged, but they might have enough to offer u-pick to the public. Watch their website for announcements. Their berries are certified organic.

This is part of eating seasonally. Overall, we feel that our members don't take a big risk in joining our CSA. The produce that we grow for our wholesale customers protects the CSA because, in a difficult season, we will divert produce away from our store customers in order to fill our CSA boxes. However, CSA members do join us in the risk of individual crops. Each year, one or two of our 45 crops do poorly. Sadly, it is the strawberries this year. We are so glad that we planted our raspberry field in 2010. The plants are growing vigorously, so we have other berries to look forward to this fall.

**Pea U-Pick** We have cancelled our strawberry up-pick because we don't have the berries. We are going to offer a pea u-pick and farm tour instead. We will host the event in late June, and will choose the date as the pea crop develops. If the stars align, we will have both shell peas and snap peas ready to pick at the same time. Watch for more information from us in the coming weeks.

**June 1 check reminder.** Remember, many of you paid us with checks dated June 1. I don't want to catch anyone unawares.

**Farm and Veggie Notes** We were thrilled to get lots of rain this weekend. Steve has been irrigating the fields, but irrigation is an imperfect substitute for a good soaking rain. The rain on Monday splashed soil into the lettuce and scallions, so be prepared to wash them well. Everything else looks pretty clean, although the asparagus might need some extra rinsing too.

**Snap peas** - These peas should be eaten pod and all. They are delicious raw, or very lightly cooked or stir-fried. They might need a quick rinse to remove faded gray blossoms. Store in the refrigerator. Here's how to remove the strings from the snap peas. Snap off the stem end and pull the string down the concave side of the pod (the inward-curving side). Throw away the string and eat the pod. This variety 'Sugar Anne' produces a low percentage of shell peas mixed in with the snap peas. The difference is that the shell peas have an inedible shell. Just watch for them; they are darker green and the shell is obviously thinner. You can eat the peas, just throw away the pod. Despite this minor flaw, 'Sugar Anne' is our favorite snap pea variety. It is the earliest pea available, and has wonderful flavor.

**Turnip greens (bundle of flat, green leaves)** - Turnip greens are very similar to mustard greens, so you can substitute them in your favorite mustard green recipes. Turnip greens are best cooked rather than raw. They require cooking times intermediate between those for spinach and collards. Turnip greens' spicy character is good alone, or mixed with other greens like spinach. However, I find that this batch is still pretty mild. Refrigerate in a plastic or cloth bag, or use the 'jelly-roll' technique described below. Here are a few ways to cook turnip greens:

1) They are good steamed or stir-fried and dressed with Asian-style seasonings (sesame oil, rice vinegar, soy sauce, ginger, garlic and red pepper flakes).

2) Turnip greens are excellent with peanut or ricotta sauces. The fats in those sauces seem to mellow the turnip's spiciness. I recommend the same recipe every year for turnip/mustards because I like the dish so much: Penne with Sheep's Milk Ricotta and Mustard Greens

[http://www.thewednesdaychef.com/the\\_wednesday\\_chef/2007/05/sara\\_jenkins\\_pe.html](http://www.thewednesdaychef.com/the_wednesday_chef/2007/05/sara_jenkins_pe.html)

This recipe is simple and quick, and turns a very nutritious green into a delicious meal. Ignore the commentary that you cannot use the average cow's milk ricotta found in supermarkets. Just add more than is called for in the recipe and it turns out great.

**Jelly Roll Storage Technique for Greens** CSA member Greta Casey offers this suggestion:

"My grandma taught me the best way to store greens and keep them crisp is to lay the freshly cleaned greens out on a tea or dish towel, roll them up jelly roll style, slip into a plastic bag, and keep in the fridge. No bulky plastic single-use object needed! And they keep fresh a l-o-n-g time! I don't think I have tried it for spinach; the spring spinach is probably too delicate. Also, when I am bringing salad to a potluck, I have all the ingredients prepped, so I bring the grated/chopped things in a pyrex dish, and my bag of greens wrapped in the dishtowel, and -voila!- the perfect fresh salad!"

## *Pickled Turnip Greens*

This recipe was contributed by Pat Mulvey of Local Thyme who writes "You may be familiar with pickled Mustard Greens - but wait until you try Pickled Turnip Greens. I am mesmerized by the sweet sour and lightly spicy pickled greens, and amazed to note that pickling took out a considerable bit of the bitterness I associate with mustard and turnip greens. There are many different versions of this pickled green, common in the cuisines of China, Japan, Korea, Vietnam and Laos. Each country and usually even each region in each country has a different approach to pickling the vegetables. They are lovely stirred into soup, served with barbecued or spicy meats, as well as enjoyed on top of rice, and as part of stir fries."

4 cups water

½ cup white vinegar

¼ cup sugar

2 tablespoons salt

1 bunch turnip or mustard greens

Boil water, vinegar, sugar and salt until salt and sugar dissolve. Thoroughly wash your greens, and roughly chop them, stems and all. Place greens in a bowl or storage container, pour hot vinegar mixture over, submerging greens in liquid. Cover and refrigerate at least 2 days. These will keep in the fridge for about 2 weeks.