

THE TIPI TIMES

June 7, 2012, week 5 (green EOW)

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THIS WEEK'S BOX CONTAINS:

Napa cabbage, about 2 lb.
Sugar snap peas, 1.5 lb
Asparagus, 0.6 lb
White salad turnips
Spinach, about 1 lb
Green or red bibb lettuce,
1 smallish head
Garlic scapes, just a few
(Some members might get
scallions instead)

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Peas. Garlic scapes. Greens.
And more.

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

Strawberry update. As I wrote last week, our strawberry crop has failed. Sob. I encourage you to find other places to get your strawberries this year. We will hold a pea-pick and farm tour as a substitute for the cancelled strawberry u-pick. It will be on either June 17 or June 24. We need to host it when the peas are at just the right stage. Watch next week's newsletter for an announcement of the date. We will send a mid-week email if the pea pick is going to be on June 17.

Farm news. The big news this week is that we have transplanted almost all of our summer crops. This is a big deal for us. Most of the fields had enormous cover crops growing in them, so Steve and Randal worked for weeks to prepare the fields for transplanting. Cover crops nourish and improve soil and are the cornerstone of organic vegetable farming. We feel that ten years of cover crops have visibly boosted the productivity of our sandy soils. However, they have to be wrestled under control each spring. The rye and vetch had grown to record height and lushness after the mild winter. Steve and Randal chopped each field twice with a flail chopper, in the lowest, slowest tractor gear. Then they plowed down the masses of residue, leaving chunky fields with straw sticking out. We grow seedlings in our greenhouses, then transplant to the field with a tractor, a mechanical transplanter, and lots of people to make it all work. The clumps of rye and vetch roots slowed and frustrated the transplanting crew, but they got everything in the ground. Here's a list of what we transplanted this spring, just to impress you: broccoli, kale, collards, Swiss chard, tomatoes and more

tomatoes, peppers, chiles, eggplant, watermelons, muskmelons, cucumbers, sweet potatoes, parsley, basil, cabbage, zucchini, onions, leeks, lettuce, winter squash, pumpkins, kohlrabi, leeks, strawberries (for 2013) and sweet corn. Sounds delicious, doesn't it? The list does not include crops that we plant directly in the ground, eg. green beans. In another month or so, we'll start planting our fall crops, but for now we can take a break.

Beth

Local Thyme Q&A. There were questions from members last week about the Local Thyme menu service. I answered the first question below, but I asked Pat Mulvey of Local Thyme to answer the others. You can enroll in their service at www.localthyme.com, and can view the menus they prepared for our [5/31/12 box here](#). For those who missed last week's newsletter, Local Thyme is a new service that will provide weekly menus and recipes tailored to the vegetables we pack in our CSA boxes each week.

Will the Tipi newsletter continue to provide recipes?

Yes, we will continue to provide recipes in our newsletter! Some of the recipes we send this year will be from me, some will be from Local Thyme. They won't use the same recipes for our newsletter and for their recipe service. *Beth*

For people who enroll in the Local Thyme service, will the Local Thyme recipes remain available all season long? For example, will the recipes that correspond with one particular CSA box still be accessible in another week or in another year?

The menus and recipes will be available online in a searchable database for as many years as you choose to be a Local Thyme member. If there are recipes that you particularly enjoy, you can save them to a personal recipe box for easy access any time you want to repeat that recipe. If a recipe was good but you made some modifications to it to suit your tastes, there is a way to save an annotated recipe to your box. *Pat Mulvey*

Will all three sets of recipes (omnivore, gluten-free, and vegetarian) be available to each member, or do you have to pick one option?

We originally thought we would have individuals choose just one set, but then realized that people would enjoy seeing different menu options. So, Local Thyme members will be able to view all three menu options with their recipes and shopping lists. If you choose to mix and match recipes from different meal plans, you will need to compare the 2 shopping lists to figure out exactly what you will need for the combo. *Pat Mulvey*

Veggie Notes This is the last delivery of asparagus and spring spinach. We might have more spinach in the fall, but that's months away. We have a nice array of greens lined up to send instead; kale, collards, chard, maybe more bok choy. Now is the time to enjoy the greens. We send fewer during the hot summer months because the quality is not as good.

It was a decent year for asparagus but not terrific. We sent asparagus five times (good) but the total amounts were lower than last year (not so good). We lost a lot of asparagus to frost this year, which we think reduced yields during the past five weeks. It's just another side-effect of the weird spring weather.

Napa or Chinese cabbage - This is the large pale green head. This Asian vegetable can be eaten raw in salads, or cooked in simple stir-fries. Napa stores very well. Cut off wedges as needed and keep the rest covered and refrigerated, and it will keep for several weeks. Peel off the outer layer and it will be ready to use. Here are a few preparation ideas from the 'Asparagus to Zucchini' cookbook.

- Chop raw napa into green salads.
- Substitute napa in traditional coleslaw.
- Chinese cabbage cooks quickly. Steam 3-5 minutes, or until leaves are wilted down but remain slightly crisp.
- Substitute napa cabbage for common cabbage in recipes, but reduce the cooking time by 2 minutes.
- Napa cabbage is the main ingredient in egg rolls. Try making an egg roll mixture to eat as a cooked side dish instead of preparing time-consuming egg rolls.

Sugar snap peas - This is a very nice picking of snap peas. Steve says they are 'very pretty this week.' This is the 'Sugar Anne' variety again, so please watch out for a low percentage of shell pea pods.

White salad turnips - We just started harvesting from a new planting, so the turnip greens are in nice shape and can be cooked if you wish.

Spinach - This spinach is good for either salad or cooking.

Lettuce - We've sent bibb lettuce more often than usual this year, as the quality has been consistently good for this type.

Garlic scapes (curly green things) - We buy these from John Hendrickson of Stone Circle Farm who is growing organic garlic for our CSA again this year. The scapes grow at the top of garlic plants. John snaps them off to direct the plants' energy into forming garlic bulbs underground. Use scapes as a substitute for garlic cloves. They can be minced, mixed with olive oil, and added to stir fries or simple pasta dishes. The scapes can be sautéed, but will not brown like garlic cloves. Expect them to retain their crunch even when cooked, and to be milder than garlic cloves, closer in pungency to the green garlic we've sent.

Smoked Trout Snap Pea Pasta Salad

Pat Mulvey of Local Thyme writes "My kids are crazy about the flavor of smoked trout, so I'm always looking for new ways to incorporate it into meals. This pasta salad is a hit with the whole gang."

Servings: 10

Prep Time: 15 minutes, Cook Time: 10 minutes, Total Time: 25 minutes

- 1 pound Tri-color Rotini
- 2 tablespoons Olive Oil
- 1 pound Smoked Trout — *skinned, broken into pieces*
- 16 ounces Snap Peas — *stringed, cut in half*
- 4 cups Spinach — *large stems removed, washed, torn to bite sized pieces*
- 1/2 cup Parsley — *chopped*
- 1 Garlic Scape — *sliced*
- 1 cup Mayonnaise
- 1/2 cup White Wine Vinegar
- pinch Cayenne

Smoked Trout Snap Pea Pasta Salad, continued

Directions

1. Cook pasta according to package instructions, toss with 2 tablespoons of oil, and cool as you pull together rest of recipe. Toss pasta with smoked trout, snap peas, and spinach.
2. Combine parsley, garlic scape, mayonnaise, vinegar and cayenne in a blender, and whirl until smooth. Fold dressing into pasta salad. Season to taste with salt and pepper.

Napa Cabbage Slaw with Oranges and Sesame

Laura Gilliam of Local Thyme writes "This slaw provides a refreshing way to enjoy your Napa Cabbage raw, and it pairs especially well with Asian-styled pork or chicken recipes. Be sure to toss in the dressing just before serving or the salad will become watery from sitting in the dressing. You can use all the garlic scapes in this recipe, or if you plan on making the Smoked Trout Snap Pea Pasta Salad, use all but one scape in this recipe."

Beth's notes: I asked Laura how 'optional' the scallions and cilantro are. She replied "This cabbage slaw is so wonderful that it won't suffer without cilantro and scallions, but they do add a little depth."

Serves: 8

Prep Time: 20 minutes

Cook Time: 5 minutes

Ingredients

- 1 ½ pounds Napa Cabbage
- ½ pound Snap Peas
- 2-3 Garlic Scapes - very thinly sliced
- 2 Scallions, trimmed and thinly sliced (optional)
- ¼ cup Cilantro, finely chopped (optional)
- 3 Oranges, small sized, or Clementine's
- 1 teaspoon Crushed Red Pepper
- 3 tablespoons Sesame Seeds
- 2 teaspoons Ginger, grated
- 2 ½ tablespoons Rice Vinegar
- 3 tablespoons Grape seed Oil, or other neutral oil
- 1 teaspoon Sea Salt

Directions

1. Slice the cabbage in half lengthwise, and then cut each piece into 4 more sections. If your amount of cabbage is more than 1 1/2 pounds, then wrap the remaining cabbage in plastic and store in the crisper of your refrigerator. Shred the remaining cabbage by making thin slices crosswise from the tip end towards the root end of the cabbage. Wash well, and spin dry. Transfer to a large bowl and reserve.
2. Wash the snap peas, and trim them of their stem ends, and remove any strings that remain. Slice them on the diagonal into 1/8 inch wide slices. Transfer them to the bowl with the shredded cabbage, along with the sliced garlic scapes, sliced scallions, and cilantro (if using). Place the bowl in the refrigerator while prepping the dressing.
3. With a sharp knife, cut the peel and pith from each of the oranges or Clementine's, and segment the fruit, saving the juice for another purpose. Add the orange segments to the salad bowl in the refrigerator.
4. In a medium skillet, toast the sesame seeds at medium-high heat, stirring constantly, until the sesame seeds begin to turn toasty brown and smell fragrant, about 4-5 minutes. Grind about half of the sesame seeds in a mortar or spice grinder, and reserve the other toasted seeds for later. Place the ground sesame seeds in a medium bowl, and add the crushed red pepper, grated ginger, salt and rice vinegar, and mix well to dissolve the salt. Slowly drizzle in the oil while whisking to emulsify the dressing.
5. Just before serving, toss the slaw with the dressing, and sprinkle with the remaining toasted sesame seeds.