

THE TIPI TIMES

July 12, 2012, week 10 (purple EOW)

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THIS WEEK'S BOX CONTAINS:

Cabbage, pointy, about 3 lb total
Zucchini/squash, about 3 lb
Cucumbers, probably 3
Walla Walla onions, 2 or 3
Flat parsley
Green Italian frying peppers, 1 or 2
Green bell peppers, 1 or 2

Everyone will receive something from this list.

Slicing tomato(es) OR
Cherry tomatoes OR
Japanese eggplant OR
Muskmelon.

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Cucumbers, zucchini, Walla Wallas, melons? and more

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

Farm and Veggie Notes Well, it's 10 p.m. and I'm just starting the newsletter. It's going to be a short one. I promise a full newsletter every-other-week, but obviously I write more frequently than that. I'd like to repeat some info from [last week's newsletter](#). I notice that few members read that newsletter (holiday!) and the info remains important for this and upcoming CSA boxes.

Please be patient if any of your produce seems a bit wilted. Everything looks good in the cooler right now, but could dehydrate quickly in this extreme weather. As I've mentioned before, if leafy vegetables seem droopy, submerge in cold water for 5 to 10 minutes to rehydrate.

Zucchini and summer squash - The zucchini have grown explosively in the heat, so expect larger-than-usual squash. We have no means of slowing them down.

Cucumbers - Some cukes are scarred by insects (cucumber beetles). I would like to be up-front about insect damage on cucumbers. You should expect some level of scarring on your cukes, although the amount of damage will vary from week to week. Organic insecticides are available to control cucumber beetles. We use them sparingly, and target the use toward keeping the plants healthy. We would need to spray continuously to avoid cosmetic damage, and we don't want to do that. The cucumber beetles emerged earlier than usual this year, so even early cucumbers have some damage. We suggest that you peel your cukes if the skin is scarred.

New info this week:

Cabbage - Most members will receive two cabbages. They are small but solid. These salad-type cabbages are crispy and tender and good for raw salads. Of course, they can be cooked too. There is extensive insect scarring on the outer layers but not in the interior.

Italian frying peppers (green, long, slender) - These sweet frying peppers are special. They contain less moisture than normal bell peppers, and therefore can be fried in a small amount of oil, preferably over high heat. They are unbelievably fragrant while cooking. If you attempt to fry normal bell peppers, they release juices and you end up sautéing them instead. They are also excellent eaten raw. Later in the season, we'll send red frying peppers as they ripen.

Here are several things to watch for on the peppers this week:

- Don't worry about a dusty white coating. We spray the peppers with fine clay to protect them from sunscald. Peppers and tomatoes will literally cook in the sun on hot days. Even a thin layer of clay prevents scalding. Any clay is easily removed by washing.

- Despite the clay, some peppers have minor sunscald, which appears as a white patch on one side of the pepper. Just cut around this area. Many peppers scalded last week. I suspect we'll continue to see sunscald for a few more weeks.

- Blossom end rot. Many of the Italian peppers have a black tip. This is related to calcium uptake in the plants, and is particularly acute during dry weather. No surprise that we're seeing it this year.

Japanese eggplant (only one site will receive this week) - These eggplant are long, slender, and dark purple. The skin is thinner on this type than on globe eggplant. These are traditionally left unpeeled in Asian cooking, and are often cut diagonally. If you are cutting lengthwise slices of Japanese eggplant, I find it useful to remove a little skin from the outside slices, as they grill or sauté best if the flesh is exposed.

Chinese Cucumber Salad

Contributed by [Local Thyme](#).

Dish Type: Side Dish, Snack · Total Time: Under 30 Minutes

One of my kids' FAVORITE salads, we often skip the step of salting and draining the cucumbers. This step pulls out excess moisture from the cucumber which is helpful if you won't be eating this whole salad the first day you make it. Since that just about never happens here, I can think of a few times when we made it, and it was gone before the rest of the dinner was made, we usually just slice the cukes and toss in the dressing. If you are watching your sodium intake, do eliminate that step and use a low-sodium soy sauce.

Servings: 6,

Prep Time: 30 minutes, Cook Time: 30 minutes, Total Time: 60 minutes

Ingredients

- 3 Cucumbers, peeled, thinly sliced
- 1 teaspoon Salt, *optional*
- 3 tablespoons Soy Sauce
- 3 tablespoons Rice Wine Vinegar
- 1 tablespoon Sugar, or agave nectar
- 1 teaspoon Sesame Oil
- ½ Walla Walla Onion, thinly sliced
- 1 tablespoon Ginger, finely chopped

Instructions

1. Toss cucumbers with salt, set into colander in the sink or over a bowl and let drain for about 30 minutes. Rinse and pat dry.
2. Mix remaining ingredients and pour over cucumbers. Stir thoroughly. Chill in refrigerator until you are ready to serve, stirring or shaking occasionally.

***Note - recipe scales up and down well to 2-4 cucumbers without even changing marinade.

Chocolate Chip Zucchini Muffins

Contributed by [Local Thyme](#).

Dish Type: Breakfast, Brunch, Dessert, Snack

This recipe illustrates how a good thing can be made better by adding chocolate chips. This recipe doubles easily, and the extra muffins can be bagged and frozen for future, quick breakfasts. The batter will seem stiff before stirring in the zucchini and chocolate chips, but as these bake the zucchini will release its liquid into the batter, keeping the muffins moist.

Servings: 12, Prep Time: 15 minutes, Cook Time: 25 minutes, Total Time: 40 minutes

Ingredients

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| 1 1/2 cup Flour, a 1:1 mix of
whole wheat:all-purpose, if desired | 3/4 cup Sugar |
| 2 tablespoons Cocoa Powder | 1/2 cup Canola or Sunflower Oil |
| 1/2 teaspoon Cinnamon | 1 large Egg |
| 1/2 teaspoon Baking Soda | 1/2 teaspoon Vanilla Extract |
| 1/4 teaspoon Baking Powder | 1/2 pound Zucchini, grated, about 1 cup |
| 1/4 teaspoon Salt | 1/2 package Chocolate Chip, 6 ounces |

Instructions

Preheat oven to 350°. Whisk together flour, cocoa, cinnamon, baking soda, baking powder and salt. Beat together sugar, oil, egg and vanilla in a large bowl with an electric mixer until creamy, about 3 minutes. At low speed, mix in flour mixture until incorporated. With a spatula, stir in zucchini and chocolate chips. Divide among 12 lined muffin cups and bake 20-25 minutes, or until tops of muffins spring back when lightly pressed. Cool in pan 5 minutes, then transfer to rack.