

THE TIPI TIMES

July 26, 2012, week 12 (purple EOW)

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THIS WEEK'S BOX CONTAINS:

Swiss chard
Carrots, 2 lb
Zucchini/summer squash
Cucumbers, 3?
Walla Walla onion, 1 large
Slicing tomatoes, about 2 lb
Fresh garlic

Muskmelon AND/OR
watermelon, based on size

Globe eggplant
OR Japanese eggplant
OR cherry tomatoes

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Tomatoes, peppers, onions,
cilantro, carrots, celery?, etc.

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

MENU IDEAS

Here are some of the things
we ate this week:

Sushi Rice Salad, with
cucumbers, carrots and onions
(see recipe below).

Lacey made a big pot of
tomato soup with Swiss chard
and orzo. It was great,
hydrating food for a hot day.

Bonnie made tortilla soup
with tomatoes, black beans
and other yummy stuff. It
was another appreciated,
hydrating meal.

From August 4 through August 13, please limit your communication with us.

I am taking our children to visit family. That leaves Steve to run the CSA in addition to his other responsibilities. Please email me no later than 9 a.m. on Friday August 3 if you have questions, want to cancel a box, etc. Of course, earlier is better. If real problems arise, go ahead and call Steve. Thank you.
Beth

FairShare cooking classes with Tipi CSA boxes.

Our farm collective FairShare (formerly MACSAC) is hosting more cooking classes. We brainstormed last winter about what hurdles CSA members face. How to use up all of the weekly produce was at the top of the list, and these workshops were developed. I think Tipi members will benefit particularly from the Aug. 16 and Sept. 27 CSA Menu Planning classes. These will be taught by Tipi CSA member Deb Shapiro, using a CSA box that we pack that week. Not sure what to cook those weeks? She will show you what to do.

CSA Menu Planning with Summer Box:

Aug. 5, 4:30-6:30 p.m., Willy St. Co-op East, 1221 Williamson St., Madison

*Aug. 16, 6-8 p.m., Willy St. Co-op West, 6825 University Ave., Middleton

CSA Menu Planning with Fall Box:

Sept. 23, 4:30-6:30 p.m., Willy St. Co-op East, 1221 Williamson St.,
Madison

*Sept. 27, 6-8 p.m., Willy St. Co-op West, 6825 University Ave., Middleton

**taught by Tipi CSA member, using Tipi CSA box that week.*

FairShare is also hosting dehydrating, canning and pressure canning classes. See [their website](#) for the dates and details.

Brilliant Onions

We tried something new in our onion field this year, and it's been a success. Onions are our most difficult crop because they are plagued by an insect called thrips. When thrips are bad, our onions stay small. Years ago, I learned from a visiting extension professor about using reflective silver mulch to grow onions. In theory, the silver mulch repels thrips or at least camouflages the onions so they are harder to find. We finally tried it this year. Of course, we don't actually cover the field in silver. We use a plastic mulch coated with a shiny metallic surface.



(left) We transplanted onion seedlings into silver mulch in April. The transplanter leads the way, punching holes at the correct spacing and splashing water in the holes. Two riders on the transplanter place the seedlings, but it takes a crew to get the roots properly buried. Note the brilliant sunlight reflecting off Hilary and Sarah's faces. We all wore sunglasses and sunscreen for this job.

(below left) The seedlings seemed fragile but grew vigorously.

(below right) The onions in plastic mulch have grown much larger than those on bare ground. There were plenty of thrips but the plants were larger and more robust.



We are happy with the results this season, so we'll try this technique again next year.

Farm and Veggie Notes It has rained three times in the past week. Last night's rain was brief, but still helped. For now, Steve has stopped irrigating everything except the new carrot plantings. Each year, we plant our storage carrot crop during the first two weeks of July. These fields need daily, light watering so the carrots germinate properly. Two fields failed, so Steve replanted on Sunday and Monday. It's getting late in the season, but is worth taking a risk, as the fields will be productive if the fall is warm. As many of you know, carrots are our biggest crop. We hope to store 100,000 pounds and sell them through the winter. This week, Steve has fixed up our fleet of farm pickup trucks, ordered a straw chopper for strawberries, got the Ford Tractor going again, and slept through most nights. The constant irrigation kept him from all those projects. Weeds are the next challenge. Zillions of weed seeds germinated after the storm last week. One advantage of dry weather is that weeds do not flourish.

We had a close call with the storm last Wednesday night. The storm brought hail, but did not cause much damage on our farm. I spoke with a neighbor who lives 2 miles away. They got larger hail which shredded her garden as well as the neighboring field corn. We are relieved that part of the storm passed us.

Zucchini and summer squash - The squash patch is finally slowing down, so we're sending only 2 lbs this week.

Walla Walla onions - See the accompanying story for explanation of why these are so big.

Fresh garlic - The garlic is from John Hendrickson of Stone Circle Farm. As you peel it, you will notice that the skins are still moist. Usually the fresh garlic has even moister skins but John said they came out of the ground already dried. He's curing the rest of the garlic and will have more for us in a few weeks.

Melons - Some folks will get one large muskmelon. Others will get a small muskmelon plus a small watermelon. The watermelons from this early field are good but not spectacular. The leaves were attacked by mites which drain resources away from the developing fruits, so they are not as full-flavored as other years. Nonetheless, they are sweet and crisp and very enjoyable on a hot day. The later melon fields look better. The recent rains have helped keep the mites in check, plus we are experimenting with treatments we can apply. The muskmelon planting is not damaged by mites, and those melons remain quite good.

Dengaku Style Eggplant

Contributed by [Local Thyme](#). Dish Type: Appetizer, First Course, Side Dish · Total Time: Under 30 Minutes

A delicious taste treat from author Harumi Kurihara, Dengaku style miso is spread on many different vegetables in Japan and then broiled or grilled. Try it with zucchini and corn, or just like this on eggplant.

Servings: 4

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 20 minutes

Ingredients

- 6 tablespoons Hatcho Miso*, or Red Miso
- 4 tablespoons Sugar
- 4 tablespoons Mirin
- 2 tablespoons Sake (or substitute dry vermouth or dry sherry)
- 1.5 pound Eggplant
- 2 tablespoons Canola or Sunflower Oil
- 2 tablespoons Sesame Seed, toasted

Instructions

1. Combine miso paste, sugar, mirin and sake in a small saucepan and simmer until thickened.
2. Preheat broiler. Cut globe eggplants in half lengthwise, run a knife around the inside of the eggplant, separating flesh from skin. Score crosshatches through the flesh of the eggplant. Brush eggplant with oil. To prepare Japanese eggplant, cut in half lengthwise and brush the cut surface with oil.
3. If you are working with Globe Eggplant: Broil eggplant skin side up for about 5 minutes; flip the eggplant flesh side up and broil another 5 minutes; Brush eggplants with the miso mixture and broil 5 minutes longer. Sprinkle with sesame seeds and serve.
4. If you are working with the more narrow Japanese Eggplant: Broil eggplant skin side up for about 3 minutes; flip the eggplant flesh side up and broil another 2 minutes; Brush eggplants with the miso mixture and broil 2-3 minutes longer. Sprinkle with sesame seeds and serve.

* Hatcho Miso is one of many different regional styles of miso available in Japan. It can be found at many fine grocery stores, and Asian markets. Eden Organics also sells it online if you don't find it in your favorite store.

Sushi Salad

Beth's notes: I adapted this recipe from the following website:
foodisyummy42.blogspot.com/2006/06/california-roll-sushi-salad_22.html.

This salad is easier to make than nori rolls, but has the same tasty flavors. It is easy to substitute any crunchy vegetables for those in the recipe. I've made this dish successfully with asparagus or peas instead of carrots. You can substitute sweet onions or a smaller quantity of finely minced garlic scapes for the scallions. The salad is best made with sushi rice, but white rice or short-grained brown rice are good substitutes. I do find that leftovers are best when the dish is prepared with sushi rice.

2 cups sushi rice (or white rice or 1 ½ cup short-grained brown rice)
1/4 cup plus 3 tablespoons rice vinegar (not seasoned)
3 Tbsp. sugar
1 tsp. salt
1/4 to 1/2 tsp. dried or prepared wasabi (optional)
2 - 3 Tbsp. sesame seeds
4 scallions, cut into thin 1-in strips (about 3/4 cup)
1/2 cup finely shredded carrot
1 1/2 cucumbers, quartered lengthwise, cored & chopped
2 sheets nori (paper-thin sheets of dried seaweed)
1/4 pound imitation crab meat, sliced
optional: 2 tablespoons finely chopped pickled ginger

Mix rice with 3 cups water (more for brown rice) and bring to a boil in a medium saucepan. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed (longer for brown rice). Remove from heat; uncover and cool to room temperature.

While rice is steaming, in a small saucepan bring 1/4 cup vinegar just to a boil with sugar and salt, stirring until sugar is dissolved, and remove from heat. Add wasabi (optional) and stir until dispersed. In a dry small skillet toast sesame seeds over moderate heat, stirring, until golden and fragrant and transfer to a small bowl.

Transfer rice to a large bowl and stir in vinegar mixture. Let cool further and stir in sesame seeds, remaining 3 tablespoons vinegar, oil, ginger (optional), scallions, carrot, and cucumber. Taste and add more rice vinegar if needed. Salad may be prepared up to this point 1 day ahead and chilled, covered. Bring salad to room temperature before proceeding.

Dry-roast nori, 1 sheet at a time, directly above moderate heat (gas or electric burner), holding it at opposite corners and moving it back and forth, until it turns bright green, 30 seconds to 1 minute. With scissors, cut nori into thin 2-inch-long strips. Add two-thirds of the strips to the salad and mix well. Sprinkle with the remaining strips and the crab meat.

Orecchiette With Swiss Chard, Tomatoes and Goat Cheese

Contributed by [Local Thyme](#). This easy dish takes only a few minutes to cook, which is a relief on hot summer days. If you have a side burner on a gas grill, you can boil the water for the pasta outside to keep the kitchen even cooler.

Servings: 4, Prep time: 10 minutes, Cook time: 10 minutes, Total Time: Under 30 minutes,

Ingredients

3/4 pound orecchiette
1 bunch Rainbow Chard, stems separated from leaves, each chopped
1 tablespoon extra virgin olive oil
1 pound tomatoes, cut in small dice
Pinch of red pepper flakes
2 cloves garlic, minced
Salt and freshly ground pepper
1 teaspoon chopped fresh herb of choice (basil or rosemary are particularly good here)
2 ounces goat cheese, crumbled (1/2 cup)

Instructions

1. Cook pasta according to package instructions. Reserve ½ cup pasta water prior to draining pasta.
2. Meanwhile, heat 1 tablespoon of the olive oil over medium high heat in a large, heavy skillet, and add the chard stems and sauté for 2-3 minutes, then add tomatoes and the red pepper flakes. Cook, stirring often, until tender, 2-3 minutes. Add the garlic and salt to taste, and stir for 30 seconds. Then stir in the chopped chard leaves and the herbs. Stir together for a few seconds, then turn the heat to very low.
3. Add about 1/2 cup of the pasta water to the pan with the chard mixture. Stir in the goat cheese. Drain the pasta, transfer to the pan and toss with the chard, tomatoes and goat cheese mixture. Season to taste with salt and pepper. Serve hot.