

THE TIPI TIMES

August 2, 2012, week 13 (green EOW)

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THIS WEEK'S BOX CONTAINS:

Sweet corn, about 9 ears
Carrots, 2 lb
Cilantro
Slicing tomatoes, about 2 lb
plus a plum tomato
Walla Walla onion(s)
Hot pepper,
jalapeno or serrano
Green bell peppers, 2
A few members might
get a red pepper instead.
Patty pan and yellow summer
squash, about 2 lb
Cucumbers, 3?
A small lettuce,
Romaine or red leaf

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Green beans, melon, onions,
red potatoes, tomatoes,
peppers, basil and more

MENU IDEAS

This box contains ingredients for salsa: tomatoes, sweet onions, peppers, cilantro and hot pepper. You'll have to find garlic elsewhere; it will be a few weeks before we send more.

[Seared Summer Squash and Egg Tacos](#) (New York Times, 7/23/12). Searing the zucchini or squash adds flavor to this simple dish. Ingredients include summer squash (or zucchini), cilantro and onion.

This is a good week to make cucumber salad with yogurt, diced cukes, cilantro, sweet onions and salt. Serve topped with a little olive oil.

Email Brown-Out. Remember, I will be on vacation next week, so please contact me no later than 9 a.m. this Friday August 3 to ask questions, cancel a box, etc. We are not staging an email black-out while I am gone. Steve will check for emails but won't have much time to respond. I'll be back and ready to take emails on August 13. Thanks for your help with this.
Beth

August 1 Checks. Many of you paid us with checks dated August 1. I will deposit those checks on Friday August 3.

Verb: to zealate.

We picked some nice sweet corn this week. Raise your hand if you enjoy finding fat grubs while shucking corn. No one? Me neither. We do not have effective organic pesticides to spray against this pest, but we do have an effective alternative. Sweet corn growers in the 1940s discovered that oil dripped onto the tips of young corn ears prevents corn earworms from taking up residence in the corn. The oil plugs the channel where silks emerge from the ear, so the tiny earworms cannot enter. A researcher in Massachusetts updated this practice with a handy applicator called a "Zea-later". We "zealate" our corn when adult moths are flying and the corn is at the right stage.



above. The handheld Zea-later pumps 0.5 ml corn oil into the tip of the corn ear. Yes, we squirt oil onto every ear.



left. Michael zealates sweet corn. The plants are short because of drought but still produced full-sized ears.

The work stretches over several weeks as the corn develops. Michael and Smitty shared zealating duties this year. They are both quick and can zealate about 15 to 20 ears per minute.

There will still be some worms in the corn. Zealating can be 95% effective, but only when the corn grows perfectly. Our field has developed unevenly due to the drought, so zealating did not reach 95% effectiveness. If you find an ear with a worm or damage, just trim off the tip. We think that's a better alternative than pesticides.

Farm and Veggie Notes Our green beans have flowered for over five weeks, which is extraordinary. Each week, I note "beans" two weeks hence on my crop schedule. The beans have yet to materialize. The blossoms wither and fall without setting pods, presumably because of the heat. A farmer on our CSA listserv described the same problem and asked if other farmers are seeing the same thing. Almost everyone wrote to say "yes." We puzzle over our crops, but it always helps to gather information from other farmers too. I've written "beans" on the schedule for next week, and I *really* think they will be ready to pick.

Hot pepper - You will get one of these types: Jalapeno (dark green, stubby, hot)
Serrano (long, skinny, super hot)

Bell peppers - Most folks will get two green bell peppers, some will get one green bell plus one red bell pepper. Many of the peppers have minor flaws, primarily a black spot near the bottom of the pepper. This is blossom end-rot, which is prevalent this year because of the dry weather and fluctuating soil moisture.

Cucumbers - We continue to send lots of popular cucumbers, especially in hot weather. We never know when the cucumber fields will crash, so I like to send lots while they are abundant. A cucumber disease is creeping closer to Wisconsin. It's in Michigan, Indiana and Canada, and is likely to reach us. Enjoy the cukes while they are abundant.

Lettuce - Most folks will get a small Romaine or a few small red-leaf lettuces.

Light Corn Vegetable Soup

Contributed by [Local Thyme](#). This soup is creamy, but without any cream, making it very light. It pairs well with the green salad in this week's menu for a wonderful summer dinner. Make sure when you add the puréed corn and milk, that you do not boil the soup.

Servings: 4, Prep Time: 12 mins, Cook Time: 15 mins, Total Time: 27 mins,

Ingredients

- 4 ears Corn
- 1 cup Nonfat Milk
- 1 tablespoon Olive Oil
- 1 cup Onion, chopped 1/4 inch dice
- 2 cups Zucchini or Summer Squash, chopped 1/4 inch dice
- 1 cup Tomato, peeled and chopped 1/4 inch dice
- 1/2 Green Bell Pepper, seeded and chopped to 1/4 inch dice
- 2 cups Chicken or Vegetable Stock
- 1/4 cup Cilantro, chopped
- Salt and Pepper, to taste

Light Corn Vegetable Soup, continued

Instructions

1. Husk the corn and remove any corn silk. Using a sharp knife, cut the kernels from the corn cob. Take half of the corn kernels and purée in a blender with the nonfat milk. Reserve both the puréed corn, and the other corn kernels for later.
2. Heat a large Dutch Oven or a large soup pot to medium high, and add the olive oil. When the oil begins to shimmer, add the onions, zucchini or summer squash, tomato, and green bell pepper, and sauté until the vegetables begin to soften slightly, about 6-7 minutes. Add stock and remaining corn kernels, and bring to a boil. Reduce to medium low heat, and simmer for about 5 more minutes. Skim off any foam that rises to the surface of the pot.
3. Stir in puréed corn mixture and slowly cook just until warm; do not boil or the milk will separate. Once warm, taste and adjust seasoning by adding more salt and pepper. Garnish with chopped cilantro.

Southwest Salad with Breaded Zucchini and Grilled Tomato Vinaigrette

Dish Type: Brunch, First Course, Side Dish · Total Time: 30-60 Minutes

A tasty and novel way to enjoy the bounty of zucchini. Make the grilled tomato vinaigrette ahead of time so that it is chilled for serving.

Servings: 4, Prep Time: 20 minutes, Cook Time: 20 minutes, Total Time: 40 minutes,

Ingredients

- 1 Tomato, *cored and halved*
- Olive Oil, *for brushing*
- 1/4 cup Extra Virgin Olive Oil
- 3 tablespoons Lime Juice
- 6 tablespoons Cilantro, *divided use, chopped*
- 3 tablespoons Hot Pepper, *such as jalapeño, serrano or anaheim, minced*
- 3 tablespoons Walla Walla Onion, *minced*
- 1 Zucchini
- 1/2 cup Fresh Bread Crumbs
- 2 teaspoons Smoked Paprika
- Salt and Pepper, *to taste*
- 1 Egg, *lightly beaten, seasoned with salt and pepper*
- Canola Oil, *for frying*
- 4 cups Lettuce, *washed, dried, torn into bite sizes*
- 1/4 cup Queso Anejo, *grated*

Instructions

1. Heat grill or grill pan or broiler to high heat. Brush tomato with olive oil and sprinkle with salt and pepper. Grill until charred on each side, about 4 minutes. Place tomato extra virgin olive oil, lime juice, 4 tablespoons cilantro, hot pepper and onion into a blender and pulse until well blended. If the lime tastes too sour, add a pinch of sugar. Season to taste with salt and pepper, refrigerate until ready to serve.
2. Cut zucchini in half, then slice lengthwise into 1/4 inch planks. Mix bread crumbs with 2 tablespoons cilantro and smoked paprika, season with salt and pepper and place onto a plate. Dip each slice of zucchini into the beaten egg, allow excess to drip off. Then dip the zucchini into the bread crumbs, flipping to get crumbs on both sides of zucchini. When all the zucchini is breaded, heat a skillet over medium high heat. Warm about 1/2 inch of canola oil in the skillet until a wooden spoon inserted into the oil creates bubbles. Pan fry the zucchini in a single layer, without crowding pan, on each side until golden brown, about 3-4 minutes each side. Drain on towels and allow to cool a little.
3. Place 1/4 of the lettuce on each of 4 plates, divide breaded zucchini among the 4 plates, sprinkle with cheese and pass tomato vinaigrette.

Recipe Type: Gluten-Free, Nut-Free, Omnivore, Salad, Vegetarian