

THE TIPI TIMES

August 16, 2012, week 15 (green EOW)

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THIS WEEK'S BOX CONTAINS:

Sweet corn, 7 to 9 ears
Edamame, 1 bundle
Slicing tomatoes, 3.6 lb
Romano beans, 2 lb
Red frying peppers, 3
Yellow onions
Garlic

Melon: Most members will get muskmelon (orange flesh) but a few will get honeydew (white to pale green flesh) or a Middle Eastern variety called San Juan (ivory colored flesh).

Most members will get globe eggplant, unless we find it won't fit in the box.

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Tomatoes, peppers, onions, melon, edamame? and more

Farm and Veggie Notes

Sweet corn - This is our final delivery of sweet corn for this season. We stagger our plantings, but both harvests fell on the green EOW week (our first sweet corn planting was unharvestable.) I encourage you to get some sweet corn from a farm stand while it is still in season.

There may be a few ears with corn smut. This is a disease that results in enlarged, black corn kernels. It is a delicacy at an immature stage, known in Mexican cooking as huitlacoche. By the time the corn is ready to eat, the huitlacoche is past its eating peak, but remains harmless. We've graded out all that we can find, but there may be overlooked ears with huitlacoche under the husks. Just cut them off; the rest of the ear is fine.

Edamame (bundle of plants with leaves and pods) - There is a bundle of edible soybeans in your box today. These are a treat. Pull the pods from the stem and wash well. It helps to submerge the pods and rub them together. Boil until the pods have split and the beans are quite tender. Season with salt and pop the beans out of the pods into your mouth. This Japanese specialty is becoming more and more popular in the USA. Storage: Remove the pods from the stems promptly and refrigerate.

Slicing tomatoes - As usual, we are sending a mix of ripe and under-ripe tomatoes, so you can have tomatoes over a longer period of time. The less ripe ones will mature on your countertop in a few days.

Romano beans - Well, the bean field has really hit its stride. We've never before sent 2 lb of beans in one CSA box. Enjoy the bounty.

Yellow onions - The sweet Walla Walla onions are finished for the season. These are yellow storage onions, pungent and easy to fry. We'll have red onions (and maybe white onions) later this season.

Steamed Romano Beans with Bagna Cauda

Contributed by Local Thyme.

1 lb Romano beans
6 Tbsp extra virgin olive oil
2 Tbsp butter
6 anchovy fillets
3 large garlic cloves, minced
1 loaf crusty bread

Trim and slice beans into 1 inch lengths. Steam Romano beans 4-6 minutes, until tender.

In a small saucepan, combine oil, butter, anchovies, and garlic. Warm on low heat for 15 minutes, smashing anchovies so they dissolve, and so garlic is poached in the oil.

Toss the sauce with the beans, adjust seasoning with salt and pepper. Serve with crusty bread.

Edamame Succotash

Contributed by Local Thyme.

Recipe adapted from Bon Appetit, August 2002

Serving Size : 8

Beth's note: The recipe calls for shelling, then cooking the edamame, but I find it easier to cook them in the pods, then shell them.

- 1 bundle edamame -- shelled
- 1 tbsps butter
- 1 tbsps olive oil
- 1 onion -- diced
- 2 Italian Frying Pepper -- diced
- 1 clove garlic -- minced
- 4 ears corn, kernels cut from cobs
- 1 tbsp fresh oregano

Place edamame in skillet with 4 tablespoons water, cover and boil until edamame are tender, about 5 minutes.

Strain edamame and wipe skillet dry.

Melt oil and butter in pan, and when the foaming of the butter subsides, saute the onion for about 6-8 minutes, until translucent, add peppers and saute another 3-4 minutes, then add garlic and corn kernels, sauteing for another 4 minutes, until corn becomes tender. Add in edamame and oregano, toss until warmed through. Season to taste with salt and pepper and serve.