

# THE TIPI TIMES

August 30, 2012, week 17 (green EOW)

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## **THIS WEEK'S BOX CONTAINS:**

Red watermelon  
Lacinato kale  
Slicing and plum tomatoes,  
about 5 lb total  
Italian frying peppers  
Leek, 1 large  
Yellow summer squash  
Basil, a few sprigs

Members will get cucumbers OR 1.5 lb pickling cucumbers plus a few dill heads.  
See last week's [newsletter](#) for our refrigerator pickle recipe.

Raspberry rotation:  
We've begun picking raspberries, and will rotate them among the sites over the coming weeks.

## **NEXT WEEK'S BOX WILL PROBABLY CONTAIN:\***

Watermelon, carrots, tomatoes, peppers, onions, and more

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

## **MENU IDEAS**

Make tomato sauce or soup with your tomatoes, frying peppers, leeks and basil.

Bonnie made us pita sandwiches with hummus, sliced cucumbers and roasted red peppers. Yum.

## **Raspberry U-picks this weekend and next.**

Our raspberries are ready to harvest. We will probably host u-picks for three weekends. Watch the newsletter for announcements.

**U-PICK #1:** this Sunday 9/2, from 11 a.m. to 2 p.m. or until berries run out.

**U-PICK #2:** next Saturday 9/8, time to be announced in the 9/6 newsletter.

**U-pick price:** \$2.50 per pint of raspberries.

We will provide pint containers and boxes to carry the berries home.

**Berry report:** This a tasty red berry called Caroline. Berries are abundant right now. Our work crew currently picks about 5 pints/hour.

**Who's invited?:** All CSA members are welcome, whether weekly members, EOW members, or families splitting a share. It is OK to invite non-members to this u-pick.

**Where:** Here at the farm, 14706 W. Ahara Road, Evansville, WI.

**Raindate:** There are no raindates.

**Other details:** We've posted [directions and other info](#) on our website. Please read before coming to the farm. The berry field is weedy and stubbly, so I suggest closed shoes. As usual, please leave your dogs at home.

## **Farm and Veggie Notes**

**Leeks (look like big scallions)** - You know fall approaches when we have leeks to harvest. Use the whole thick shank for these leeks, except the dark green leaves which are fibrous. To wash, split the leek lengthwise, from the green tops about halfway to the base, leaving the base intact. Rinse well under running water, separating the layers to flush. If necessary, split the leek further if soil has penetrated more than halfway down the leek. Shake dry. Leeks are generally eaten cooked. They can be sauteed, steamed or roasted, and can be used as a substitute for onions in many recipes. Intact leeks will store at least 2 to 3 weeks if covered loosely and refrigerated. The outer leaves may yellow. Just peel them off and discard. The inner leek layers will be fine.

**Basil** - Our basil has stayed healthy this year, so we continue to send small amounts. We harvested the basil differently this year. In other years, we cut and bundled long stems. The basil stayed short because of the heat this year, forcing us clip short stems which we've packed loose in the CSA boxes. We find we like this technique because it keeps the basil in good, tender growth. Enjoy the basil while we have it in combination with tomatoes; soon it will get diseased and we'll send other herbs.

**Beth's suggestions for roasting and freezing peppers.** We will continue to send peppers through October, weather permitting. Here are some ideas for preparing them.

- **Roasted bell peppers.** This works great with thick-fleshed bell or Italian peppers, Anaheim and poblano chiles. Cookbooks will tell you to blister peppers over a gas burner. Don't do it!! It makes a mess, takes forever, and chars the skin so it is difficult to peel. Here is our easy method: Roast the peppers or chiles over medium-hot coals on a grill, or place the peppers on a cookie sheet and roast in a gas broiler, on the rack farthest from the flame. Turn as the peppers blister. Remove from heat, place in a pot or bowl with a lid, cover and let cool; the peppers will steam themselves as they cool, making the skins easier to remove. Peel, core, and discard seeds. Capture the juice because it is so yummy. Use fresh or freeze for winter. Uses: sandwiches, pizza, appetizers, roasted pepper soup, serve with beans or dal.
- **Broiled peppers** - This is a variation on roasting peppers, useful on cooler days when you don't mind using your oven. This is my preferred method because there is less effort (you don't peel the peppers) and less waste (the juice stays in the peppers, unlike when you roast peppers.) Cut bell peppers or Italian peppers into bite-sized chunks. Spread on a cookie sheet, then toss or spray very lightly with oil. Place under the broiler, on the top rack. Turn occasionally with a spatula as the peppers char a bit. You don't want to blacken the peppers too much; just a little charring changes the flavor. Use fresh or freeze for winter.
- **Frozen raw peppers.** Raw peppers are very easy to freeze because they do not require blanching. Cut peppers into the size you like. Freeze in bags or containers.

## **Roasted Bell or Italian Frying Peppers**

Contributed by Local Thyme. Dish Type: Appetizer, First Course, Side Dish, Snack · Total Time: 30-60 Minutes

*Beth's note: This is a good recipe to keep on hand as we enter peak red pepper season.*

Pat and Laura write "Sometimes you come across a giant pile of roasting peppers that just call out to you. It's usually in September, when you know that summer's coming to an end. One way to preserve the tang of summer is by roasting the peppers and packing them, literally, in their own juice. These can be eaten immediately, or stored for later. They're great on a plate with sliced salami, tucked in sandwiches, diced and tossed with salads, or puréed to make a pepper sauce."

Servings: 4, Prep Time: 30 mins, Cook Time: 10 mins, Total Time: 40 mins

### **Ingredients**

- 4 Red Italian Frying Peppers or Red Bell Peppers
- 1 bulb Garlic , optional
- 2 sprigs Thyme , leaves only, chopped
- Salt
- Olive Oil

### **Instructions**

1. Crank up your outdoor grill to high to preheat. If cooking indoors, preheat broiler. If using garlic, without peeling, slice the bulb in half crosswise, and brush with oil.
2. When grill or broiler is preheated, place peppers directly over heat (or on a rimmed baking sheet directly under broiler), with the intention of blistering the peppers. Turn peppers frequently to evenly brown the skin. Try to avoid "boiling" the peppers--you want very, very hot, direct heat that blackens the skin. Place the garlic, cut side towards heat, in a slightly less hot area of the grill or broiler. Allow the garlic to brown slightly, but not burn. Remove when done.
3. Once the peppers' skin is mostly blistered, place them in a bowl and cover with a plate. Allow them to sit and "sweat" for 10-15 minutes. Meanwhile, remove the garlic cloves (if using) from their papery skins, and reserve.
4. Work over a bowl, and peel each pepper carefully, trying to remove all the skin from each pepper. Try to collect any juice that comes from the pepper, as this is the best part. Remove the stem, ribs and seeds, and discard. The peppers will probably tear into long strips, and this is fine.
5. Season peppers lightly with a sprinkle of salt, and the thyme leaves and garlic. Allow to marinate at room temperature for 15 minutes if serving immediately.
6. If you intend to preserve the peppers, then use a clean container with a lid, layer the pepper strips with garlic and pack them firmly into the jar, pushing them down so they are covered mostly with their own juices. Top off the jar with a little olive oil making sure both the garlic and peppers are under oil. Refrigerate for up to a week, or freeze up to a month.

## **Kale and Barley Salad with 5 Spice Tofu**

Contributed by Local Thyme.

Adapted from Food and Wine Magazine.

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

From Pat and Laura: "As soon as I read this recipe in this month's Food and Wine Magazine, I knew I had to get my hands on some kale. The lightly spicy sauce and the super healthy ingredients make this a joy to eat. You can buy fresh lemongrass at farmer's market or from Asian grocery stores."

**Servings:** 4

**Prep Time:** 15 minutes

**Cook Time:** 25 minutes

**Total Time:** 40 minutes

### **Ingredients**

- 1 cup Pearled Barley, *rinsed*
- 1 package Extra Firm Tofu, *drained*
- 2 tablespoons Canola or Sunflower Oil, *divided use*
- 2 teaspoons Toasted Sesame Oil, *divided use*
- 1/2 teaspoon Chinese Five-Spice Powder
- 1 Leek, *halved lengthwise and thinly sliced, washed to remove all grit*
- 2 stalks Lemongrass, *woody layer peeled to "heart"; bruised and minced*
- 1 bunch Lacinato Kale, *center stems removed, rough chopped*
- 1 1/2 tablespoons Prepared Horseradish
- 2 tablespoons Soy Sauce or Tamari
- 2 tablespoons Seasoned Rice Vinegar
- 2 tablespoons Sweetened Shredded Coconut, *optional*
- 1 tablespoon Toasted Sesame Seeds
- 2 tablespoons Cilantro, *optional*

1. Prepare barley according to package directions. Meanwhile, cut block of tofu in half and place between clean towels. Weight the tofu with a plate loaded with canned goods and allow to drain for about 10 minutes. Dice tofu into 1 inch cubes.

2. Heat 1 tablespoon of canola or sunflower oil mixed with 1 teaspoon of toasted sesame oil in a large nonstick skillet until it shimmers. Add tofu and cook one side of the cube at a time until browned, then add five-spice powder and leeks and sauté until they are lightly browned, about 6-7 minutes. Season with salt and pepper and transfer to a plate.

3. Add the remaining oils to pan, and sauté lemongrass for a minute, then stir in chopped kale. Sauté until kale is wilted and cooked through, about 3-5 minutes. Stir in horseradish, soy sauce, and vinegar. Toss with barley and tofu. Serve garnished with sesame seeds and optional coconut and cilantro.

Recipe Type: Dairy-Free, Gluten-Free, Grain, Nut-Free, Omnivore, Vegan, Vegetarian