

# THE TIPI TIMES

September 20, 2012, week 20 (purple EOW)

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

Delicata winter squash, 3  
Green &/or wax beans, 1.9 lb  
Broccoli, 1.6 lb  
Slicing tomatoes, about 3 lb  
Plum tomatoes, about 1 lb  
Red or white onion  
Jalapeno chili pepper  
Oregano  
Peppers:  
red Italian frying peppers, 4  
yellow frying peppers, 1 - 2  
orange Orano peppers, 1 - 2

Some members will get a #2  
grade bell pepper.

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

Sweet potatoes, broccoli,  
tomatoes, peppers, etc.

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

## **MENU IDEAS**

We've sent enough peppers  
this week to prepare stuffed  
peppers. Frying peppers and  
bell peppers are both  
excellent as stuffed peppers.

**Pumpkin U-Pick and Gleaning Party.** Save the date. This is our most popular farm event, and a great opportunity to explore our farm. Watch the newsletter for more information as we get closer to the date.

**Date:** Sunday October 7

**Time:** 12 noon to 4 p.m.

**What happens at this farm event?** We invite all CSA members to visit the farm to pick pumpkins and glean vegetables from the fields. We will announce the gleaning crops a few days in advance. It won't include all of our crops, but we'll offer a nice selection of 5 to 8 crops to pick. We offer the free gleanings with the understanding that members will only take what they need for their own household.

**Cost?:** Pumpkins and gleanings are free.

**WINTER SHARE, last chance to sign up.** We offer a winter share for hungry members who want to extend their CSA season. Our winter share consists of two deliveries, the first on November 8/9 and the second on December 6/7 (Thursday/Friday sites respectively). Please note that you get both the November and December deliveries when you sign up for one winter share.

**Cost:** The cost is \$153 for the two deliveries.

**Deadline to register:** Sunday September 30 or when we sell out.

There are only 22 unsold shares available before we sell out.

**To register for a winter share,** Send us an email at [csa@tipiproduce.com](mailto:csa@tipiproduce.com), titled 'winter share please.' Tell us ...

\*your name,

\*the name of the primary member for your membership (the name on the check-off sheets),

\*your pickup site, and

\*how many winter shares you want. Please note that one share gets you both Nov and Dec deliveries.

Shares are available first-come-first-served but some sites may sell out. I will notify you by Monday if we have a share for you.

**Payment:** In the confirmation email, I will send a link to pay by PayPal.

**The produce:** These deliveries are much larger than during the CSA season. We expect to pack two large boxes for each winter share delivery. The contents will depend on the weather, and what is available and good quality. Each delivery will include potatoes, carrots and onions, plus a mix of stored crops such as various winter squash, leeks, garlic, cabbage, beets, celeriac, parsnips, rutabagas and winter radishes. When possible, we will include something fresh from the garden such as cauliflower, broccoli or greens. Some veggies need refrigeration, but others can be stored at room temperature. [Here's a list](#) of what we packed in last year's winter share.

**Not sure if you already ordered a winter share?** Send yourself an email with your membership info at <http://tipiproduce.csasignup.com/members/statusemail>. Look under Membership Details/ Member Type 1 to determine whether you have already signed up for a winter share.

**Farm and Veggie Notes: Early Frost** There was a light frost last night. The average frost date for our area is October 8, so this is early. There's not too much damage. We protected some tomato fields with row cover. The peppers were not damaged; they can handle lower temperatures than tomatoes. We hurried the rest of our winter squash out of the fields on Tuesday and stuffed them into the greenhouse to cure. The sweet potato foliage got frosted but the roots are safe in the ground. We need to harvest them all before it frosts again this weekend. Our herbs are coming to an end for the year. Steve planted cilantro and dill several times, but the plantings failed during the drought this summer. The oregano stayed dormant during the dry weather, but has grown back enough for us to harvest this week. I'm glad we have it to deliver it with tomatoes. The oregano is still too short to bundle with rubber bands, so we've packed it in little bags. The basil is done for the year, courtesy of last's night frost. We are ready to transition to fall crops, and are excited to finally have broccoli to pack in the boxes!

**Onions** - Please refrigerate your onions to keep them in good shape.

**Delicata winter squash (pretty cream and green striped squash)** - These are flavorful, thin-walled winter squash. We always start the winter squash season with delicata or Sweet Dumpling squash, as these types do not require special curing after harvest, unlike butternut squash. Our butternut, buttercup and kuri squash are curing nicely and will be ready to deliver soon. Storage: Store all winter squash at room temperature. Preparation: These squash have a central cavity that can be stuffed if you wish. Cut squash in half, scoop out and discard the seeds. To cook, I place the cut squash face-down on a cookie sheet, then put some water in the pan, and roast at 400oF until easily pierced with a fork. The water in the pan is optional. The flavor is best if you allow the pan to dry during the cooking, so the squash has a chance to caramelize.

**Oregano (small bag of herbs)** - Please dunk the oregano to wash and refresh it. We harvested directly into bags without washing the oregano.

**Peppers** - We've sent red and yellow frying peppers this week. Both contain low moisture, hence they fry more readily than bell peppers. The slender orange pepper is an Orano pepper. These are sweet. The only hot pepper this week in the jalapeno (small shiny green pepper). These chilies are HOT.



Do you have any HOT Anaheim chilies left over from last week? If so, keep them separate from this week's SWEET Italian peppers. They look very similar and are easily mixed up.

## **Chicken Pad Prik**

Contributed by Local Thyme.

One of my favorite Thai dishes is "Pad Prik" which can be made from scratch if you have access to kaffir lime leaves, ginger, and fresh chiles. Since I rarely encounter kaffir lime leaves here in Wisconsin, I have taken to making Pad Prik with prepared Prik Khing paste from my favorite Asian market in Madison, "Yue Wah". The Maesri brand Prik Khing curry paste is widely available at Asian markets and higher end grocery stores. This dish is equally tasty whether you use chicken, pork, shrimp, beef or tofu.

2 tablespoons Peanut or Canola Oil  
12 ounces Chicken Breast, thinly sliced  
¾ pound Green Beans, trimmed  
2 Red Italian Frying Pepper, cored seeded, thinly sliced  
1 cup Coconut Milk  
4 ounce can Prik Khing Curry Paste

Heat the oil until shimmering in a wok or large skillet. Add the chicken, and stir fry until cooked through, about 8 minutes. Remove chicken to a separate plate. Add green beans and pepper, and stir-fry until green beans turn bright green, about 2-3 minutes. Add coconut milk and curry paste and stir well to incorporate. Simmer until vegetables are tender, about 3 minutes longer. Stir chicken in and simmer until warmed through. Serve over cooked jasmine rice.

## **Broccoli Cheddar and Bacon Frittata**

The classic pairing of broccoli and cheddar come together easily in this quick frittata, made even better with the addition of bacon. This makes a comforting breakfast or brunch on the weekend, or serves well as a dinner when paired with a light salad.

Servings: 6

### **Ingredients**

1 bunch Broccoli, about 1 pound  
6 large Egg, lightly beaten  
1/4 cup Milk  
1/2 teaspoon Salt  
1 1/2 cup Sharp Cheddar Cheese, grated  
4 strips Bacon, optional, diced  
1 tablespoon Olive or Sunflower Oil  
1 clove Garlic, minced  
Black Pepper, freshly ground

### **Instructions**

1. Trim the broccoli, and remove the florets from the stems. Separate the florets into 1 inch chunks. If the stems are fibrous, peel them with a vegetable peeler, then slice the stems into roughly 1/2 inch chunks.
2. In a small bowl, stir together eggs, milk, 1/2 teaspoon salt and all but 1/4 cup grated cheddar cheese.
3. Preheat the broiler to high. Heat a 12-inch nonstick oven-proof pan over medium high heat and add bacon, if using. (If not using bacon, skip to next step). Cook the bacon, stirring occasionally, until crisp. Remove from pan with slotted spoon and drain on towel-lined plate. Wipe out pan with paper towel.
4. Place the same pan over medium high heat and add the oil. When it shimmers, add broccoli and sauté until tender, about 6 minutes. Stir in garlic and sauté until fragrant, about 30 seconds. Add in reserved bacon and season to taste with salt and pepper.
5. Give the egg mixture one more stir, then pour it into the skillet, tilting the pan to distribute the eggs evenly. Cook over medium heat for about 4 minutes, until eggs begin to set up. Sprinkle remaining cheddar cheese over the eggs, and place under the broiler until puffed, set and golden on top, about 2-3 minutes. Every oven's broiler is a little different -- if yours runs hot and fast, pull eggs out sooner, if your eggs aren't set, cook a little longer. Serve hot.