

THE TIPI TIMOES

September 27, 2012, week 21 (green EOW)

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THIS WEEK'S BOX CONTAINS:

Sweet potatoes, 3-3.5 lb
Yukina greens
Kohlrabi, 1
Broccoli, about 0.9 lb
Slicing tomatoes, 2.2 lb
Plum tomatoes, 2 lb
Italian frying peppers, 3
Colored bell peppers, 4
Onion(s)
Garlic

A few sites will get cherry tomatoes

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Winter squash, potatoes,
leeks, peppers, tomatoes
and more

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

REMINDER: PUMPKIN U-PICK DATE

Date: Sunday October 7
Time: 12 noon to 4 p.m.
Cost?: Pumpkins and
gleanings are free.

Look for more info in next
week's newsletter.

Winter shares are sold out. Thanks to everyone who signed up. I will send more information before the first delivery on November 8/9.

Summer or Fall? We see many signs of transition from summer to fall.

The crew has moved the lunch tables from shade to sun. We eat at picnic tables in our yard under the shelter of a broad maple. Now it's too cool in the shade so the workers dragged the tables out into the sun. They are as reliable as migrating birds.

I rode into cold air pockets as I biked to the far fields on Tuesday evening. Cold air collects in these lower fields. I noticed that the farm still smelled like summer. The soil was warm and smelled summery despite the cool air. The temperature dropped 35o that night and the scent disappeared by morning.

We harvested sweet potatoes on two dramatically different days. Our first harvest was on Friday 9/14, a picture perfect day. See picture. We're experimenting with how to harvest sweet potatoes, as this is only our second year growing them. We started by simply digging them by hand, a fun treasure hunt on a warm day.



We completed the harvest one week later, under threat of frost. By then it was drizzling and cold. Steve set up a tractor and digger to ease the harvest. It worked well until the soil got too wet. Then we returned to digging by hand. Everyone's new rainsuits (another fall ritual) were coated with mud. We couldn't quit or the potatoes would get damaged by cold. I don't have any photos of that day. Who would take a camera out under those conditions? Fortunately the sweet potato yields are terrific.

We protected tomatoes and peppers from frost this weekend. It was a big effort to get row covers and irrigation in place. The frost was light. We're glad there was not much damage but feel oddly cheated that the effort wasn't necessary. Isn't that a strange feeling?
Beth

Veggie Notes

Sweet potatoes - Sweet potatoes should be stored warm and dry. Your kitchen counter is perfect. Sweet potatoes get chilling injury below 55oF, so it is best to store them between 60 and 70oF.

Yukina greens - This relative of mustard greens is my favorite fall cooking green (although it is pretty tasty raw too). Both stems and leaves are edible. They reduce substantially when cooked. I stir-fry lots of garlic in olive oil, add chopped Yukina and stir until wilted and cooked. Season with a little balsamic vinegar and salt and pepper and a dusting of smoked paprika. Make a pan of cornbread, and you've got a meal.



Peppers - The pepper fields are so productive this year! We will continue to send them as long as we can. You'll get green, red, yellow, orange or ivory peppers.

Ivory 'Flamingo' peppers taste like green peppers when ivory but ripen to red. The pale peppers are lovely as they develop a red blush.

Another pepper roasting suggestion. I wrote earlier about easy ways to roast bell and Italian peppers in the broiler and grill. I also like grilling cut peppers on skewers to roast them. The grilled peppers are ready to use or freeze with a bit of grooming to remove burnt bits. You will find that this easier than roasting, peeling and seeding whole peppers.

Yukina and Sweet Potato Salad with Roasted Garlic Dressing

Contributed by Local Thyme. Dish Type: Brunch, First Course, Main Course, Side Dish · Total Time: 30-60 min. Yukina is an Asian green similar to mizuna, but with lovely stems and larger spoon-shaped leaves. Here we mellow the greens by heating the dressing just before tossing with the warm roasted sweet potatoes. This makes a hearty salad.

Servings: 4,

Prep Time: 15 mins,

Cook Time: 40 mins,

Total Time: 55 mins

Ingredients

1 head Garlic

1 1/2 tablespoons Olive Oil or Sunflower Oil

1 pound Sweet Potato, peeled and diced to 1/2 inch chunks

3 tablespoons Lime Juice

1 tablespoon Ginger, grated

2 teaspoons Agave Nectar or Honey

1 tablespoon Soy Sauce or Tamari

1 tablespoon Toasted Sesame Oil

1/4 cup Olive Oil or Sunflower Oil

1 head Yukina, washed, dried and torn into bite size pieces

Salt and Pepper, to taste

Instructions

1. Preheat the oven to 400°. Remove the outer papery skins of the garlic bulb down to one or two layers, keeping the garlic head intact. Slice off the tip of the garlic head to expose the tops of the garlic cloves, and rub the exposed garlic with 1/2 tablespoon oil. Wrap the garlic head in foil and roast in the oven for 40 minutes.
2. Place diced sweet potatoes on a rimmed baking sheet, and drizzle with 1 tablespoon of olive or sunflower seed oil. Toss and sprinkle with salt. Roast in the oven, stirring every 10-15 minutes, until the potatoes are tender and a little brown on the edges, about 25-30 minutes.
3. Squeeze the garlic head from the root end to extract the roasted garlic cloves from the bulb. Place the garlic, lime juice, ginger, honey and soy sauce in a blender and process until smooth. Drizzle in the sesame and olive oils and process again to emulsify. Taste and adjust seasonings.
4. Place the yukina in a large salad bowl, top with the roasted sweet potatoes. Warm the dressing, if desired, and toss the salad with the dressing immediately before serving. Add additional fresh ground pepper at the table.

Rosemary Sweet Potato and Tomato Soup

Contributed by Local Thyme. Dish Type: Brunch, First Course, Side Dish ·

Total Time: 30-60 Minutes

Using tomatoes and sweet potatoes bridges the divide of late summer and early autumn in this seasonal soup. The addition of crunchy toasted pumpkin seeds, or pepitas, makes this a stellar soup for special occasions.

Servings: 4

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Ingredients

2 cups Sweet Potato, peeled and diced to 1/2 inch chunks

1 tablespoon Olive or Sunflower Oil

1 cup Onion, chopped

1 clove Garlic, minced

2 pounds Plum Tomato, peeled, cored, and crushed

2 cups Chicken or Vegetable Stock

1 tablespoon Aged Balsamic Vinegar

3 sprigs Rosemary, leaves only, chopped

1/4 cup Toasted Pumpkin Seed

Salt and Pepper, to taste

Instructions

1. Heat a large saucepan over medium-high heat, and add the olive oil. When it shimmers, add the sweet potato and onion, and a pinch of salt. Sauté until the onion and sweet potato become slightly brown, about 8 minutes, and then add the garlic and continue to cook, stirring until fragrant, about 2 more minutes.
2. Add the crushed tomatoes and broth, and bring to a boil. Reduce heat to a simmer, and skim off any foam that rises to the top. Simmer for 20 minutes, or until the potatoes are tender.
3. Working in small batches, and taking care with the hot liquid, purée the tomato-potato mixture in a blender (or use an emersion blender). Wipe out the saucepan, and return the puréed soup to the pan. Stir in the balsamic vinegar, taste, and adjust seasoning.
4. To serve, divide soup among 4 bowls, and sprinkle each with fresh rosemary and some of the toasted pumpkin seeds.

Recipe adapted from Seattle Times, February 2012.

Chakchouka (Algerian Poached Eggs)

http://www.yummly.com/recipe/Algerian-Poached-Eggs-_chakchouka_-Recipezaar

CSA member Maegan Heindel recommends this recipe while we have "a wealth of peppers."

Serves: 5

Total time: 30 min Prep time: 10 min

3 tbsps olive oil
1/2 tsp cumin seed
1 tbsp paprika
1 onion (thinly sliced)
1 tbsp harissa (spicier deeper flavor optional)
2-3 garlic cloves (minced)
3 tomatoes (peeled seeded and diced can use good quality organic canned diced)
1 potato (small diced cubes)
1 green bell pepper (diced)
1 red bell pepper (diced)
1 green bell pepper (yellow bell pepper diced if not using add more red and green bell pepper optional)
1-2 chili peppers (heat optional)
1 cup water
kosher salt
ground pepper (fresh)
4 eggs
parsley (cilantro chopped)
black olives (optional)
capers (optional)

- 1 In a deep skillet, heat the oil over medium heat. Add cumin seed to the hot oil for about 15 seconds before you add the paprika. Stir in paprika and let cook slightly to color the oil, about 10-15 seconds.
- 2 Add the onions and garlic (add optional harissa here) and sauté until onions are translucent and wilted but not browned, about 5 minutes.
- 3 Add tomatoes and bring to a rapid simmer. Add peppers (also add seeded and diced chili peppers here if using) & potatoes, water and salt and pepper. Reduce heat to low, and simmer, covered, for about 10 minutes. Add more water as needed.
- 4 Form four small indentations in the simmering peppers to hold the eggs. Crack eggs, one by one, into a small bowl and slide each egg into an indentation. Cover and simmer another 10 minutes or so until eggs are cooked through.
- 5 Sprinkle with chopped parsley or cilantro and optional black olives and capers.
- 6 Serve with crusty bread or rice.