

# THE TIPI TIMES

October 11, 2012, week 23 (green EOW)

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

Acorn winter squash, 1  
Green cabbage  
Broccoli, 1.3 lb  
Green tomatoes, 3.2 lb  
Scallions  
Carrots, 2 lb  
Bell peppers, a few mixed  
green and red  
'Ringo' frying peppers, 2?  
Jalapeno hot pepper, 1  
Onions  
Garlic

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

Winter squash, peppers,  
sweet potatoes, greens,  
scallions and more.

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

## **PERISHABILITY INDEX FOR THIS WEEK'S PEPPERS**

Most perishable = Ringos  
Use these first.

Next most perishable =  
red bell peppers

Least perishable =  
suntan and green bell  
peppers,  
jalpenos

## **Schedule for remaining deliveries.**

Here is the schedule for our remaining boxes, including this week.

Oct. 11/12 = green EOW

Oct. 18/19 = purple EOW

Oct. 25/26 = final week for green EOW members

Nov. 1/2 = final week for purple EOW and weekly members.

## **Farm News; U-pick recap.**

We had a lovely farm event this past Sunday. Lots of members visited to pick pumpkins and glean crops from our fields. The weather cooperated in two meaningful ways. First, Sunday was a picture-perfect fall day, sunny and cool. Second, it did not get too cold on Saturday night. The forecast was dire, calling for 24oF, but the night stayed cloudy with temperatures in the 30's. All the gleaning crops stayed in good shape.

For those who've never visited during our fall party, we choose fields that we're done with, and offer them for gleaning (picking through the remainders.) It's a fun treasure hunt. Most (all?) of the gleaned produce would be wasted, so we're pleased to share.

We were bowled over by the attendance. We think that 450 people came to the u-pick. This was our biggest farm event ever.



At right, members glean tomatoes. The plants were damaged by frost, but they could still find good tomatoes here and there.

At left are pepper plants covered with row cover. These were not offered for u-pick because we are still harvesting from this field. We keep the peppers alive as long as possible.



*left.* Look what Christie found in the pumpkin field!  
*right.* Freshly-dug carrots are always a favorite.

## Veggie Notes

Acorn winter squash - We continue to send the 'short-season' winter squash. These types don't require curing, so they are full-flavored soon after harvest. They do not store for a long time, so eat them soon. Store at room temperature.

Bell peppers - We stripped a pepper field under threat of frost, so we have lots of 'suntans' right now, peppers that are half green and half red.

'Ringo' frying peppers (big yellow or green elongated peppers) - These are classified as frying peppers, but behave more like bell peppers when cooked because they are thick-walled and juicy.

Jalapenos - Like all the hot peppers this year, these are hotter than usual.

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

Carrots - The carrots this week and last week are the first fall carrots we've harvested. We were not sure what to expect, considering the difficult weather during the life of these carrots. We are very happy with the quality; flavor and texture are quite good.

Green tomatoes - Store in the refrigerator.

Our farm cooks use green tomatoes and encourage us to send them in the CSA boxes. It is an opportunity to send something with a sour/tangy/citrusy flavor, a note that is generally missing from our boxes. Here are their suggestions:

- Fried green tomatoes. This is the classic way to prep green tomatoes.
- If you prefer to avoid frying, try slicing the tomatoes, dredging in seasoned bread crumbs, then baking on an oiled cookie sheet until softened.
- Use as a substitute for tomatillos.
- Prepare your usual tomato sauce, but substitute chopped green tomatoes for red. Add a little water to the pot to start the cooking process, as it takes longer for green tomatoes to soften. The tangy sauce is excellent on pizza.
- Slice and add to casseroles.

I tried their last suggestion. I added thin green tomato slices when preparing lasagna, then baked the lasagna for one hour (I use the raw-noodle approach that requires long cooking). The green tomatoes were a great addition. They softened but kept their shape and tang. I also added sliced red peppers, onions, and minced raw beet greens to the lasagna. All were nicely cooked by the end of an hour.

## Laotian Charred Beef on Cabbage

*Dish Type: Main Course · Total Time: Under 30 Minutes*

Contributed by Pat and Laura of Local Thyme who write "The award winning cookbook "Hot, Sour, Salty, Sweet" taught me about how Southeast Asian cuisines strive for a balance of these flavors in their dishes. One of the recipes in the book also introduced me to an unusual cooking method whereby you char your meat on the grill, then finish cooking it in a flavorful broth. This keeps the meat very moist and imparts lots of flavor to the meat. Just be careful to not overcook your beef - get the grill or grill pan good and hot to sear it, then watch the color when you toss it into the broth - take it out before it loses all of its pink."

*Servings: 4*

*Prep Time: 15 minutes*

*Cook Time: 5-15 minutes*

*Total Time: 20 minutes*

### Ingredients

- 1 cup Jasmine Rice
- 1 pound Boneless Sirloin Steak
- 1 teaspoon Black Pepper, *freshly cracked*
- 1/2 cup Beef Stock
- 3 tablespoons Lime Juice
- 2 tablespoons Fish Sauce
- 1 teaspoon Sugar
- 1 teaspoon Roasted Rice Powder, *optional* \*
- 1/3 cup Onion, *thinly sliced, rings separated*
- 4 Scallion, *trimmed, halved lengthwise, cut into 1/2 inch lengths*
- 1 Jalapeño Pepper, *minced*
- 1/2 cup Mint
- 1/2 head Cabbage, *cored and slivered*

### Instructions

1. Cook rice according to package instructions.
2. Heat grill, grill pan, or broiler to high heat. Rub meat with black pepper. If grilling, place on grill grate above direct high heat and char for about 2-3 minutes per side. If broiling, place in broiler pan on highest rack and broil 2-3 minutes. Very thinly slice meat against grain.
3. Meanwhile, simmer together in a medium saucepan the broth, lime juice, fish sauce, and sugar. Toss in the rice powder if using, and meat. Immediately remove from the heat.
4. Toss meat and broth with onion, scallions, jalapeño and mint. Mound 1/4 rice and cabbage on each plate, then divide meat/broth mixture over the rice and cabbage. Serve hot.

\* Roasted rice powder is known in Thailand, Laos and Vietnam for its pleasant flavor and slight texture in cooked salads. To make roasted rice powder, toast jasmine or sticky rice in a dry skillet over medium high heat, stirring constantly, until golden brown. Transfer to a spice or coffee grinder, or a mortar and pestle, and grind to a powder.

## Green Tomato Chutney

*Contributed by Local Thyme. Dish Type: Appetizer, Breakfast, Brunch, First Course, Side Dish · Total Time: Under 30 Minutes*

This is a great way to preserve the bounty of tomatoes. This will go great with scrambled eggs or roasted meats. Chutney will store for about 4 days in the fridge, or it can be packed into jars and frozen.

*Servings: 6-8*

*Prep Time: 10 minutes*

*Cook Time: 12 minutes*

*Total Time: 22 minutes*

### Ingredients

- 1/4 cup Almond or Cashew, *raw, coarsely chopped*
- 3 tablespoons Butter or Olive Oil
- 2 teaspoons Black Mustard Seed
- 1 teaspoon Coriander Seed
- 1 teaspoon Red Pepper Flake, *more or less, as desired*
- 1 teaspoon Cumin Seed
- 1 Onion, *cut into 1/2 inch chunks*
- 2 pounds Green Tomato, *chopped 1/2 inch chunks*
- 1/4 cup Cilantro, *chopped*
- Salt and Pepper, *to taste*

### Instructions

1. Place a large heavy skillet or Dutch oven over medium heat, and place the peanut, butter or oil, mustard and coriander seeds and red pepper flakes in the skillet. Sauté over medium heat until the spices become fragrant. Add the cumin seed and continue to toast while stirring, for an additional 2 minutes, so that the nuts start to develop a golden color.
2. Add the onion to the pan, and a good 1/2 teaspoon of salt, and continue cooking until softened, about 4 minutes. Add the chopped tomatoes, and continue stirring until the tomatoes just start to break down a little, and soften, about 5 minutes more. Remove from the heat and stir in cilantro. Adjust season by adding more salt or pepper. Serve along side scrambled eggs for dinner, brunch or breakfast.

Recipe adapted from Mark Bittman's *How to Cook Everything Vegetarian*