

# THE TIPI TIMES

November 1, 2012, week 26 (purple EOW)

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

Butternut squash  
Red or green cabbage  
Carrots, 2 lb  
Parsnips, 1.5 lb  
Carrots & parsnips are bagged together  
Collard greens  
Leek, 1 large  
Beets, 2 lb  
Broccoli  
Garlic

## **LEEK'S INSTEAD OF ONIONS**

Our onion crop looked wonderful at harvest in early September, but 50 - 70% have rotted since. We think the rot is related to insect damage during late summer. There are still a few good onions mixed with the bad ones, but sorting them is extremely slow and uncertain. Fortunately, our leek crop has done very well, so we continue to send them as a reliable substitute for onions.

**This is the final regular-season CSA delivery.** Please make sure that all members of your CSA share know that the season is over.

**2013 Enrollment** We expect to open registration for our 2013 season next week. Watch for an email from us.

**Comments for us?** We are not conducting a formal survey this year. However, we are very interested in your experience with us this year. I've set up a link where you can offer us comments anonymously. [Click here to send us your comments.](#) We are interested in your thoughts about the produce, your pick-up site, communication from us, newsletter recipes, farm events, etc. Really, we appreciate feedback on any topic. Thanks.

**Goodbye!** This is our last regular-season CSA delivery, so it is time to say goodbye. Thank you for being members of our farm this year. It was a roller coaster year, wasn't it? This was the most extreme farming season we've ever experienced: extremely early spring, extreme drought, extreme heat during the summer, and extremely healthy plants (at least the ones that lived). From a late-October vantage point, we are thrilled with how well our summer efforts bore fruit. The late summer and fall crops stayed very healthy, as they often do in dry weather. We wrote often about the challenges this summer. Now we find that we are experiencing one of our best fall seasons ever. We will be glad to wrap up our outdoor work in mid-November. Then we move indoors to wash and ship our stored cabbage, carrots and other root crops through the winter.

Steve has winter plans. He's subscribed to six new magazines. I believe he's going to sit on the couch all winter and read about science, sports, culture and outdoor adventures. I notice that he did not sign up for any new agricultural publications. The new magazines have begun to arrive. He looks at them longingly, puts them in a stack, and goes back to work. A few more weeks and he will be free from his intense work schedule.

I plan to buy myself new cross-country skis and look forward to cleaning the house after the fall harvests are done. Our house is distressingly muddy and messy by this time of year. I visited a friend who is married to a computer scientist and remarked "Wow, your house is filled with computers." She said "Well Beth, isn't your house filled with vegetables?" I guess it is. There's my curated sweet potato collection, organized by harvest date. There are the winter squash that I brought into the house one-by-one because they looked unusual in some way. There's our stash of potatoes for the winter. We have experienced terrific 'pumpkin creep' this year, as the kids hauled back 'just one more' treasured pumpkin.

We hope to take a mid-winter trip to Latin America but haven't chosen the destination yet. We've enjoyed several trips to Nicaragua but want to explore a new country this year. Let us know if you have suggestions for Panama or Costa Rico, our current top choices.

We hope to feed you again next year! In the meantime, you can purchase our stored veggies at the Willy Street and Outpost Coops, at Basics Coop in Janesville and Whole Foods in Madison. Thank you for your commitment to our farm this year. Have a wonderful winter!

*Beth*

**Veggie Notes Parsnips (long white roots)** - Those long, white roots are not carrots, they are parsnips. The two vegetables are related. Unlike carrots, parsnips are rarely eaten raw, although I've heard of parsnip slaw. When cooked, parsnips are sweet and starchy. Try to brown them so the sugars caramelize. That gives them the best flavor. The most extreme example of this I've experienced was parsnip chips, thin parsnip slices fried in hot oil like potato chips. They were brown and incredibly delicious. Here are a few ideas about how to prepare parsnips:

- You can caramelize the parsnips by roasting them in a vegetable medley.
- Parsnip fries are delicious: cut like French fries, coat very lightly with oil, place on a cookie sheet and roast in a hot oven until cooked through and browned.
- Try substituting grated parsnips in a potato pancake recipe. They brown beautifully and are very tasty.
- Our favorite way to prepare parsnips is to pan-fry them with onions and garlic.

### **Pear Parsnip Puree**

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

Surprisingly simple, yet such a complex taste. Simply steam and puree, and serve as a side dish. The pear plays off the sweet notes of the parsnip. This makes a great bed for roasted fish or chicken, or can be matched with a hearty salad for a meal.

Prep Time: 5 mins, Cook Time: 12 mins, Total Time: 17 mins

#### **Ingredients**

- 12 ounces Pear, peeled and chopped to 1 inch cubes (about 1 heaping cup)
- 1 1/2 pounds Parsnip, peeled and sliced to 1/2 inch (about 3 and 3/4 cups)
- 1/2 cup Heavy Cream, or substitute Greek yogurt, if desired
- Salt and Pepper, to taste

#### **Instructions**

Prepare a steamer basket over one inch of boiling water. Place the parsnips and pear in the steamer basket, cover and steam until tender, about 10 minutes. Transfer pear and parsnip to a blender or the bowl of a food processor, add cream or yogurt, and puree until smooth. Adjust seasoning with salt and pepper.

### **Black Eyed Peas and Collard Greens**

Contributed by Local Thyme. Grab some cornbread to sop up this stew -- you will be living large, southern style, with this delicious meal!

Servings: 4, Prep Time: 10 minutes, Cook Time: 45 minutes, Total Time: 55 minutes

#### **Ingredients**

- 2 x 14 ounce can Black Eyed Peas, drained and rinsed
- 1 tablespoon Olive Oil
- 1/2 Leek, chopped
- 4 cloves Garlic, minced
- 1/2 pound Smoked Turkey Breast or Ham, cut into cubes
- OR \*
- 1 dash Liquid Smoke
- 6 cup Chicken or Vegetable Stock
- 1 bunch Collard Greens, center stems removed
- 1 dash Hot Sauce
- 1 teaspoon Cider Vinegar
- Salt and Pepper, to taste

#### **Instructions**

1. Heat olive oil in a soup pot over medium high heat. Add leek and garlic and sauté until wilted about 6 minutes. Add in diced meat or liquid smoke, beans and stock, bring to a boil, reduce to a simmer and cook until flavors meld, about 15 minutes.
3. Thoroughly clean and rough chop your greens. Stir greens into soup and simmer for about 20 minutes. Season soup with hot sauce, vinegar and salt and pepper to taste.