

THE TIPI TIMES

November 8, 2012, first winter share delivery

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THIS WEEK'S DELIVERY:

"A" BOX (large box)

Cranberries, 1 pt
Carrots, 5 lb
Red beets, 3 lb
Daikon radish, 1 or 2
Fennel bulbs
Leeks, 3 lb
Cauliflower
Romanesco broccoli
Pak choy or red bok choy
Satina potatoes, 5 lb

"B" BOX (small box)

Mixed winter squashes, 4
Purple Majesty potatoes, 2.5 lb
Sweet potatoes, 4.75 - 5 lb
Yellow onions, 3.8 lb
Garlic

HERE IS OUR BEST GUESS OF WHAT THE DECEMBER 6/7 DELIVERY WILL CONTAIN:

Cabbage, golden beets, carrots,
celeriac, garlic, leeks, parsnips,
two types of potatoes, rutabaga,
Romanesco broccoli or greens,
winter radish and (we hope!) one
butternut squash.

RECIPES

Visit our recipe archives for
cooking ideas:

<http://www.tipiproduce.com/recipes/>

***THE SECOND (and final) WINTER SHARE DELIVERY
will be on Thursday December 6 (Madison,
Middleton, Oregon and Evansville) and
Friday December 7 (Milwaukee area, Janesville).***

THINGS YOU NEED TO KNOW:

- * YOUR DELIVERY WILL CONSIST OF TWO DIFFERENT BOXES, labeled "A" and "B". They contain different vegetables. Take one "A" box and one "B" box.
- * Please pick up your box on the day of delivery.
- * We are sending most of the sweet potatoes and winter squash in this first delivery. We don't have enough warm storage space here at the farm to store them well. They are safer stored in your house. If it holds up, we will deliver one more squash in the December boxes.
- * The first delivery will be a bit larger than the second delivery (in December). Don't feel that you have to eat all this food before the next delivery! Much of it will store quite well. See below.

WINTER SHARE STRATEGY

- * These vegetables are the most perishable: fennel, pak choy, cauliflower, acorn squash and any flawed squash.
- * These are the next-most perishable: Romanesco broccoli, onions, leeks, cranberries, daikon.
- * These will last the longest: beets, carrots, garlic, potatoes, sweet potatoes, butternut squash. The winter squashes should be watched carefully. Use them quickly if you see any signs of deterioration.

STORAGE INFORMATION

Beets - Refrigerate in a plastic bag. Beets will store for two months or longer.

Carrots. Refrigerate in a plastic bag. Will keep for several weeks.

Cauliflower. Refrigerate. Don't be alarmed by frost damage on the wrapper leaves. The leaves freeze in cold weather but the heads do not. We leave the wrapper leaves on because they cushion the cauliflower head during packing.

Cranberries. Refrigerate. Freeze if you don't expect to use within several weeks. These organic cranberries are from Ruesch Farms in central Wisconsin. They are of very beautiful quality because they were harvested by 'dry raking' instead of a wet harvest in which the field is flooded. Brian Ruesch says that dry raking is more work for them but preserves the quality and storage life of the cranberries.

Daikon (long white root) - Refrigerate. These will last for several weeks without problem. For longer storage, keep covered with a cloth or plastic bag to avoid wilting. The skin may discolor with longer storage, but daikons are easy to peel. These radishes are good cooked or raw. Grated daikon is a nice addition to salads. We often make a salad of grated carrots and radishes, with Asian-style dressing (rice vinegar, mirin, sesame oil, soy sauce, minced garlic)

Fennel (fat bulbs that smell like anise) - Cover and refrigerate.

Garlic. Can be stored at room temperature.

Leeks. Refrigerate and eat within three weeks. Leeks are not a long-storage crop. You may need strip off one or two outer leaves to freshen the leeks before you cook them.

Onions: Please refrigerate your onions. As I wrote a few weeks ago, our onions are not holding up well. Our crew graded these onions very carefully to send you the best we have. It is difficult to identify all the onions with internal problems so don't be surprised if there's a bad one in your bag.

Pak choy. Refrigerate and eat soon.

Potatoes. Can be stored at room temperature or in a cool spot, but must be kept in the dark, or they will turn green. They will store longer if kept cool. Around 40 - 50oF is ideal. Keep them in the paper bag we sent them in, or cover the potatoes with a cloth. The potatoes are from Chris Malek of Malek Family Stewardship Farm (Purple Majesty) and Igl Family Farms (Satinas). Everyone will receive 5 lb. Satina potatoes. These have light yellow flesh and are a good all-purpose potato. Everyone will also receive 2.5 lb of purple-fleshed potatoes. They are a pretty addition to roasted potato dishes.

Romanesco broccoli (pale green conical head, possible tinged with purple)- This is one of our prettiest vegetables. Look at it closely to appreciate its branched beauty and repeating spiral pattern. It is called broccoli, but is closely related to cauliflower which it resembles in flavor and texture. Like broccoli and cauliflower, it is fine eaten raw or cooked. It requires cooking times intermediate between the two. Don't overcook it. I usually steam it, then dress it simply with a butter-lemon-garlic-mustard sauce.

Sweet potatoes - Store at room temperature, no lower than 55oF. Keep them on your kitchen counter where it's easy to keep an eye on them. The roots come in a wide ranges of sizes and all are good. Some roots are quite big because we grew them under heat-gathering plastic mulch. The extra warmth really sped their growth. Many roots have healed cut marks from trimming at harvest. The sweet potatoes are not washed. We didn't want to wet them this time of year without a warm place for them to dry.

Winter squash - You will receive four mixed squashes. Everyone gets two butternuts (tan, long). You will also receive two of these three types: buttercup (dark green, round but flat) OR acorn (dark green, round) OR Sunshine (orange). Everyone will receive one squash with minor flaws. Identify that squash and eat it soon.

Store all winter squashes in a cool, dry place. 50oF is ideal. Do not put in a plastic bag. Cook the acorn soon; this squash is not intended for long-term storage and should be eaten soon. Some may be beginning to soften inside. That is a harmless indication of maturity. Inspect all the squash frequently and cook them if you see any soft spots developing. You can cook and mash the squash and freeze for future use. I find that you can refrigerate cut raw squash for up to one week. This runs counter to the accepted way to store squash, but is useful if you want to cook just half a squash at one time.