

# THE TIPI TIMES

May 13/14, 2010, week 1 (green EOW)

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

Asparagus, about 1 lb.  
Green garlic  
Green leaf lettuce  
Radishes  
Arugula  
Gold Rush potatoes, 3 lb.  
Parsley  
Rhubarb, 1.5 lb.

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

Spinach, asparagus,  
lettuce, radishes, green  
garlic, rhubarb, and more

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

## **STARTING EARLY THIS YEAR.**

Thank you for joining us this season, and thank you for adapting to our early starting date. We decided to begin our CSA deliveries one week early this year because of the unusually warm spring weather. All of our perennial crops are two weeks advanced in their growth. That means the asparagus, rhubarb, green garlic and parsley were ready to harvest, and we want you to have these fresh foods while they are at peak quality. The annual crops we've planted this spring (lettuce, turnips, spinach, etc) have also grown quickly, so it was a clear decision to advance the first week of deliveries. Our CSA season will still span 26 weeks, so the CSA will end one week earlier than originally planned.

## **NEW SCHEDULE FOR EVERY-OTHER-WEEK (EOW)**

**MEMBERS.** We have devised a new schedule for EOW members. Each EOW share is assigned a color, either green or purple. The color determines your delivery schedule. Please refer to the information packets that we distributed by email on May 1 and May 2 for the exact delivery dates for your share. I only sent the color assignment to the primary household for each EOW share. Please share that information among yourselves, so that each person picking up the box knows the schedule, and knows what to do when they arrive at the pick-up site. Weekly members are not affected by the new schedule.

*Beth*

## **THINGS YOU NEED TO KNOW**

- The first three boxes of the season are always the lightest. EOW members, do not worry that you have signed up for the wrong share. Later deliveries will be bigger.
- We will distribute our newsletter by email only this year.
- We will be using two email addresses this year:  
[tipi@ticon.net](mailto:tipi@ticon.net)  
[csa@tipiproduce.com](mailto:csa@tipiproduce.com)

Please add both addresses to the address book in your email program. Then (under 'preferences'), make sure that you allow 'messages from senders in your address book to be exempt from junk mail filtering.' The exact language will differ for each email program. I am eager to be certain that our emails are getting past your spam filters.

- EOW members, we assume that you read all the newsletters, even on weeks that you do not receive a box. We rely on the newsletter to communicate with everyone. You do not want to miss important information, or a good recipe, or a chance to purchase extra tomatoes.

**VEGGIE NOTES.** Some of the produce will need careful washing this week because of the rainy weather. We wash everything here at the farm, but there's still grit in the lettuce and the asparagus. **Asparagus** - Enjoy this spring treat! You will receive either green or purple asparagus. The purple variety will turn dark green when cooked, and the flavor is almost identical to normal green asparagus. The best way to wash asparagus is to submerge it in water, soak briefly, then swish vigorously and pull out of the water with the tips pointing down. The draining action helps pull the grit out of the asparagus tips. Repeat several times.

**Storage:** Asparagus is perishable, so eat it as soon as possible. If you must store it for a while, wrap the bundle in a paper towel and then store it loosely in a plastic bag. The asparagus tips tend to rot if in direct contact with the plastic bag. We snap our asparagus at harvest, rather than cutting it. Therefore, there is no need to snap the stalks to remove fibrous ends. For the same reason, it is not necessary to peel the asparagus stalks. It's OK to trim the end a bit.

**Cooking:** Put the asparagus in a steamer pot over water. Alternatively, you can lay spears flat in the bottom of a broad pan, with ½ inch of water. Cover and steam over medium heat until just tender. Use two forks or a spatula to turn the asparagus during cooking, rotating the bottom spears in the water to the top. Drain and serve. Also excellent if dressed with vinaigrette and broiled or grilled.

**Green garlic - (looks like scallions)** - Last fall, we planted small heads of garlic. The cloves sprouted and grew into the stalks we've sent today. If left to grow, the fat bulb on this week's garlic would divide and form the usual cluster of cloves in a garlic bulb. Green garlic is more pungent than scallions, so slice thinly and use sparingly when raw. It mellows nicely when cooked. The easiest way to use it is to chop it and add it to any cooked dish that would benefit from garlic. You will have to peel off and discard the outer layer. Use the white bulbs and pale green stems. Do not use the leaves or dark green stems, as these are fibrous.

**Lettuce** - You will receive green leaf lettuce this week.

**Arugula - (small bunch of green leaves with pungent scent)** - This is good mixed with lettuce or spinach in salads or in cooked dishes such as lasagne or quiche. I really like it on sandwiches. Cover and refrigerate.

**Potatoes** - These certified organic russet potatoes are from our friends Dave, Barb and Jesse Perkins of Vermont Valley Farm. They harvested the potatoes last year and held them in cold storage over the winter. Please refrigerate and protect from light. The potatoes are in good shape, but they are ready to sprout.

**Parsley** - This lovely parsley was planted and harvested last year, and then survived the winter under a cover of snow. Quality is excellent, as the parsley had a chance to grow in mild spring weather.

**Rhubarb** - Refrigerate in a plastic bag. FYI, 1.5 lb of rhubarb will yield about 5 cups when chopped.

**Stewed rhubarb:** This is the simplest way to prepare rhubarb. Chop rhubarb into one inch chunks. Stir over medium heat with a small amount of water in the bottom of the pan. The rhubarb will release moisture as it cooks. Stew until it softens and falls apart. Sweeten to taste with honey or sugar. Eat warm on its own, over vanilla ice cream, on pancakes, etc.

## **FRUIT MUFFINS**

Adapted from Deborah Madison's "Vegetarian Cooking for Everyone."

Beth's notes: This is our family's standard whole-grain muffin recipe, good with most types of fruit that are not too wet. Use the larger amount of brown sugar if adding rhubarb to the batter. When using raspberries, we find that you can add up to 2 cups of berries. Sprinkle with some coarse-grained baker's sugar to dress up the muffins.

2 1/2 cups whole-wheat pastry flour  
2 tsp. baking powder  
1 tsp. baking soda  
1/2 tsp. salt  
1/2 to 3/4 cup packed brown sugar  
3/4 cup chopped roasted almonds  
3 handfuls chocolate chips (optional)

2 eggs, lightly beaten  
1 1/3 cups buttermilk, or yogurt thinned with water to the consistency of buttermilk  
1/3 cup canola oil  
2 tsp. vanilla extract

1 cup of any of the following fresh or frozen fruits:

raspberries, blackberries, blueberries (tossed with one tablespoon of flour); finely diced rhubarb or apples or pears or cranberries; or pineapple (chopped in small pieces)

Preheat the oven to 375oF. Spray, oil, or butter muffin tins. Mix the dry ingredients in one bowl and the wets in a second bowl, then combine them with a few swift strokes, then add the fruit. Using a rubber spatula, stir the batter up from the bottom of the bowl to make sure that there aren't any pockets of flour or fruit. Don't beat the batter and don't worry about a slightly uneven appearance. Spoon or scoop the batter into the tins, going nearly to the top for a nicely rounded muffin. Bake in the upper third of the oven until browned and well risen, about 25 minutes. Turn out the muffins and serve.

**QUICHE IDEAS.** Many of this week's vegetables are good in quiche. Here are suggestions for preparing the vegetables before you include them in a standard quiche recipe.

**Green garlic** - Thinly slice 5 stalks green garlic. Saute in a small amount of olive oil until fragrant, translucent, and slightly browned, about 2 minutes.

**Arugula** - Include 1/2 cup loosely packed raw arugula, thinly sliced into ribbons

**Asparagus** - Add some cooked, chopped, well-drained asparagus.

**Parsley** - Add minced fresh parley according to your taste, 2 tablespoons or more.