

THE TIPI TIMES

August 26, 2010, week 16 (purple EOW)

Tipi Produce, 14706 W. Ahara Rd., Evansville, WI 53536, 608-882-6196, tipi@ticon.net, csa@tipiproduce.com

THIS WEEK'S BOX CONTAINS:

Musk- or watermelon
Edamame soybeans
Green leaf lettuce
Globe eggplant, 1
Slicing tomatoes, about 4.5 lb
Red bell peppers, 3
Carrots, 1.7 lb.
Red or 'Candy' onions
Pickles or cucumbers
(Most will get pickles.)
Zucchini/summer squash, 1
Romano beans OR
1-2 heirloom tomatoes OR
broccoli

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Melons, carrots, cabbage,
beans, tomatoes, garlic, etc.

FARM NEWS - We are at the peak of tomato season, and have lots of slicing tomatoes for you again this week. These juicy tomatoes are great for salad, soup, salsa, and juices. FYI, we will have a period of time with few herbs. Our cilantro and dill plantings died in heavy rains in July. A new disease (downy mildew) is attacking our basil, and I don't know if we'll be able to harvest from that field again. So pick up some herbs if you need them to make salsa, etc. We will have parsley and garlic soon.

WINTER SHARE. We offer a winter share for hungry members who want to extend their CSA season. Our winter share consists of two deliveries, the first on November 11/12 and the second on December 9/10. The dates are different than those printed in our 2010 brochure. Advancing our spring starting date by one week (way back in May, remember?) now allows us to space the two winter deliveries four weeks apart. Please note that you must sign up for both deliveries.

Cost: The cost is \$141 for the two deliveries.

Deadline: The deadline to register is Monday September 21. We need advance notice to order potatoes and cranberries. To sign up, complete the form below and mail to us with payment. Our winter share is limited to 150 shares this year. The Outpost stores may sell out early, as our space at those sites is limited. We only have three shares left at Outpost/Capitol Drive, but there are more unsold winter shares at the other two Outpost stores.

The produce: These deliveries will be much larger than deliveries during the CSA season. We expect to pack two large boxes for each winter share delivery. The exact contents of the two deliveries will depend on the weather, and what is available and good quality. Each delivery will include potatoes, carrots and onions, plus a mix of stored crops such as various winter squash, leeks, garlic, cabbage, beets, celeriac, parsnips, rutabagas and winter radishes. When possible, we will include something fresh from the garden such as Brussels sprouts, cauliflower, broccoli or greens. Some veggies will need to be refrigerated, but other can be stored at room temperature.

Not sure if you already ordered a winter share? I sent confirmation e-mails this afternoon (Wed. 8/25) to members who have already signed up for the winter share. These winter shares were registered under the name of the share's primary member, so the confirmation email went to that household only. Please communicate among yourselves. Contact me ASAP if you have signed up for the winter share, yet didn't receive a confirmation.

TIPI PRODUCE WINTER SHARE

Deadline: We must receive your form and payment by Monday September 21.

Clip this form and send with payment to Tipi Produce, 14706 W. Ahara Rd., Evansville, WI 53536.

The cost is \$141 per share. Each share consists of two large deliveries.

_____ number of winter shares x \$141.00 cost per share = _____ total due

Name _____ Pick-up site _____

VEGGIE NOTES.

Edamame edible soybeans (bundle of stems with pods) - The pods have continued to plump up and are very tasty right now. To clean, pull the pods from the stem, submerge in water and rub between your hands to clean. Boil until the beans are quite tender. Season with salt and pop the beans out of the pods into your mouth.

Eggplant - See the 7/22/10 newsletter for preparation suggestions.

Lettuce - We have some summer lettuce for you again. This time of year, we harvest lettuce heads while small, before they turn bitter.

SALES OF EXTRA TOMATOES AND RED BELL PEPPERS.

We expect to have extra tomatoes and red peppers to sell again this coming week, but don't know for certain yet. I will send an email on Sunday or Monday night if we do have enough to sell.

Beth's note; we are sending most (but not all) of the ingredients for this dish. It is a flexible recipe, good with some cooked green beans or edamame scattered in.

RATATOUILLE SALAD (and the tale of an eggplant convert)

Adapted from Betty Crocker's Cookbook.

CSA member Gail Winter contributed this recipe. Gail writes "This is a recipe that I prepared to take to a potluck to use up eggplant, but it turned out so well that I decided to eat it at home rather than sharing. My plan was to make this to use the eggplant (thinking that someone at the potluck would like eggplant dishes) rather than having the eggplant end up in the compost. However, in the process of preparing this dish with Japanese eggplant, the girls and I discovered that we liked it when stir fried according to instructions provided in one of your previous newsletters. I liked the salad below, but the kids definitely liked the eggplant best when it was still hot right after stir frying it."

1 small eggplant, about 1 pound (or substitute unpeeled Japanese eggplant)
1 Tbsp. olive oil
2 medium tomatoes, chopped (about 1 1/2 cups)
1 medium raw zucchini, thinly sliced
1 small onion, sliced and separated into rings
1 small green (or red) pepper, chopped
1/2 cup snipped parsley
Basil Dressing (see below)

Peel eggplant and cut into 1/2 inch cubes. Heat 1 Tbsp. olive oil in a hot skillet. Stir-fry the eggplant for 5 to 8 minutes until tender. The oil will be almost instantly absorbed, but resist the temptation to add more oil. Instead, stir the eggplant the entire time while it is cooking.

Mix eggplant, tomatoes, zucchini, onion, green pepper and parsley; toss with Basil Dressing. Cover and refrigerate at least 4 hours. After the salad is refrigerated for 4 hours, the zucchini no longer tastes raw.

BASIL DRESSING

1/2 cup olive oil
2 tablespoons lemon juice
1 teaspoon salt
1/2 teaspoon dried basil leaves
1/2 teaspoon dry mustard
1/8 teaspoon pepper

Shake all ingredients in tightly covered container.