

THE TIPI TIMES

October 14, 2010, week 23 (green EOW)

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THIS WEEK'S BOX CONTAINS:

Buttercup winter squash
OR Sunshine kabocha
OR acorn
OR delicata
OR Sweet Dumpling
Satina potatoes, 3.4 lb
Brussels sprouts, 0.75 lb
Carrots, 2 lb
Bok choy, green or red
Lettuce
Peppers, a few
Tomatoes, maybe 1 or 2
Onions
Parsley

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Butternut squash, greens,
celeriac, leeks, and more

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

MENU IDEAS

Fall soups become appealing again as the weather cools. Many of this week's ingredients that can be included in soup preparation:
winter squash
potatoes,
carrots,
bok choy,
onions,
peppers,
parsley

FARM NEWS - We've made good use of the Indian summer. Steve, the kids and I went swimming at Yellowstone Lake on Sunday. How often do you get to swim on October 10 in Wisconsin? The warm weather has been a blessing for our farm work. Quite a few jobs are easier in weather like this. For example, it's easy to bunch parsley on a dry, warm day. Imagine the same chore when it's cold and wet. You cannot wear gloves because the bunching work requires dexterity. We chose to put parsley in this week's box for that reason (plus it goes well with potatoes).

I asked some of the crew members which fall jobs they feel have been eased by the recent weather. Kerry pointed out how difficult it is to strip, prep and wash leeks when the temperatures is below freezing. Smitty thinks pulling old plastic mulch out of the frozen ground is a particularly difficult fall job. We've been able to clean up almost all the plastic mulch, a record for this time of year. When I asked Maggie 'Polar Bear' Schley what she appreciated about the warm weather, she said she really doesn't like it and is waiting for the weather to turn cold again. Well. We all agreed that the moderate weather has eased the urgency and tension that comes with harvesting in cold, wet weather.

The dry weather comes with a cost; our crops now need rain. Unfortunately, the irrigation well is still out of commission due to the September lightning strike. The sophisticated electrical panel has been replaced, which allowed us to assess the pump. Apparently the motor is damaged. Our 'irrigation well guys' are scheduled to replace the pump motor. We hope to be able to irrigate again by next week, an unusual job for late October.
Beth

Unpaid bills for basil, strawberries, tomatoes and peppers.

Earlier this evening, I sent bills to all members with unpaid balances for extra produce purchases. It's time to pay up. Let me know if you have any questions.

VEGGIE NOTES.

Brussels sprouts - The first sprouts of the year! They have been through several nights of frost, which sweetens them. If you are a new CSA member, please approach Brussels sprouts with an open mind. Many of us grew up eating awful, overcooked Brussels sprouts. These Brussels sprouts are completely different, especially after frost. Here is how we cook Brussels sprouts: Wash the sprouts and trim the cut ends. Cut an X in the stem end of large sprouts. Cut a single slit in small or medium sprouts. This does two things. It helps the Brussels sprouts cook evenly, plus it allows them to soak up any marinade or dressing. Place in a pot with one inch of water in the bottom and steam until tender, 7 to 14 minutes. If the sprouts are uneven in size, then set aside the smallest ones and add to the pot after the larger ones have cooked for a few minutes. Don't overcook them! You can also oven-roast Brussels sprouts. I often mix cooked sprouts with thinly sliced onion and bell pepper. When dressing the sprouts,

whatever you mix with them first will be absorbed into the stem cut. For that reason, blend dressings well before mixing them with the cooked sprouts. Here are a few dressing ideas for cooked sprouts:

- Sherry vinegar/olive oil/Dijon mustard/garlic/white wine/salt and pepper
- Balsamic vinegar/olive oil/garlic/salt and pepper
- Lemon juice and zest/melted brown butter/poppy seeds/white wine/garlic/salt

Winter squash - Most members will receive buttercup (green) or sunshine kabocha (orange). These types have flesh ranging from moist to dry and crumbly. Store at room temperature. Microwave on high for one minute to make cutting and peeling easier. A few members will receive acorn squash or delicata or Sweet Dumpling.

Satina potatoes - These yellow-fleshed potatoes are from Brian and Tom Igl of Igl Potatoes near Antigo. Our usual potato grower (Doug Rouse) has struggled with wet weather this season. We'll have more of his potatoes in a few weeks.

Carrots - These are the first carrots from our fall harvests. You might notice an increase in quality over the carrots harvested in summer. These later plantings mature during cooler weather, resulting in better flavor and overall quality.

Tomatoes - These really are the last tomatoes.

Peppers - You might receive Italian frying peppers or bell peppers or small Yummy peppers. All the peppers are sweet this week, i.e., there are no hot peppers. These are the last sweet peppers of the year. We'll send some hot peppers or chiles.

Indian Squash and Split Peas

From Farmer John's Cookbook, *The Real Dirt on Vegetables*. Serves 4-6.

The winter squash is far more versatile than the standard halved-and-baked-and-sweetened version (good as that is) would have you believe. Here is an excellent savory way to use up some butternut, acorn or red kuri squash. Served with basmati rice and your favorite greens, this makes the perfect winter meal.

Angelic Organics kitchen, adapted from "The New Laurel's Kitchen."

1/3 cup shredded unsweetened coconut

1 1/2 tsp. ground cumin

1/2 cup very hot water

1/2 cup yellow split peas

1 tsp. fennel seeds

2 cups water, divided

1 tsp. salt, divided

2 lb winter squash (1 large butternut or buttercup, 2 medium acorn, or 4 to 5 delicata), peeled, seeded, cut into 3/4-inch cubes, about 6 cups

1/2 tsp. turmeric

1 Tbsp. ghee or oil

1 tsp. black mustard seeds

1/2 tsp. dried red pepper flakes

Stir the coconut and cumin into the hot water; set aside.

Combine the split peas and fennel seeds in a saucepan. Add 1 cup of water. Partially cover and boil until peas are soft, about 30 minutes. (The peas will absorb most but not all of the water.) Remove from heat. If necessary, add more water to reach the consistency of oatmeal. Add 1/2 tsp. of the salt to the cooked peas and stir well.

Place the squash in a large skillet. Add the remaining 1 cup of water and the turmeric. Bring to a boil, reduce heat, and cover. Simmer for 10 minutes, then uncover and simmer until most of the water has evaporated and the squash is soft, 10 to 20 minutes. Stir in the remaining 1/2 tsp. salt.

Puree the coconut and its soaking water in a blender or food processor until very smooth.

Combine the peas, coconut and squash in a saucepan over medium-high heat; simmer until mixture is heated through, about 3 minutes.

In a small, heavy pan, heat the ghee or oil over medium-high heat; add the mustard seeds and red pepper flakes. When the seeds start popping, turn off the heat; cover and let stand until the popping stops. Add the seeds to the squash mixture; stir well.

Roasted Brussels Sprouts With Garlic

Published: December 7, 2005 New York Times

Time: 45 Minutes, Yield: 4 servings.

Beth's notes: You can brighten this dish with thinly-sliced raw red pepper. Don't try to cook peppers with the sprouts because it will interfere with caramelizing the Brussels sprouts. Also, the recipe calls for too much oil. Add enough to coat the bottom of the pan, then add more as needed.

1 pint Brussels sprouts (about a pound)
4 to 6 tablespoons extra virgin olive oil, to coat bottom of pan (*or less*)
5 cloves garlic
Salt and pepper to taste
1 tablespoon balsamic vinegar.

1. Heat oven to 450 degrees. Trim bottom of brussels sprouts, and slice each in half top to bottom. Heat oil in cast-iron pan over medium-high heat until it shimmers; put sprouts cut side down in one layer in pan. Put in garlic, and sprinkle with salt and pepper.
2. Cook, undisturbed, until sprouts begin to brown on bottom, and transfer to oven. Cook, shaking pan occasionally, until sprouts are quite brown and tender, about 1/2 hour.
3. Taste, and add more salt and pepper if necessary. Stir in balsamic vinegar, and serve hot or warm.

Braised Bok Choy with Sherry & Prosciutto

Adapted from Fine Cooking, March 1, 2007, by Andrea Reusing

This is delicious with braised pork or beef short ribs, or simply with a pan-seared steak. Serves four to six as a side dish. Can be eaten hot or at room temperature.

1 Tbs. vegetable oil
4 medium cloves garlic, thinly sliced
1 medium head of bok choy
1/8 tsp. kosher salt; more as needed
1/4 cup dry sherry (or Chinese rice wine)
1/2 cup homemade or low-salt chicken broth
1 Tbs. soy sauce
1/4 tsp. granulated sugar
1 tsp. cornstarch mixed with 1 tsp. cold water to form a slurry
4 thin slices prosciutto, sliced crosswise into 1/4-inch strips (1/3 to 1/2 cup)

1. Separate the bok choy leaves, wash well and let drain. Slice leaves and stems into 1 inches pieces.
2. Put the oil and garlic in a small wok or a deep, heavy-based, 10-inch, straight-sided sauté pan with a lid. Set over medium-high heat and cook, stirring frequently, until the garlic begins to sizzle steadily, about 1 minute. Add the bok choy (the pan will be crowded) and, using tongs, turn it in the oil and garlic, and then season it with the salt. When the tender tops begin to wilt, in about 1 minute, add the sherry (or rice wine) and toss again for about 15 seconds before adding the chicken broth, soy sauce, and sugar. Reduce the heat to medium, cover, and simmer until the bok choy tops are completely wilted and the stalks are crisp-tender, about 5 minutes. Transfer the bok choy to a plate.
3. Give the cornstarch slurry a stir to recombine and then whisk it into the cooking liquid. Simmer vigorously until the liquid has thickened, about 30 seconds. Remove from the heat and return the bok choy to the pan. Add the prosciutto and toss quickly to coat the bok choy with the broth and to mix in the prosciutto. Season to taste with salt and serve.