

THE TIPI TIMES

June 9, 2011, week 4 (green EOW)

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THIS WEEK'S BOX CONTAINS:

Napa cabbage
Asparagus, 1.1 lb
Spinach, one or two
bunches totaling about
1.5 lb
White salad turnips
Red bibb lettuce
Scallions, one bunch,
about 1/3 lb
Broccoli, 0.5 - 0.6 lb

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Strawberries, asparagus,
peas, zucchini, greens and
more

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

Delayed Newsletter. Sorry for the long delay in getting this newsletter to you. Our computer and internet access were shut down due to the storms last week. Then we spent the next few days cleaning up. We didn't suffer too much damage, just lots of limbs blown down that had to be cleared away. Some crops were damaged by the pounding rains and wind. We lost some of the most mature lettuce crop but what remains is healing. The younger lettuce will have a chance to outgrow the storm damage. Also, it is more compact and low-to-the-ground, so it did not get as battered. We'll see how it grows this week. Fierce storms can have effects for longer than one might expect. We're watching our tomatoes and peppers closely. Battering winds can lead to disease problems.

We picked the CSA lettuce a day earlier than usual to avoid exposing it to another 90+ degree day. Much of this asparagus is more 'open' than usual, i.e. the tips aren't as tight as usual. Last week was very hot and the asparagus grew very quickly, hence the looseness. We sent the work crew home early on the hottest days. No one had the energy to pick the asparagus twice on days like that.

I realize that many of you have already cooked the veggies in the 6/9 box. I'm still sending recipes for those of you who stretch your CSA box over two weeks.

Upcoming Strawberry Events

We begin picking strawberries this week. Check the upcoming 6/16 newsletter for an announcement of u-pick dates.

Veggie Notes.

Napa or Chinese cabbage - This is the large pale green head. This Asian vegetable can be eaten raw in salads, or cooked in simple stir-fries. Napa stores very well. Cut off wedges as needed and keep the rest covered and refrigerated, and it will keep for several weeks. Peel off the outer layer and it will be ready to use. Here are a few preparation ideas from the 'Asparagus to Zucchini' cookbook.

- Chop raw napa into green salads.
- Substitute napa in traditional coleslaw.
- Chinese cabbage cooks quickly. Steam 3-5 minutes, or until leaves are wilted down but remain slightly crisp.
- Substitute napa cabbage for common cabbage in recipes, but reduce the cooking time by 2 minutes.
- Napa cabbage is the main ingredient in egg rolls. Try making an egg roll mixture to eat as a cooked side dish instead of preparing time-consuming egg rolls.

Spinach - Everyone received one or two bundles, totaling about 1.5 lb.

White salad turnips (bundle of white roots with tops) - The turnips this week have more bug damage than last week. To grow these turnips, we have to tolerate a certain level of bug damage. Members tell us they love this crop, so we are happy to grow them. We love them too. Just trim off the damaged areas.

Lots of Scallion Recipes. Mark Bittman wrote an article on Korean barbeque in the New York Times on 6/5/11 titled [Backyard Bulgogi](#). Almost every recipe uses scallions. You'll have to choose just one recipe for your bunch of scallions this week. We'll send more scallions in two (?) weeks. I love, love, love Korean food so I made several of the recipes he printed. Here is the recipe list, with my comments in italics on the recipes I tried. I don't have the Korean chili powder that Bittman mentions, but substituted a combination of paprika and cayenne. We do own a bottle of chili-bean paste, which I mixed with mellow white miso to accompany our beef and tofu bulgogi wrapped in lettuce leaves.

[Backyard Bulgogi, continued.](#)

Beef Bulgogi - *This was quite good. We tried the recipe with beef and tofu and it was excellent with both.*

Sesame Spinach and Tofu - *I didn't try this recipe.*

Korean Potato Salad - *I didn't try this recipe.*

Grilled Scallion Salad - *See below for my version using more diverse vegetables.*

Kimchi - *See below.*

[Grilled Scallion, Asparagus and Turnip Salad](#)

I adapted Bittman's recipe to use a wider range of vegetables, and to lessen the vinegar.

1 bunch untrimmed scallions, washed and patted dried

3/4 lb asparagus spears, washed and patted dried

white salad turnips, cut in half

1 Tbsp. sesame oil

3 Tbsp. rice vinegar

3 Tbsp. mirin

1-1/2 Tbsp. paprika

2 Tbsp. toasted sesame seeds

- 1) Toss the scallions, asparagus and turnips with one tablespoon sesame oil.
- 2) Prepare a grill over medium-high heat.
- 3) Grill the scallions and asparagus until charred and tender, turning once, about 4 to 10 minutes depending on thickness and position on the grill. Place the turnips around the edges of the grill as the scallions and asparagus cook, then move them into the center of the grill as space is freed up. Remove the turnips once they are lightly charred but not too cooked. They'll be the last thing you remove from the grill.
- 4) Strip the charred bits from the scallion tips. Roughly chop the vegetables and toss with the remaining ingredients. Serve immediately.

[Kimchi](#)

Beth's notes: This is a fresh kimchi salad, not a fermented one. Bittman's recipe calls for green cabbage, but kimchi is usually made with napa cabbage, so it is the better choice anyway. You will be amazed at how much the napa shrinks during salting. A large head of napa turns into a very manageable salad with a wilted but crunchy texture. It's a good technique if you feel intimidated by the bulk of your head of napa. My notes are in italics.

- 1) Layer 1 small green or white cabbage (separated into leaves) and 1 small-to-medium daikon radish (cut into 1-inch cubes) with 1/2 cup coarse salt in a large bowl.

Beth's notes: Use one head napa as described. I skipped the daikon. Reduce salt to 1/4 cup.

- 2) Let sit until the cabbage is wilted, about 2 hours, massaging and weighting it if needed to help soften. Rinse and dry well.

Beth: Rinse thoroughly in a tub of water. Otherwise the kimchi will be too salty.

- 3) Roughly chop and toss with 15 to 20 chopped scallions.

Beth: One bunch scallions (6-7 scallions) is sufficient.

- 4) Toss with 1/4 cup fish (or soy) sauce, 1/4 cup minced garlic, 2 to 4 tablespoons sugar, 2 tablespoons minced ginger and 1 to 2 tablespoons gochugaro (Korean chili powder) or less if using red-pepper flakes.

Beth: I eliminated the fish/soy sauce because the napa was already salty enough. You can always add it later to taste. Substitute 1-1/2 Tbsp. paprika + 1/4 tsp. cayenne for the Korean chili powder, or more cayenne if you like things hot. Mix the paprika and cayenne with the sugar to help distribute them in the salad.

Serve immediately or refrigerate for up to a week.