

# THE TIPI TIMES

June 16, 2011, week 5 (purple EOW)

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

Strawberries, 1 or 2 pts  
Asparagus, 0.8 lb  
Snap peas, 0.8 lb  
Summer squash or zucchini  
Red leaf lettuce  
Daikon radishes, about 1 lb  
Oregano  
Mustard OR turnip greens

*(Milwaukee and Janesville  
will receive turnip, all  
other sites get mustards.)*

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

Strawberries, zucchini,  
asparagus, snow peas,  
kohlrabi and more

**Strawberry Updates.** We will host two strawberry u-pick events over the next two weekends. Please note that the first u-pick is on a SATURDAY and the second is on a SUNDAY. The price for the u-pick berries is \$2.20/lb. We hope you will come to the farm for one (or both) of these events. It's a chance to see where your food comes from. It's a wonderful experience to eat berries warm from the plants. We look forward to meeting the new CSA members.

### **I. SATURDAY June 18, from 9 a.m. - 1 p.m.**

This event will be just a strawberry u-pick. No farm tour.

### **II. SUNDAY June 26, from 9 a.m. - 1 p.m.**

We will host a strawberry u-pick and farm tour during this event. There may be ripe mulberries to pick, but probably no peas.

All CSA members are welcome, whether weekly members, EOW members, or families splitting a share. See our website for directions and a map (<http://www.tipiproduce.com/about/our-location/>). Check the weather report before leaving for the farm so you can prepare. Check your email the morning of the event - we will use email to notify everyone if there are changes on the day of the event. However, we will not be responding to email on that day. Call if you need to, at the number below.

**Strawberries.** The earliest varieties of berries began ripening this week and are in your box. Most varieties look pretty good this year, but are not as lush and productive as in 2010. We have an additional half acre to harvest this season, so

total production may equal last year's. However, our fields are weedy and not kept up as well as we'd like. Nonetheless, the berries taste good. We charge \$2.20 per lb. We will offer u-pick until all the berries are picked, or until 2:00 p.m. Please bring containers to take your berries home. We will provide pails for picking. After weighing the berries you can transfer them to your containers.

### **Member responsibilities.**

1. Please keep your children with you. There are a variety of dangers on a farm.
2. Make sure to bring water, sunscreen and hats. Feel free to go in the open shed at the north end of the barn if you need to get out of the sun. It is spacious and cool.
3. We have bees here at the farm. Our beekeeper cautions that you should avoid any scented products when you visit, especially ones that resemble flowers or food because those may attract the bees. Think about your soap, sun screen etc.
4. Please bring containers to take your berries home in.
5. Do not bring dogs to the farm.

**Lightning and tornados.** It is OK to continue picking berries if it rains, but everyone must get out of the fields if there is lightning. You can take shelter in your cars, or in the open shed attached to the big barn. It is at the end of the barn furthest from the road. We do not have shelter from tornados and you will have to use your own judgment.

**Our local café and deli.** We are lucky to have two quality eating establishments in Evansville. I recommend either if you are looking for food or a cool drink before the farm event. Feel free to bring some deli food or a picnic lunch to the farm. Find yourself a spot under one of the shade trees.

**Alberici's Deli,** 155 Union Street (Hwy 14), Evansville, 608-882-0639, Sat. 9 am - 4 pm, closed on Sunday. Great sandwiches, deli food, gelato and ice cream. Eat in or carry out.

Theresa's deli is located on Hwy 14, 0.2 miles east of the intersection of Hwy 14 and Hwy 213.

**Real Coffee coffeehouse,** 18 E. Main Street, Evansville, 608-882-0949, Sat. 7 am - 2 pm, Sunday 9 am - 2 pm.

Saturday & Sunday brunch, coffees, smoothies and pastries. Main Street intersects Hwy 14 0.4 miles east of the intersection of Hwy 14 and Hwy 213.

**CALL US IF YOU HAVE QUESTIONS OR GET LOST,** at 608-669-0557 (use this phone only on the day of the farm event.) Do not try to email us on the day of the u-pick, as we will not be checking our email. However, please check your email before leaving for the farm, in case there are any updates from us.

**Sales of Extra Strawberries** - The strawberry harvests will peak during the next two weeks. If there are enough, we will sell extra strawberries to CSA members. We will make our decision early next week. Watch for an email announcement which will instruct you how to place an order on-line. We are not taking pre-orders. Watch for the email. EOW members, you can order extra berries even if it is not your week to get a box. Just don't take a CSA box by accident!

### **Food Use & Preservation Workshops**

The Madison Area CSA Coalition (MACSAC) is hosting a series of cooking workshops in the Madison area. They write "Our goal is to make sure that all CSA members can use each week's entire share. This year we are coordinating Food Preservation Workshops and CSA Cooking workshops to showcase some examples of how to completely use your share each week." Dehydrating and Cooking workshops are \$15. The Canning workshop is \$25. Discounts will be available if you would like to attend the entire series of either the Food Preservation workshops or the CSA Cooking workshops. Scholarships are available. To sign up for any of these workshops, email Gini Knight at [gini@macsac.org](mailto:gini@macsac.org) or call (608) 226-0300. Read more at <http://www.csacoalition.org/our-work/community-programs/food-use-preservation/>. Note: Deb Shapiro is an instructor for the "Cooking It All" series. Deb has been a Tipi CSA member for many years, so you know her classes will be insightful for preparing the produce you receive from us. Check out Deb's food-related blog (<http://debslunch.com/debslunchblog/>). She often writes about how she prepares her CSA veggies.

### **Food Preservation Classes**

July 17, 10 - 12:30 pm: Dehydrating Fruits, Veggies, & Herbs, Willy Street Coop East, Madison, WI  
Aug. 21, 4 - 7 pm: Water Bath Canning - High acid foods, Lakeview Lutheran Church, Madison, WI  
Aug. 28, 4 - 8 pm: Pressure Canning - Low acid foods, Lakeview Lutheran Church, Madison, WI

### **Cooking it All: Menu Planning & Techniques for a High Vegetable Diet**

In this series, professional chefs will use a sample CSA share to provide recipes, tips, and techniques for healthy eating of a vegetable rich diet. If you're a first time CSA member, a seasoned member, or an avid gardener seeking tips for using your vegetables, these workshops are right for you:

Series at Willy St. Co-op West, Middleton, WI

June 26, 4 - 6 pm: Spring Share

Aug. 7, 4 - 6 pm: Summer Share

Sept. 25, 4 - 6 pm: Fall Share

Series at Orchard Ridge Church of Christ, Madison, WI 53711

June 30, 6 - 8 pm: Spring Share

Aug. 11, 6 - 8 pm: Summer Share

Sept. 29, 6 - 8pm: Fall Share

**Jelly Roll Storage Technique for Greens** CSA member Greta Casey offers this suggestion:

"My grandma taught me the best way to store greens and keep them crisp is to lay the freshly cleaned greens out on a tea or dish towel, roll them up jelly roll style, slip into a plastic bag, and keep in the fridge. No bulky plastic single-use object needed! And they keep fresh a l-o-n-g time! I don't think I have tried it for spinach; the spring spinach is probably too delicate. Also, when I am bringing salad to a potluck, I have all the ingredients prepped, so I bring the grated/chopped things in a pyrex dish, and my bag of greens wrapped in the dishtowel, and -voila!- the perfect fresh salad!"

### **Greens Recipes**

I continue to add recipes to our website archives (<http://www.tipiproduce.com/recipes/>). When looking for recipes for greens, search under "greens" in addition to the specific type of greens that you are cooking. The recipes are easily adapted to accommodate different types of greens.

**Veggie Notes.** Both the asparagus and the lettuce will need careful washing this week. The recent rains splashed soil into the lettuce heads, and into the tips of the asparagus.

**Strawberries!** - Here are the first berries. You'll get either one or two pints. We don't know the quantity yet because we'll keep picking berries as we pack the CSA boxes. Strawberries are perishable. Ripe berries should be eaten immediately, or stored in the refrigerator. Some berries will have soil on them, from areas of the field where

the mulch is thin. Rinse the berries gently. Don't soak them, just rinse. Do not be concerned if you receive a partially-filled container. Sometimes we fill them partially in order to distribute berries to all the members. Please wash and dry your plastic clamshells and return them to your pick-up site next week so we can use them again. However, we can only use the clamshells that you have received from us. We cannot use other types, so please don't bring them to your site. (Outpost members, please do not return your clamshells; they are too disruptive for the produce department.)

**Snap peas** - These peas should be eaten pod and all. They are delicious raw, or very lightly cooked or stir-fried. They might need a quick rinse to remove faded gray blossoms. Store in the refrigerator. Here's how to remove the strings from the snap peas. Snap off the stem end and pull the string down the concave side of the pod (the inward-curing side). Throw away the string and eat the pod.

**Summer squash/zucchini** - You will receive yellow summer squash or green zucchini. Many squash will be oddly shaped but are fine to eat. This is typical for the first picking, and reflects that the first squash were not completely pollinated. The plants were hidden under row covers where pollinators couldn't find them. The honeybees settled down to work once we removed the row covers and the newest squash look great.

**Mustard greens (bundle of flat, dark green leaves)** - Mustard greens are best cooked rather than raw. They require cooking times intermediate between those for spinach and collards. Mustard's spicy character is good alone, or mixed with other greens like spinach or turnip greens. Refrigerate in a plastic or cloth bag, or use the 'jelly-roll' technique described above. Here are a few ways to cook mustard greens:

1) They are good steamed or stir-fried and dressed with Asian-style seasonings (sesame oil, rice vinegar, soy sauce, ginger, garlic and red pepper flakes).

2) Mustards are excellent with peanut or ricotta sauces. The fats in those sauces seem to mellow the mustard's spiciness. I recommend the same mustard green recipe every year because I like the dish so much: Penne with Sheep's Milk Ricotta and Mustard Greens

[http://www.thewednesdaychef.com/the\\_wednesday\\_chef/2007/05/sara\\_jenkins\\_pe.html](http://www.thewednesdaychef.com/the_wednesday_chef/2007/05/sara_jenkins_pe.html)

This recipe is simple and quick, and turns a very nutritious green into a delicious meal. Ignore the commentary that you cannot use the average cow's milk ricotta found in supermarkets. Just add more than is called for in the recipe and it turns out great.

**Turnip Greens** - Some of you will receive turnip greens instead of mustard greens. They can be used interchangeably with mustard greens in recipes. This variety of turnip greens is especially mild.

**Oregano** - Enjoy oregano in salad dressing or egg dishes or herb biscuits. Add it to a pan-fried zucchini and wilted greens. You can use it fresh or dry it, or minced and freeze. To dry the oregano, wash it well and hang someplace out of the sun (to avoid fading).

This recipe is contributed by CSA member Jennifer O'Hear who writes it is one of their favorite ways to eat radishes, and that they make this dish every spring. Thank you Jennifer!

### **Mediterranean Tuna and Radish Salad**

<http://www.epicurious.com/recipes/food/views/Mediterranean-Tuna-and-Radish-Salad-15121>

Epicurious, May 1998, by Lauren Chattman, "Imported or domestic tuna packed in olive oil is a staple in my pantry. I make quick tomato sauces with it, use it on sandwiches, and especially in salads. This is a great main-dish salad, with tender tuna and crunchy, spicy radishes. Serve it on top of lettuce with crusty bread on the side for a substantial no-cook meal." Yield: Serves 4 as a main course

2 tablespoons lemon juice

3 tablespoons extra-virgin olive oil

1/4 teaspoon salt, or to taste

1 pound radishes, thinly sliced

2 tablespoons chopped fresh parsley leaves

3 scallions, white and green parts, chopped

6 kalamata or other large black olives, pitted and coarsely chopped

2 6-ounce cans tuna (preferably imported and packed in olive oil), drained

1 medium head romaine lettuce, washed, dried, and torn into bite-size pieces

Whisk together the lemon juice, olive oil, and salt in a small bowl.

Combine the radishes, parsley, scallions, olives, and tuna in a medium-size bowl. Pour the dressing over the salad and toss to coat.

Divide the lettuce leaves among 4 plates. Top with the tuna salad. Serve immediately.