

# THE TIPI TIMES

August 25, 2011, week 15 (purple EOW)

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

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

Watermelon, red  
Lacinato kale  
Beans, 1.5 lb, Romano OR  
green + yellow wax  
Tomatoes, about 2.5 lb  
Cucumbers, about 4  
Yellow onions, 2  
Bell peppers, 3: orange,  
red, yellow or green  
Jalapeno pepper  
Basil  
Maybe a zucchini or two.

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

Tomatoes, peppers,  
melon, carrots, onions  
and more

## **Veggie Notes.**

**Lacinato kale (bunch of ruffled dark green leaves)** - This is the first picking from our new kale field. Kale and collards can get fibrous during hot weather, but these young plants have tender growth.

**Tomatoes** - We continue to harvest from our early planting which has problems with anthracnose. Last week's tomatoes seemed to hold up better than the previous week. We'll switch to our second planting soon.

**Peppers** - We are sending 3 peppers of mixed colors this week, either red, yellow, orange or green. Some of you will receive an orange conical pepper called 'Oranos.' These peppers look like frying peppers but are thick-walled and will cook like bell peppers.

**Jalapeno chili (small green pepper)** - This pepper is fairly hot, but the heat is concentrated in the seeds and midveins. Discard the seeds and midveins if you wish to reduce the heat.

**Cucumbers** - Most cucumbers this week are from our 'Sultan' planting. As I explained last week, this is an unusually tasty variety that we are testing this year. Many are scarred by insects and will need to be peeled.

## **Green Bean Sides**

Here are a variety of ideas for easy green bean preparation from 'Simply in Season' by Mary Beth Lind and Cathleen Hockman-Wert.

### **1 lb. green beans, cut in 1-inch pieces**

Cook in small amount of water until crisp-tender, about 5 - 10 minutes. Drain (save liquid for soup) and add one of the options below.

### **Parsley-lemon option:**

In 1 Tbsp. butter or oil, lightly sauté 2 cloves minced garlic and 2 Tbsp. finely chopped fresh parsley. Add the cooked beans, season to taste with salt and pepper. Stir gently and heat through. Sprinkle with the juice of 1 lemon and serve.

### **Mint option:**

In 1 Tbsp. butter or oil, sauté ¼ cup minced onion. Add 2 Tbsp. minced fresh mint. Add cooked beans and season to taste with salt and pepper. Serve.

### **Basil-tomato option:**

In 1 Tbsp. oil, sauté ¼ cup minced onion and 1 clove minced garlic. Add 2 Tbsp. minced fresh basil, 1 cup chopped tomatoes and cooked green beans. Cover and cook about 5 minutes. Season to taste and serve.

### **Ham or bacon option:**

In 1 Tbsp. butter or oil, sauté ¼ cup minced onion and 1 clove minced garlic (optional). Add ¼ cup cooked ham or bacon. Add cooked beans and season to taste with salt and pepper. Serve.

### **Almond-Parmesan option:**

In 2 Tbsp. olive oil, sauté 2 cloves minced garlic and ¼ cup slivered almonds (optional). Add cooked beans and season to taste with salt and pepper. Sprinkle with 2 Tbsp. grated Parmesan cheese and serve.

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