

THE TIPI TIMES

September 29, 2011, week 20 (green EOW)

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THIS WEEK'S BOX CONTAINS:

Two winter squash, acorn
or Sweet Dumpling
Mustard greens
Tomatoes, plum 3.5 lb
Tomatoes, slicers, 1 lb
These are in one bag.
Italian frying peppers, 3
Yellow onions
Cilantro
Jalapeno pepper

We have small harvests of
lettuce, broccoli and
heirloom tomatoes. We'll
distribute those around.

Some members will
receive raspberries.

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

A mix of summer and fall
veggies. We'll assess
after we find out if there
is a frost this weekend.

Pumpkin U-Pick Reminder

Date and time: this Sunday October 2, 12 noon to 4 p.m.

Rain date: There is no rain date. We'll be here, rain or shine. The weather forecast looks very good for Sunday.

Free pumpkins: We have enough for two pumpkins per household, or a pumpkin for each child.

U-pick raspberries: \$2.50 per pint.

The raspberry field is at peak harvest, so the picking will be quite good. There are lots of berries and the berry size is large.

Free gleanings: To glean means to strip a field after the harvest. (I didn't think to explain this until a member expressed uncertainty about what a 'gleaning party' is.) We will announce the final list of gleaning crops on Sunday. Here is our best guess: various types of kale, edamame soybeans, watermelons, cherry tomatoes, Swiss chard, carrots (limited amount). We might add to this list.

The pumpkins are located near the buildings. The gleaning crops are scattered throughout the farm. Again, please limit your gleanings to what you can carry out of the fields, and what your household can use. See last week's newsletter for all the details.

What if it frosts on Friday or Saturday night?

Don't worry, we'll host the farm party even if there is a frost on Friday or Saturday night. It will be a nice day to visit the farm. A few gleaning crops might be damaged but most will be unaffected. The raspberries sailed through the last frost without trouble. See you Sunday.

Two treasure hunts on the farm. We've had two recent treasure hunts. The first was during our son's birthday party. We sent a pack of boys roaming over the farm, following clues that led to the woods, the raspberry field, tractors, etc. The treasure was hidden in our largest walk-in cooler. This was shocking (shocking!) for the children, as we've always hidden the treasure in the leaf pile or in the sand pit. We had become predictable. It was a hot day and the boys were thrilled to hang out in the cooler. Our coolers are quite empty by the weekend, so there was lots of room. We left the boys to play and a spontaneous rubber band war burst out. (There was a 5-quart pail of rubber bands in the cooler.) They used the few stacks of produce for strategic cover. We could hear the shouts through the insulated walls.

Farm life can be isolating and lonely for children. Our daughter longs to live in town where there are playmates on every block. We try to play to the strengths of our farm when friends come to visit. Who else gets to have a rubber band fight in a big cooler during their birthday party? Or hunt for frogs in the puddles? The party was a big hit.

Our other treasure hunt was for sweet potatoes. I wrote earlier this year that we planted a field of sweet potatoes this spring. We planted the tiny sweet potato slips, then watched many of them die during the first days after



planting. It was a discouraging start, but the surviving plants grew vigorously and sent out 10-foot vines. Lush vines do not assure a large crop, as we've found out in the past. You can stand at the side of a sweet potato field and have no idea whether there are potatoes in the ground. We dug the field two weeks ago and found a beautiful crop. Look at the cluster of tubers that Eric dug up from one plant. The harvested sweet potatoes are curing, and should be ready to deliver in a few weeks, once they have sweetened. We harvested enough sweet potatoes for one delivery this year. (This year was an experiment.) We will plant a larger field next year so we can deliver them more than one time.

Beth

Farm and Veggie Notes. Isn't it crazy that we've reached our tomato peak in the final days of September? Our tomato season certainly was later than usual. We hope to send a few more tomatoes next week, but that will be the end. We've decided that we will not protect the tomato fields if there is a frost this weekend, as most of the tomatoes have been harvested and the plants are getting diseased. In contrast, we will protect the best pepper fields. There are many peppers left to protect and harvest. We finally have cilantro for you, so you can make a batch of salsa. Steve planted cilantro several times but this is the only seeding that survived. Steve often plants one row of cilantro when he plant a carrot field. Pounding rains earlier in the summer doomed several carrot fields, and the cilantro with them. Tiny seedlings cannot emerge through the crust that forms after a hard rain. Our carrot crop will be smaller than usual this fall.

Winter squash - You will receive acorn squash (round, dark green) and/or Sweet Dumpling (round, speckled green and white).

Italian frying peppers - We're sending this type of pepper again because they have done so well this year. Plus they are tasty, colorful and versatile.

Mustard greens - This is the large bundle of red and dark green leaves. Mustards are at their best during fall - they become tender and delicious with the cool nights.

Jalapeno pepper (small chile - can be green or red) - These are hot.

Menu Ideas

- We've finally sent the ingredients to make a batch of salsa.
- The tasty recipe below makes good use of this week's box. Substitute mustard greens for the kale or chard. Add some Italian frying peppers for color and extra flavor. They can be sautéed with the onion.
- I think the food blog 101 Cookbooks is the best food blog out there. Author Heidi Swanson cooks with lots of fresh, natural ingredients. Check out her website if you need menu ideas. You can search her recipe archives at www.101cookbooks.com/ingredient.html.

Lively Up Yourself Lentil Soup Recipe

<http://www.101cookbooks.com/archives/lively-up-yourself-lentil-soup-recipe.html>

From the 101cookbooks.com website. Author Heidi Swanson writes that this is her favorite soup recipe: "The tang of the tomatoes plays off the earthiness of the lentils, and the fragrant bolt of saffron yogurt brightens each bowl. Delicious." Be sure to read the list of variations at the end of the recipe. It is a very adaptable dish. I'll print the list of ingredients below. Please go to the website for the complete recipe. Serves 6 to 8.

Soup

2 cups black beluga lentils (or green French lentils), picked over and rinsed

1 tablespoon extra virgin olive oil

1 large onion, chopped

1 teaspoon fine-grain sea salt

1 28-ounce can crushed tomatoes (*Beth's note: Or use fresh tomatoes!*)

2 cups water

3 cups of a big leafy green (chard, kale, etc), rinsed well, deveined, finely chopped (*Beth's note: mustards work well too*)

Beth's note: Red bell or Italian peppers are a good addition.

Saffron Yogurt

a pinch of saffron (30-40 threads)

1 tablespoon boiling water

two pinches of salt

1/2 cup 2% Greek yogurt