

# THE TIPI TIMES

June 21, 2012, week 7 (green EOW)

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

Zucchini & summer squash,  
2 to 2.5 lb  
Cabbage, pointy  
Daikon radish  
Scallions  
Snap peas, 1 lb  
Snow peas, 1/2 lb  
Green or red bibb lettuce  
Oregano

Some members will get a smidgen of broccoli (1/3 lb?) or a kohlrabi. Our broccoli field is slowly producing small heads and sideshoots. We will distribute them among the sites as they are ready to harvest.

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

Zucchini, green bell pepper, peas, beets? and more

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

## **MENU IDEAS**

We don't think you will have trouble cooking up this box. I'm sure everyone has a favorite zucchini recipe to turn to.

We enjoyed burritos this week filled with sauteed zucchini, sliced peas, scallions and oregano.

Consider making a salad or slaw with the cabbage, sliced snow peas and scallions.

**Bike the Barns Registration is now open.** The ride will be held on September 16. This year, the bike route winds among farms to the south and west of Madison. This is the main fundraiser for the Partner Shares program which subsidizes CSA shares for low-income households. I'll be there, volunteering in some capacity. Go to <http://www.csacoalition.org/our-work/bike-the-barns/> to register for the ride. FYI, the rider registration sells out each year.

**Pea U-Pick will be held this weekend.** See my Monday email for all the details.

## **CSA Cooking, Canning and Food Preservation Classes.**

Our farmers' group FairShare (formerly MACSAC) is hosting a series of cooking classes designed for CSA members. Tipi member Deb Shapiro is an instructor for the "Cooking it All" classes, and will cook from Tipi CSA boxes. How great is that? [More info here.](#) Classes will be held at the Willy Street Coop stores on June 24, June 28, August 5 and August 16.

**Farm News.** Well, it was a hot, dry week. The most wilted thing on the farm is Steve. He spends all his time irrigating our thirsty crops. We can pump a lot of water from our irrigation well (best investment we've ever made) so the crops are in decent shape. Amazingly, Steve has to irrigate bare fields before preparing them for our summer plantings. Without irrigation, the ground heaves up in dry chunks if Steve tries to chisel plow. The battering wind is a problem. Let's hope it stops soon.

The crew is wilting too. We try to save indoor jobs like bagging peas for the hot part of the day. There were jugs of limeade, mint tea and iced coffee offered in the cooler this week. Cool drinks are appreciated. Fortunately, everyone is pretty seasoned by now. They have their hats and water bottles and sunscreen, and know to stay hydrated.

We began picking zucchini and squash this week. This is our nicest first harvest of squash ever. The first zucchinis are usually lumpy because of incomplete pollination. That's not a problem this year, although you will notice that some squash are irregularly shaped. The bees must have found the squash plants more quickly than usual. I've long felt that our bees are distracted from the zucchini fields by local stands of clover or other flowering plants, although we've never pinpointed the exact distraction. The flowering schedules of the local plants were advanced by the early spring warmth, so the zucchini may have been more attractive by the time it began flowering.

## **Survey Results.**

Thanks to everyone who responded to our survey last week. Here are results from the survey, as well as some interesting questions and comments.

\* **The majority voted for Sunday raspberry u-picks but the vote was close.** We expect to offer raspberry u-picks over multiple weekends, so we'll have a chance to offer some u-picks on Saturday and some on Sunday.

\* The pumpkin u-pick and gleaning party will be on a Sunday afternoon in early October.

We will set the date in late September.

\* Overall, you were content with how often we sent spinach this spring, and with the bunch size.

Not everyone was happy, but the opinions are as balanced as we could hope for. Here are the results:

Q: We packed spinach in the first 3 boxes. Did you want spinach that often?

This was too frequent = 8%

I was happy with this schedule = 75%

Send spinach more frequently = 16%

Q: Were you happy with the quantity of spinach we sent?

Please send smaller bundles of spinach = 9%

The bundle size was just right = 81%

Please send larger spinach bundles = 10%

\* Here's my favorite comment from the question above: "Even though I clicked "I was happy with this schedule," I don't understand this question. Why would anybody not want spinach? Bring it on!"

\* We asked how members felt about the spinach, but got many comments about white salad turnips instead. The majority wrote to say how much they have enjoyed the turnips (the word "addicted" came up three times.) Members have told us very clearly in previous surveys that they would like more salad turnips. We planted more this year, but didn't think to mention it, as we felt confident that we had your backing for the decision.

\* Some members offered their favorite ways to prepare salad turnips. Below are a few of the comments. I will save these observations for next year (or this fall) when we have more to pack in the boxes.

"A co-worker suggested sauteeing salad turnips in olive oil, and now we are addicted! You might want to pass this along to your readers. I felt a little overwhelmed by the quantity of salad turnips we got this year until I realized they are just as fantastic cooked as they are eaten raw in a salad. (My husband won't eat them raw, but is crazy for them sauteed!)"

"Our spring turnip use was a little sluggish until I discovered how great they are roasted - so sweet!"

\* We have not formed a "partnership" with Local Thyme. We have clearly made that impression and it makes me uncomfortable. I promote their service in our newsletter because I think their menus will be a big help for the members who choose to enroll. This will only work if Pat and Laura get enough enrollments to justify their time. You will only know about it if I tell you about it. Hence the promotion from me.

I follow a few favorite blogs and websites, and always recoil when a blogger makes a blatant commercial pitch. It's the 'ick' factor, plus the realization that I cannot trust their opinion if they can be bought. We are not getting kickbacks from Local Thyme. We are purchasing their recipes that we print in our newsletter. I just think they are offering something valuable. Beth

Veggie Notes. All the crops in the box this week are in good shape despite the heat and wind. If you ever find that lettuce or other greens look wilted, submerge the head or bunch in a tub of cold water for 5 to 10 minutes. This will help re-hydrate and crisp the leaves.

Zucchini and summer squash - As noted above, some squash are irregularly shaped.

Cabbage - Aren't these conical cabbage cute? They are a thin-leaved salad variety which is excellent in slaws and salads. We think the smaller heads are a good addition to boxes this time of year.

Daikon radish - These are a bit spicy and are probably best lightly cooked. Marinating also helps cut the spiciness.

Scallions - These are the last scallions until fall.

Snow peas - You need to trust us about these snow peas. I saw them in the cooler and told Steve that they were too mature. "Have you tasted them?" he asked. That's a fair question, so I went and snacked. They are absolutely delicious. Yes, they are much fatter than expected for snow peas, but please look past that. Remember to remove the strings. (Snow peas often have two strings.) Use in stir-fries or chop and add to salads or slaws. We plan to tuck some into spring rolls this weekend.

Snap peas - We've bagged the snow and snap peas separately this week.

Red or green bibb lettuce - The lettuce needs to be washed, as irrigation has splashed soil into the heads.

Broccoli - If you receive broccoli, it will only be a small head. We realize these are small, but hope they will be a nice addition to mixed dishes.

## Zucchini Pancakes

CSA member Dan Winter contributed this recipe. Our children like similar foods, so we swap recipes. He adapted the recipe from the Food Network's website. Dan writes "I have done it exactly as written, and I've modified it also. I wish I had a colorful story for you, but I don't. I can tell you the pancakes are *extremely yummy*.

I call them my Veggie Pancakes. I have thrown grated squash and carrot into the recipe as well as diced red pepper. I've also substituted green onions for the red onions. Each time it's worked out pretty well and the kids have loved them. Essentially, the pancakes take on the taste of the onions and/or peppers, etc. A lot like Potato Latke's do.

The other major recipe suggestion I have is to squeeze out as much liquid as possible from the zucchini and/or squash. I salt them in a colander and then squish out the liquid and let it sit while I continue to prep the other ingredients. Then I add ingredients and mix as described in the recipe."

*Beth's note: We make a similar recipe in our house, but we use about half grated zucchini and half thinly sliced scallions. We eat them with an Asian-style dipping sauce of soy sauce, rice vinegar, sesame oil, sugar and minced garlic.*

- 2 medium zucchini (about 3/4 pound)
- 2 tablespoons grated red onion
- 2 extra-large eggs, lightly beaten
- 6 to 8 tablespoons all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- Unsalted butter and vegetable oil

Preheat the oven to 300 degrees F.

Grate the zucchini into a bowl using the large grating side of a box grater. Immediately stir in the onion and eggs. Stir in 6 tablespoons of the flour, the baking powder, salt, and pepper. (If the batter gets too thin from the liquid in the zucchini, add the remaining 2 tablespoons of flour.)

Heat a large (10 to 12-inch) saute pan over medium heat and melt 1/2 tablespoon butter and 1/2 tablespoon oil together in the pan. When the butter is hot but not smoking, lower the heat to medium-low and drop heaping soup spoons of batter into the pan. Cook the pancakes about 2 minutes on each side, until browned. Place the pancakes on a sheet pan and keep warm in the oven. Wipe out the pan with a dry paper towel, add more butter and oil to the pan, and continue to fry the pancakes until all the batter is used. The pancakes can stay warm in the oven for up to 30 minutes. Serve hot.

## Shredded cabbage and jalapeno salad

This simple recipe is from Grace Hunter of Underground Catering. The Underground folks prepared farm lunches for us for a few years, and we always enjoyed this salad. *Beth*

1 medium green cabbage, shredded	salt
2 jalapenos, shredded	freshly ground pepper
1 Walla Walla onion ( <i>or sliced scallions</i> )	coriander
white wine vinegar	cumin
canola oil	

*Beth's optional additions:     grated carrots, sliced snow peas, or sliced snap peas*

Mix everything together with the dressing ingredients, to taste.

## **Braised Daikon**

Contributed by [Local Thyme](#)

Dish Type: Side Dish · Total Time: Under 30 Minutes

The sweet and savory braising liquid coaxes a silky texture from the disks of daikon, and tames the sometimes fiery and bitter edge to the radish.

Servings: 4

Prep Time: 5 minutes

Cook Time: 25 minutes

Total Time: 30 minutes

### **Ingredients**

- 3 cups Chicken or Vegetable Stock
- 2 tablespoons Honey
- 1 tablespoon Dark Soy Sauce
- 2 teaspoon Toasted Sesame Oil
- 1 Cinnamon Stick
- 1 Star Anise
- 2 slices Ginger
- 1 Daikon Radish, sliced
- 1 tablespoon Black Sesame Seed

### **Instructions**

1. Combine stock, honey, soy sauce, sesame oil, cinnamon stick, star anise and ginger in a saucepan and bring to a boil. Allow stock to boil to marry flavors and reduce a bit, for about 10 minutes. Add sliced daikon to the broth, and reduce heat to a simmer. Cook until daikon is tender, about 15 - 20 minutes.
2. Remove the daikon from the broth and place on a serving platter. Strain broth over daikon to remove solids. Sprinkle with sesame seeds and serve.