

THE TIPI TIMES

September 13, 2012, week 19 (green EOW)

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THIS WEEK'S BOX CONTAINS:

Please read the Veggie Notes section so you can distinguish the SWEET peppers from the HOT peppers.

Superior OR Satina potatoes, 3.5 lb
Pak choy
Carrots, about 2 lb
Slicing tomatoes, 4 lb, red with a few yellow, orange or pink
Bell peppers, 3, in mixed colors
Orano peppers (orange), 4 - 5
Anaheim peppers (red or green), 2
Onions, about 2
Flat (Italian) parsley

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Winter squash, green & wax beans, tomatoes, peppers and more.

Tomato Heaven. Our tomato fields are at their peak production and quality right now. Enjoy them! We expect to send tomatoes for another month, and will soon pack plum tomatoes in the boxes. I plan to offer more boxes of slicing and plum tomatoes for sale over the next two weeks. Watch for emails from us.



*left
Michael and
Seth bring a
sea of
tomatoes
from the
fields.*



Farm News: Fruitfly Update.

left, entomologist Russ Groves checks damaged tomatoes for fruit flies.

We continue to watch for the fruit fly that damaged our raspberries (SWD, spotted wing *Drosophila*). Steve has sprayed the raspberry field twice. We'll know next week if we can resume picking berries. In the meantime, we've found SWD at low levels in our tomato fields. This isn't a problem for the tomatoes. Their skin is too thick for this insect to penetrate, but the SWD are attracted to damaged tomatoes. It is important to find out where SWD lives on our farm, in order to manage it. Russ Groves from UW/Madison came to visit and collect samples, as he is particularly interested in the link to tomatoes. Russ is the Wisconsin extension entomologist for vegetable crops. Visits with the extension folks are always interesting

because they know so much biology, and have statewide and regional information.

This part of farming really draws me in. I have an MS in plant pathology (plant diseases). Sometimes I miss the intense learning that's part of research. A new puzzle to solve is a welcome break from my weekly routines. I've logged many hours on this new pest, and expect the effort to pay off. Again and again, we've found that understanding our farm's biology allows us to be better farmers.

Beth

Veggie Notes.

Potatoes - You will receive either white Superior potatoes or pale-yellow Satinas. Both are good all-purpose potatoes. They were grown by Chris Malek of Malek Family Stewardship Farm. Chris is growing all of our potatoes this year.

Pak choy (large head with thick green stems and leaves) - This can be used like its close relative bok choy. It is good for stir-frying or sautéing, and is also good in soups. Think of the stems and leaves as two separate vegetables. The stems require longer cooking. The leaves will cook almost as quickly as spinach. Pak choy stores well, so feel free to pull off leaves as you need them, or use the whole head at once. Refrigerate in a plastic bag.

Carrots - These are the last of the summer carrots. As I mentioned last week, these show the stress of hot dry weather. They will be best cooked or pickled.

Onions - Please refrigerate these onions, and all our onions for the rest of the season. We find they are deteriorating at room temperature, but will hold in the fridge.

Peppers - We are sending lots of peppers this week. Remember, peppers are easy to freeze because they don't require blanching. Just cut into pieces and freeze. You'll enjoy them this winter.



Sweet bell peppers come in many colors and are easily recognized by their blocky shape. See photo. We have not sent all those colors this week.

Orano peppers are sweet peppers, small in size. These can be used as bell peppers, or for snacking. You can recognize Oranos by their tapered shape and bright orange color.

Anaheim chilis are long and slender, and can be red or green. These are HOT peppers. In the chili world, Anaheims are considered of medium heat. However, they are unusually spicy this year, so watch out. As usual, the heat is concentrated in the seeds and midveins. Remove the seeds and midveins is to lessen the chilis' heat.

Anaheims are easily mistaken for Italian frying peppers. We never send them in the same box for that reason. However, keep their similarity in mind if you carry peppers from week to week.

Grill Roasted Potatoes

Contributed by Local Thyme. Pat and Laura write "When we go camping or have a bonfire, we love to make "mickies" or fire roasted potatoes. We usually wrap individual potatoes in foil and bury them in the embers and let them roast. This is a gussied up version of "mickies". This method works great with coal and wood burning grills, and with gas grills as well. You can, of course, also roast these in a 425° oven, and while the potatoes won't pick up any of the smoky notes imparted by this method, they will still taste very good."

Servings: 4, Prep Time: 10 minutes, Cook Time: 45 minutes, Total Time: 55 minutes.

Ingredients

- 3 tablespoons Olive Oil
- 1 tablespoon Dried Rosemary, *chopped*
- 3 cloves Garlic, *sliced*
- 2 pound Potato, *chopped in 2 inch dice*
- Salt and Pepper

Grilled Roasted Potatoes, continued

Instructions

Heat grill over high heat. If grill has a thermometer try to keep grill regulated at about 400-450°. Place olive oil in a bowl, stir in rosemary and sliced garlic cloves, season generously with salt and pepper. Toss potatoes with this mixture. Lay a 2 large pieces of foil on workspace. Divide potatoes in half and spread in a single layer onto foil sheets. Cover and tightly seal the packets of potatoes, keeping them in a single layer if possible.

Place on grill, cover and cook for about 20 minutes, then carefully flip the package over. Cook another 20 minutes. Using tongs (steam from the package will burn your hands!) open package of potatoes, and poke a couple with a skewer. If not quite cooked through, return to grill for a few more minutes until tender. If starting to brown a bit too much, use indirect heat at this point.

Roasted Pepper Soup with Anaheim Pepper Cream

Contributed by Local Thyme. Recipe adapted from Gourmet Magazine, 1993.

Imagine your silkiest, richest tomato soup, but with roasted peppers. This is that soup. It's incredibly light, but with such an intense flavor it seems rich. Make this. You'll be glad you did. This recipe uses all your peppers this week except for one Anaheim pepper. If you are thinking of ways to preserve the harvest, this soup freezes especially well; just be sure to leave out the cream or evaporated milk before freezing, then thaw, warm, and add the cream before serving.

Servings: 4 appetizer portions, Prep Time: 20 minutes, Cook Time: 35 minutes, Total Time: 55 minutes

Ingredients

- 3 Bell Peppers, Yellow, Red and Green,
- 4 Orange Oranos Peppers
- 1 Anaheim Pepper, preferably spicy
- 1 tablespoon Butter
- 3 tablespoons Onion, finely chopped
- 1/2 teaspoon Dried Thyme, or 6 sprigs fresh Thyme, leaves chopped
- Salt and Pepper, to taste
- 1 1/2 cups Chicken or Vegetable Stock
- 1/4 cup Heavy Cream, or substitute Evaporated Milk, if desired
- 1 clove Garlic, minced and mashed to paste with 1/2 teaspoon salt
- 1/4 cup Creme Fraiche, or Greek Yogurt, if preferred

Instructions

1. Preheat broiler. Wash your bell, Oranos and Anaheim peppers, and slice off 3 or 4 sides of each pepper, so you have *relatively* flat slabs of pepper without the stem. Remove any ribs and seeds. Place the pepper slabs, skin side up, on a rimmed baking sheet. Place under the broiler so they are about 2 inches from the heat. Allow the skins to blacken and blister, about 10-15 minutes, depending on your broiler, but check them and rotate pan after 5 minutes. Remove the peppers, seal in a plastic bag, and set aside for 15 minutes.
2. Heat a heavy saucepan over medium heat. Add the butter. When it stops foaming, add the onion, thyme and salt and pepper, and sauté until soft and translucent, about 4 minutes. Remove from heat.
3. Remove the pepper slices from the bag and carefully peel off the charred and blackened skin. Reserve the Anaheim pepper for later use. Roughly chop the remaining peppers, and add them to the saucepan with the onions. Pour in any accumulated juices from the bag.
4. Place the saucepan over medium heat, and add the chicken or vegetable broth. Bring to a simmer, and cook uncovered for 15 minutes, until the peppers are very soft. Using either an immersion blender or regular blender, purée the peppers until smooth. If desired, soup can be chilled and frozen at this point. Otherwise, wipe out the saucepan, return purée to the pan, and add the heavy cream or evaporated milk, and heat until just warmed. Taste to adjust seasoning.
5. To make the Anaheim pepper crème, finely mince the peeled Anaheim pepper, and combine it with the mashed garlic with salt, and the crème fraiche (or Greek yogurt). Salt and pepper to taste.
6. To serve, divide soup among four bowls, and top each with a portion of the Anaheim pepper cream.