

THE TIPI TIMES

October 4, 2012, week 22 (purple EOW)

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THIS WEEK'S BOX CONTAINS:

Winter squash,
mostly Sweet Dumpling
Santina potatoes, 3 lb
Leeks, 2 or 3
Golden beets with tops
Fennel with tops
Carrots, 2 lb
Kohlrabi, 1
Tomatoes, about 2 lb
Bell peppers, mostly red,
mixed #1 and #2 grades.
Anaheim chili, 1, HOT

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Winter squash, broccoli,
scallions, green tomatoes,
peppers, carrots and more

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

MENU IDEAS

We've sent the fennel in
combination with the last
ripe tomatoes, because they
are so good together.

U-Pick this weekend.

All info is in the email sent to members on Thursday October 4.

Local Thyme survey.

We worked with Pat and Laura of Local Thyme in two ways this season. They offered a \$60 menu service specific to the Tipi CSA boxes. In addition, they supplied most of the recipes for our newsletter. We want to know if you found their menus and newsletter recipes valuable.

Should we continue working with Local Thyme in 2013? Tell us via the short survey below.

<http://survey.constantcontact.com/survey/a07e6gtb950h7vd7iq0/start>

Farm and Veggie Notes

This is the end of the ripe tomatoes. Frost over the next few days is certain to finish them off. It's been a great tomato year, with unusually good flavor because of the dry weather. We hope you have enjoyed them. We might have green tomatoes for next week's box.

Sweet Dumpling Squash (small, round, cream and green striped) - The Sweet Dumplings are unusually sweet this year, another result of the dry weather. Eat these squash right away. They are delicious now, but will not store for long. Store all winter squash at room temperature. Sweet dumplings are cooked like delicatas. See 9/20/12 newsletter for details.

Potatoes - Santinas are a pale yellow all-purpose potato, grown by Chris Malak.

Leeks (look like big scallions) - These alliums have a milder flavor than onions. Nonetheless, they can be used in recipes that call for onions. To wash, split the leek lengthwise, from the green tops about halfway to the base, leaving the base intact. Rinse well under running water, separating the layers to flush. If necessary, split the leek further if soil has penetrated more than halfway down the leek. Shake dry. Leeks are generally eaten cooked. They can be sauteed, steamed or roasted. Intact leeks will store at least 2 to 3 weeks if covered loosely and refrigerated. The outer leaves will yellow. Just peel them off and discard. The inner leek layers will be fine.

Golden beets with greens - Aren't these pretty? The beet greens are delicious. They are almost identical to Swiss chard in flavor, texture & cooking time (the two crops are very closely related.) You can remove the midribs before cooking if you wish, but it is not essential.

Storage: Cover and refrigerate. The beet roots will last for weeks. The beet greens are perishable and should be eaten soon. Separate the tops and roots if you don't plan to eat the greens immediately, to preserve freshness in the roots.

Carrots - These are the first of our fall carrots.

Anaheim chili (long, slender, green or red) - These are HOT with great flavor.

Shrimp with Fennel and Tomatoes

Contributed by Local Thyme.

Recipe adapted from *Fine Cooking*, August 2009.

Although this dish has depth and complexity, it comes together quickly in one pan. The Pernod, or anise-flavored liquor, enhances the flavor of fennel. Add pasta or rice to round it out for a meal.

Servings: 4-6

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Ingredients

1 pound Shrimp, peeled, deveined, rinsed and patted dry

1/4 cup Olive Oil, divided use

3 cups Fennel, bulbs, cored and thinly sliced

1 Leek, white and pale green parts, thinly sliced

1 clove Garlic, minced

1/4 cup Pernod or Ricard Liqueur

1 1/2 pounds Tomato, cored and diced, with juice

1/4 cup Parsley, (optional) chopped

3 tablespoons Fennel Fronds, chopped

Salt and Pepper, to taste

Instructions

1. Preheat a large skillet over medium-high heat, and add 1 tablespoon of olive oil to the pan. When the oil shimmers, add the shrimp in a single layer and sprinkle with salt and pepper. Allow them to cook, turning opaque and pink, about 90 seconds. Turn the shrimp, and continue cooking the other side, for an additional 60 seconds. The shrimp should be slightly undercooked. Transfer the shrimp to a plate and reserve.
2. Using the same skillet, reduce the heat to medium and add the remaining olive oil. Add the fennel and leek to the pan, and toss to coat with olive oil. Sprinkle with salt, and sauté until the fennel and leek are soft, and beginning to brown, about 8 minutes. Add the garlic and cook until fragrant, about 1 more minute.
3. Pour the Pernod into the pan, scraping the bottom of the skillet with a wood spatula to deglaze any brown bits sticking to the pan, and continue stirring until most of the liquid evaporates, about 1 minute. Add the tomatoes with their juice and bring to a boil then reduce heat to low. Continue to simmer for several more minutes, just until the flavors blend, and the tomato juice reduces just slightly.
4. Add the shrimp to the pan, and add chopped parsley, if using. Stir and allow the shrimp to finish cooking, 2-3 minutes. Adjust seasoning with additional salt and pepper, and garnish with chopped fennel fronds.

Beet Risotto with Walnuts, Blue Cheese and Wilted Beet Greens

Contributed by Local Thyme.

The combination of beets, blue cheese and toasted walnuts can't be beat. (Forgive the pun!) And in a risotto, with the creamy texture of the rice and the melted blue cheese, the earthiness of the beets takes this into comfort food territory. If you've never made risotto before, you'll need to spend about 25 minutes stirring at the stove top, adding large ladles of hot stock to the rice as you stir. But in the end you'll be rewarded with an earthy, comforting dish that is completely worth it! You'll need to start the beets in the oven 15-20 minutes prior to starting the risotto so that they'll be cooked when the risotto is ready to be served. We call for a range of 3-6 cups of stock here, because depending on the age/freshness of your rice, it can take as little as 3 cups, as much as 6; but usually it takes 4 cups for the rice to become just tender. When the grains become uniformly translucent, taste for doneness.

Servings: 4-6

Prep Time: 10 mins

Cook Time: 40 mins

Total Time: 50 mins

Ingredients

- 1 bunch Golden Beets, *trimmed, peeled and diced 1/2 inch cubes*
- 1 bunch Beet Greens, *cleaned, stems removed, roughly chopped*
- 1 Leek, *well rinsed of grit, white and light green section only, cut in half lengthwise, then thinly sliced*
- 4 tablespoons Olive Oil, *divided*
- 1 1/2 cup Arborio Rice
- 3/4 cup White Wine
- 3-6 cups Chicken or Vegetable Stock
- 2 tablespoons Butter, *optional for extra creaminess*
- 1/2 cup Blue Cheese, *crumbled*
- 1/4 cup Walnut, *toasted, chopped*
- Salt and Pepper, *to taste*

Instructions

1. Preheat oven to 400°. Toss beets with 2 tablespoons olive oil, and salt and pepper to taste. Pour beets onto rimmed baking sheet, and spread to single layer. Roast until tender, stirring once after 20 minutes, for a total of about 40 minutes. If beets aren't tender after 40 minutes, roast until they are.
2. After beets have roasted for about 15-20 minutes, bring stock to a slow simmer in a saucepan. Reduce heat to very low, cover, and keep stock warm.
3. In a large, heavy, wide-mouthed skillet, heat remaining 2 tablespoons olive oil over medium high heat. Sauté the leek until soft, about 5 minutes. Add rice and stir for about one minute so that each grain is coated with the oil. Add wine and simmer, stirring, until absorbed, about 2 more minutes. Add 1/2 cup of hot stock, and continue to stir and allow the stock to be absorbed by the rice. When the rice has completely absorbed the liquid, add another 1/2 cup of stock, and repeat this process, until the rice is tender and the mixture is creamy, for about 25 minutes total. Test the rice texture when you see the grains have lost their bright white center and look uniformly translucent. The rice should be silky, but should be al dente, or still be a little toothsome. Stir in the beet greens until they wilt, about 3-4 minutes. Stir in the optional butter, and then fold in the blue cheese, roasted beets, and walnuts. Taste and season with additional salt and pepper. Serve immediately.