

THE TIPI TIMES

June 23, 2011, week 6 (green EOW)

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THIS WEEK'S BOX CONTAINS:

Strawberries, 1.5 to 2 qt
Asparagus, 1 lb
Green or red bibb lettuce
Snow peas, 0.7 lb
Kohlrabi, 1 large
Zucchini/squash, 2 - 2.5 lb
Red Russian kale
Scallions

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Cabbage, zucchini, peas,
kohlrabi, garlic scapes and more

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

Bi-weekly newsletter I promise a bi-weekly newsletter but send newsletters more frequently when there are unusual vegetables. I will always send at least a brief newsletter like this one, with descriptions of the week's veggies.

Strawberry U-Pick This Weekend.

Date: SUNDAY June 26

Time: 9 a.m. - 1 p.m.

We hope you will visit us to pick berries and to see where your food comes from. It's a wonderful experience to eat berries warm from the plants. The members who visited last weekend enjoyed themselves. The weather was perfect for strawberry picking: hazy sunshine and not too hot. The forecast for this weekend looks equally mild.

Please note that this event is on SUNDAY. The price for the u-pick berries is \$2.20/lb. See the [6/16/11 newsletter](#) for complete details. We are already near the end of our strawberry season, so berries will be small. There is no rain date. We will be here, rain or shine.

Here's the schedule:

9:00 a.m. - Begin picking berries.

11:30 a.m. - Farm tour. Feel free to skip the tour and continue picking. There will be ripe mulberries to pick, but no peas.

Farm and Veggie Notes. This is the final week for asparagus. It is time to let the plants make their growth for next year's harvests. This is the first time that we've sent asparagus in the CSA boxes for six weeks. (Usually we have asparagus for four or five weeks.) We were able to reach six weeks because the cool weather this spring delayed the start of the asparagus harvests. We often pick and sell asparagus before the CSA season begins. Instead we packed all the asparagus harvests into the CSA boxes. We hope you've enjoyed it.

Strawberries - You'll receive two containers of strawberries. Some containers are partially filled, to allow us to distribute the berries evenly. Some berries were picked after rain, and should be eaten first. All berries are perishable - eat them quickly.

Kohlrabi (round, pale green exterior, crisp white interior) - Kohlrabi is an unusual vegetable that I enjoy introducing to new CSA members because almost everyone likes it. Crunchy and sweet, it's a great addition to salads. **Storage:** Kohlrabi will store for a month in the refrigerator. **Uses:** Kohlrabi are good peeled and eaten out of hand, or added to sandwiches. It is good mixed into salads, or prepared as a salad on it's own. You can grate it, slice it, or cut it into matchsticks. It's also good cooked. If you have it, the Asparagus to Zucchini cookbook has a long list of kohlrabi suggestions.

Snow peas (flat pea pods) - These are excellent stir fried or in raw salads. The thicker pea pods will usually have two strings along the edges. Remove them when you snap the stem off.

Zucchini and summer squash - Some squash are still a bit lumpy. As I explained last week, sometimes the early squash are not completely pollinated, so they look lumpy the first two weeks. They are good to eat.

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