

THE TIPI TIMES

September 6, 2012, week 18 (purple EOW)

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THIS WEEK'S BOX CONTAINS:

You'll receive most of the veggies from this list:

Watermelon, red or yellow
Slicing tomatoes, 3.8 - 4.0 lb
Bell peppers, color medley
mix of #1 and #2 grades
Carrots, 2 lb
Eggplant, globe or Japanese
Cucumber
Onions
Garlic
Basil, 2 sprigs

A few members will get an heirloom tomato.

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Potatoes, bok choy, carrots,
peppers, onions, tomatoes,
parsley and more

MENU IDEAS

Here are a few things we ate this week:

Grilled peppers and onions mixed with minced olives and garlic, balsamic vinegar and olive oil. Leftovers were great in pita bread with some hummus, cucumber and a slab of cheese.

Eggplant parmesan
(Bonnie's contribution)

Melon-tomato salad (Lacey and Bonnie each made one.)
Katie Dean has a good recipe on her [77Square blog](#).

Gazpacho

September 8 raspberry U-Pick is cancelled.

We are dealing with a new insect pest in our raspberries, and don't want to host u-picks until we've gotten the pest under control.

The pest is a fruit fly called spotted wing drosophila (SWD). The first discovery of crop damage in WI was this past Thursday, although the pest has been in WI for two years. I saw my first SWD during the u-pick on Sunday when a member handed me a raspberry filled with larvae. That was an unfortunate way to find it. At this point, we have suspended berry harvests and have cancelled the upcoming u-picks.

I've been in touch with the WI extension entomologists. My first call was to Phil Pelletteri at the UW Insect Diagnostic Lab because he's always got interesting information to share. The next call was to Russ Groves, vegetable entomologist for the state. He and Phil spent the weekend dealing with SWD. The sudden outbreak surprised them and many growers. The fly showed up simultaneously all over the state, at explosive population levels. They admit that there's much to learn about this pest. SWD is new to the USA (since 2008) but there is some research from other states to guide our management efforts.

I've hung vinegar traps in the fields to track populations. Tiny larvae are incubating on the kitchen table, next to a butterfly chrysalis developing in a jar. Steve sprayed tonight at dusk, once the bees were settled in for the night. We have some good organic control options, so we'll see if we can salvage the later harvests.

Oregon State has a useful publication for home gardeners who raise fruit (http://horticulture.oregonstate.edu/system/files/em9026_0.pdf) Look for the larvae in over-ripe berries, where they are most prevalent. If you have SWD, Oregon State recommends stripping all over-ripe and fallen fruit from your garden. Place these berries in a plastic bag in the sun for a week to kill the insects. For eating, try to pick your berries slightly under-ripe, before the SWD develop.

I expect that you will hear more about SWD in the popular press, due to its dramatic emergence. It's unknown if SWD blew into WI this spring or survived the mild winter. It's another oddity of this weird, weird season. *Beth*

Farm and Veggie Notes Dragonflies swarmed over our house twice this week, diving and swooping in circles over our yard. Birds congregated as well, feeding on the fat dragonflies. The first time this happened, we had no idea why the dragonflies gathered. Tonight, we realized that they were feeding on flying ants emerging from our lawn. If we kept our eyes on an ant as it rose into the air, we were sure to see it gobbled up. The episode was over in five minutes. It was so cool.

Our tomatoes are doing nicely. We're sending red slicing tomatoes again this week. The yellow and orange slicing tomatoes have begun to ripen and we'll slip them in the boxes as harvests increase. We have a few heirlooms to share. We decided to plant fewer heirlooms this year while we experiment with

better ways to raise them reliably. They are fragile and prone to rots, and we don't want to send you something that's likely to rot. This year, we trellised all our slicing tomatoes, including the heirlooms, in hopes that keeping them off the ground will improve the quality. We'll see how they do.

This is the last melon of the season and (might be) the last basil as well. We'll see. It's time to harvest sweet potatoes and winter squash. The broccoli looks good. There are only eight CSA deliveries after this week.

Garlic - Our garlic grower John Hendrickson is testing new varieties of garlic this year, after abandoning his own treasured strain due to disease problems. You'll notice that the garlic bulbs vary in size this year as we move through the different varieties.

Carrots - These late summer carrots show the stress of hot, dry weather. These will be best cooked or pickled.

Grilled Eggplant Stacks with Fresh Tomato Basil Relish

Contributed by Local Thyme.

Dish Type: Appetizer, First Course, Main Course, Side Dish · Total Time: Under 30 Minutes

A simplified riff on Eggplant Parmesan, this will keep you out of the kitchen on a hot day. If you do not own a grill, this dish can be grilled on a grilling pan and then broiled to melt the cheese.

Servings: 4

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Ingredients

4 cloves Garlic, minced

4 tablespoons Olive Oil

1 tablespoon Balsamic Vinegar

Salt and Pepper, to taste

1 Globe Eggplant, sliced into 1/4 inch rounds

OR *

2 Asian Eggplant, sliced diagonally into 1/4 inch ovals. If eggplant are small, cut in half lengthwise

8 ounces Fresh Mozzarella, sliced thinly

2 tablespoons Extra Virgin Olive Oil

1 pound Tomato, fine dice

2 tablespoons Basil, minced

Instructions

1. Preheat gas or wood/charcoal burning grill to moderately high heat. Combine garlic, olive oil and balsamic vinegar in a small bowl and season generously with salt and pepper. Brush both sides of eggplant slices with garlic oil, then grill slices, covered, until nicely browned on one side, about 5 minutes. Flip the slices over and lay a slice of cheese on top. Cover grill and cook about 3-5 minutes longer, until cheese melts and eggplant is cooked through.
2. Make several 2-3 layer stack of eggplants on a platter. Take remaining garlic mixture and stir 2 tablespoons Extra Virgin Olive oil into it. Toss with diced tomato and basil, taste and adjust salt and pepper. Spoon relish over stacks and serve.

Marinated Carrot and Onion Pickles

Contributed by Local Thyme

Dish Type: Appetizer, First Course, Side Dish, Snack · Total Time: Under 30 Minutes

This recipe is an adaptation of David Chang's Vinegar Pickles that are served at the very famous and trendy Momofuku in New York. Their recipe calls for fennel bulbs, which would be great, but here we've used carrots, and added in a few extras. Be sure to let these marinate in the fridge for at least 4 days, and then use them up as quickly as possible, and certainly no longer than one month.

Servings: 12

Prep Time: 15 mins

Total Time: 15 mins

Ingredients

2 pounds Carrot

1/4 Onion

1 cup Boiling Water

1/2 cup Rice Vinegar

2 teaspoons Kosher Salt

1 teaspoon Coriander Seed, toasted

Instructions

Wash, trim and peel carrots. Slice them lengthwise into approximately 1/2 inch by 1/2 inch strips, and then slice them into finger-length sticks. Slice the onion, radially, into 1/4 inch moon-shaped pieces. Tightly pack the carrot sticks and onions into a 1 quart jar or plastic container. Top with coriander seeds.

Stir together the water, vinegar and salt, and pour over the packed vegetables. Make sure all vegetables are below the surface of the brine, and cover with a lid, and store in the fridge for at least 4 days before serving.