



News FROM THE FIELDS of  
 Driftless Organics!  
 Volume 7 - Issue 10  
 August 15 - 17, 2013



# ONE POTATO TWO

*Week 10!? That's right - we're at the halfway point of the CSA season. I hope you are enjoying your boxes so far this year! Do you have questions? Comments? Suggestions? Let us know: [csainfo@driftlessorganics.com](mailto:csainfo@driftlessorganics.com)*

I've been dying to tell you all about something really exciting happening at the farm: it seems really hard to believe, but construction of our new packing house has finally begun. A pack house, or pack shed, is where we store, wash and pack your vegetables. Along with the office, this is sort of the heart of the farm; it's our home base, if you will.

Planning the perfect building has been many years in the making and we've been relatively quiet about it in fear that we'd jinx any forward progress.

But I can't hold it in any longer. We're getting a new packing shed! I can't quite explain how monumental this really is. You see, we've been washing and packing your vegetables in an old creamery that we have rented for the last 7 years. Don't get me wrong - this has been a great building that has served us well - but frankly we outgrew it a long time ago and we're ready to move on.

We've got a long way to go before we'll be doing any moving, but it is great to see those big machines out there moving dirt and getting ready for concrete pouring. This is a huge step for us as a farm and we have you all to thank for your continued support. We couldn't have made it this far without you.

I'll keep you posted as things progress. This is SO exciting!!

## THIS WEEK'S BOX

- Banana Peppers
- Cantaloupe
- Carrots with Tops
- Cilantro
- Dragon Tongue Beans
- Eggplant
- Green Beans
- Green Bell Peppers
- Green Savoy Cabbage
- Sweet Corn
- Mild White Onions
- Tomatillos
- Tomatoes
- Yellow Summer Squash

## DID YOU KNOW?

Did you know that tomatoes don't require light to ripen? Nope - what ripens a tomato is temperature and time. That's why we've had to wait so long for tomatoes in our CSA boxes. Normally, we would have started picking three weeks ago. With nighttime temperatures in the 50s, our tomatoes are remaining decidedly... green. Optimum tomato - ripening temperatures are 70 - 75 degrees and believe it or not, there's been a number of days in the last 2 weeks where it has barely gotten up that high. Let's hope for some warm temps in the next couple of weeks here so we can get some of those yummy tomatoes!!



**Banana Peppers** - Look for the yellowish-green peppers in your box. They are a fun surprise – are they hot or sweet? I like to cut off the tip & taste it before chopping it up for a dish, so you know which it is. Either way, they're great in sauces, stir fries, salsa, pizza, tacos, eggs... Keep on the counter for a couple days or the fridge for a few more.

**Broccoli** - makes a nice stir fry with banana peppers, carrots, summer squash & green beans... Store in plastic in the fridge & use up within a few days. Don't forget the stems!

**Carrots with Tops** - makes a nice coleslaw when grated with green savoy cabbage... Remove tops & store carrots in plastic in the fridge.

**Cantaloupe** - These little guys are so sweet and delicious. Eat it up right away, as they don't last long in the fridge.

**Cilantro** - salsa time! See the salsa verde recipe, below, or make a simple pico de gallo with cilantro, tomatoes, banana peppers, & onions. Add some grilled corn & chopped green peppers if you wish.

**Dragon Tongue Beans** - look for the 1lb bag of crazy yellow and purple striped beans that are wider and flat than normal beans. These beans are a deliciously beautiful heirloom Roma-type stringless bean that's nice raw & wonderful cooked, either sautéed or steamed & drizzled with lemon & sunflower oil or butter. Unfortunately, they lose their cool stripey pattern when you cook them. Keep in plastic & use up in less than a week.

**Eggplant** - lots of folks say they don't like eggplant but I find that roasting or grilling it can change most minds! Roast it whole (prick with a fork a few times to keep it from exploding) then peel to make into baba ghanoush. Or slice raw into 1/4" slices, brush with

oil & sprinkle with salt & pepper & grill until soft & starting to brown. Serve with other grilled/roasted vegetables, on veggie burgers, or on pita bread with lamb kebabs & minty yogurt.

**Green Beans** - crunchy & sweet, enjoy them raw or crisp-blanch, steamed, sautéed, stir-fried or roasted. Store in plastic in the fridge & use up within a week.

**Green Savoy Cabbage** - is hands down the most lovely cabbage ever. In flavor & texture it's like a cross between green cabbage & Napa - use it accordingly. It makes beautiful & tender coleslaw or a lovely addition to salads or stir-fries. Store in a plastic bag or vegetable crisper in the fridge. If the outer leaves start to wilt, just strip them off.

**Mild White Onions** - we've been on a mission to not eat any non-local onions through the year & let me tell you these fresh sweet onions are a real joy to cut & cook with after a spring of old sprouted onions & early summer scallions - they're big & juicy & ready to go without any cleaning necessary.

**Sweet Corn** - Tired of shucking corn? Try this: Cut off the stalk of each ear about one inch above the last row of kernels and microwave for two to four minutes. Holding the uncut end, shake and squeeze the husk until the corn slides out. The microwave creates just enough steam to allow the kernels to separate from both the husk and the silk.

**Tomatillos** - can be eaten raw, blanched, roasted, or grilled. Below is a recipe for my favorite salsa verde that is easy to freeze & a blessing to pull out & make enchiladas with in the middle of winter... or dice them up raw in salads, salsas, or guacamole or cook them into some chili or black beans. Store them in a paper bag on the counter.

## Elote (Mexican corn on the cob)

*This is a quick, easy & different way to prepare your sweet corn if you are getting sick of plain old corn on the cob.*

4-6 ears of corn  
3 Tbsps mayonnaise  
2 Tbsps Parmesan cheese  
½ tsp chili powder  
¼ tsp cayenne pepper/chipotle powder  
lime wedge  
pinch of salt

Boil or grill your sweet corn like you normally would.

In a bowl whisk together the mayonnaise and lime juice.

In a separate bowl mix together the Parmesan cheese, chili powder, cayenne/chipotle powder and salt. Spread the mayonnaise mix over the corn. Sprinkle the cheese mix over the corn.

## Chicken in Chili Verde

1 pound boneless chicken thighs or breasts  
1 Tbsp. oil  
½ medium white onion, diced  
1 tsp. coriander seeds  
4 cloves garlic, minced  
1-2 jalapeno or banana peppers (or one of each), chopped (remove seeds for less heat)  
All of the tomatillos in your box, husked and coarsely chopped  
1/2 cup chicken stock  
juice and zest of 2 limes  
¼ c. cilantro, chopped  
salt & pepper to taste

Rinse chicken, pat dry with a paper towel, & season with salt & pepper. Set aside. In a medium/large sauté pan, heat oil. Add onion & coriander seeds & sauté for a minute or two. Add garlic & peppers & sauté for another minute. Add tomatillos & sauté for another couple minutes. Add chicken stock, lime juice, & zest & cook for a couple minutes. Puree with an immersion blender or in a food processor or blender & return to the pan. Bring to a boil & add chicken thighs. Reduce to medium heat & maintain a simmer uncovered for 25-30 minutes, until chicken is tender & juice runs clear when pierced with a knife in the center. Season with salt & pepper to taste & sprinkle with cilantro. Serve with sour cream, rice, roasted vegetables, & tortillas.