



News FROM THE FIELDS of
Driftless Organics!
Volume 7 - Issue 12
August 29 - 31, 2013



ONE POTATO TWO

Week 12! This blasted heat sure makes the days long, but we know the plants love it, so we love it too!

Every year is a different set of lessons and challenges, *right?* And every year we learn something new about how to do what we're doing. For instance: last year we seeded our fall planting of beets on the 14th of July and much to our dismay, they never really got big enough in time for us to harvest before the cold set in. So this year we planted them on the 4th of July and wouldn't you know it, they're almost already big enough to harvest. This is too soon! You see, we want to harvest them just *before* the cold sets in so that they will store for that much longer and we

can sell them all winter long. Washing, packing and selling these beets (along with lots of other crops) keeps us and the crew busy after the field work ends and it also keeps the money coming in during those lean winter months. Now, we'll be harvesting those darned beets in a couple of weeks and they may not keep as long as we'd like. These are the lessons learned in farming. It's what keeps things interesting for us as we continue to improve ourselves and our farm. I think what really makes a good farmer is being able to (and remembering to) apply the lessons learned from previous years in the seasons to come. So, next year, do we seed beets on July... 9th?

THIS WEEK'S BOX

Arugula
Broccoli
Cucumbers
Dill
Edamame
Eggplant
Mixed Bag o' Tomatoes
Pimiento Peppers
Poblano Peppers
Purple or Green Beans
Red Beets
Red Onions
Sungold Tomatoes
Sweet Mini Peppers
Yellow Summer Squash

DID YOU KNOW?

Edamame, or edible soybeans, are the green pods in your box that kind of look like shell peas. Did you know that edamame is a nutritional powerhouse? Yep - for one cup of the shelled beans, you get 16.86 grams of protein. That makes edamame as protein-packed as eggs and meat. Plus, edamame is the only vegetable in the world that contains all nine essential amino acids.

Edamame is a popular bar snack and side dish in Japan and other Asian countries. It's eaten mostly straight from the pod, but can also be shelled and put into soups or stir fries.

To prepare, simply boil the whole pods in salted water for a few minutes, drain, cool a bit, sprinkle with a bit more salt, pop the beans out of the pods with your teeth & feast! Once cooked & shelled they also freeze beautifully, but we usually can't help just eating them all right away.



枝豆

EDAMAME

("ed-ah-mommy")

SAVE THE DATE: SEPTEMBER 28th!

You're invited to our 2nd annual CSA Member Pizza Party! This is a great event - complete with farm tours, cider pressing and pizza. Be on the lookout for more details via e-mail.

Arugula - screw cooking when it's hot – just have an arugula, purple bean, red onion, tomato & pimento pepper salad! Add some feta & kalamata olives, a drizzle of Driftless sunflower oil & balsamic. Also my favorite topping for both fried egg sandwiches & pizza. If you or your kids don't like its peppery bite, wilting it will tame that so you can hide it in scrambled eggs, stir-fries or pasta sauces. Try some in the arugula dressing recipe below. Won't keep long, so keep the bag in the fridge & use it up within a couple days.

Cucumbers - slicers to cool you down in this heat! We've got lots of cucumber recipes on our website... or try the one below.

Edamame - the Japanese super snack! Read more about them on the first page of this newsletter. Store in plastic with a paper towel in it in the fridge & use up within 5 days or so.

Dill - heads of dill that are mostly good for pickling, although if you throw them in with water to boil for potatoes they'll infuse a bit of their flavor.

Eggplant - I know we may all be getting a little sick of eggplant - but it has been a bumper crop this year. Perhaps some baba ghanouj? or roast it and then freeze? Or my answer for just about any vegetable: coat with oil and grill!

Mixed Bag o' Tomatoes - We grow too many varieties to name in this space, but we have extensive info on our website at:

www.driftlessorganics.com/tomatoes

Pimento Peppers - look for the small round squat red peppers in your box (there should be 2 of them. These are our favorite sweet pepper – thick walled, super sweet peppery, & juicy. Use as you would a red bell – raw, sautéed, stir-fried, grilled, or roasted. Store on the counter for a few days or in the fridge for a couple more.

Poblano Peppers - Poblanos can be mild to spicy and they really do vary. If you are concerned, cut off a slice & touch the tip of your tongue to it & you'll know which one you've got. (If it's a spicy one, you might want to wear gloves while working with them.) Anyway, roasting them may seem like an unnecessary extra step, but it's really worth it for two reasons: the skin is kind of thick & tough otherwise, & roasting brings out a poblano-y flavor you just don't get otherwise. To roast – place whole peppers next to something really hot – the open flame of a gas stove top, the broiler, or a grill. Turn peppers so that the skin blisters & they start to char on all sides (about a couple minutes each side) then transfer to a bowl & cover with a lid or plastic wrap to steam 5-10 minutes. Put on gloves if you don't want your hands to burn a bit & rub off skin under running water. Cut out seeds & stem & use in salsas, sauces, eggs, enchiladas, or stuff with cheese & onions for **chiles rellenos** (**recipe on our website**), or slice & freeze them if you're about to leave on vacation!

Purple or Green Beans - gorgeous dark purple beans – try to eat them raw as they turn green when cooked (although it's fun to

watch it happen!). Or you may be getting a special green bean called a “hericot vert” which is a french style green bean known for the delicate texture. Both should be stored in plastic in the fridge.

Rainbow Chard - two vegetables in one! The stems are crunchy like celery – cook them longer than the greens if you'd like them more tender. Use in any cooked recipe calling for spinach. Delicious cooked with eggs, sautéed with garlic & tossed with pasta or served with polenta, like the recipe below.

Red Beets - try the pickled refrigerator beets recipe along with the dill heads, below. Or grate them raw onto salads, roast them whole or chopped up with oil.

Red Onions - a great onion to use raw or cooked. The onions should be mostly cured by now, so you can store them on the counter.

Sungold Cherry Tomatoes - look for the green pulp pint of small orange tomatoes. These are the candy of the tomato world! I love roasting them, but only after I make myself sick from eating too many fresh ones... Store on the counter.

Sweet Mini Peppers - cute little peppers that have barely any seeds in them, making them really easy to chop up! A really cute & refreshing (& easy) appetizer is to cut off their stems & stuff them with goat or cream cheese & fresh herbs &/or capers. Store on the counter for a few days or in the fridge for a couple more.

Quick-Pickled Beets

- 1 pound medium raw beets, tops trimmed, peeled, and sliced paper thin
- 2 (4-inch-by-2-1/2-inch) pieces kombu (optional; a seaweed you can get a food co-op or Asian food store)
- 1 cup rice vinegar
- 1 cup granulated sugar
- 1 cup water
- 2 tablespoons kosher salt
- 2-3 dill flower heads (about what's in your box)

Place the beets, dill and kombu(optional) in a 1-quart jar, leaving at least 1/2 inch of room at the top of the jar. **Make the brine:** Place the vinegar, sugar, water, and salt in a small saucepan, whisk to dissolve the sugar and salt, and bring to a rapid simmer. Immediately pour the brine over the beets, making sure to cover them completely but leaving 1/4 inch of room at the top of the jar. Let cool to room temperature, about 1 hour. Cover the jar with a tightfitting lid. Shake the jar or turn it upside down to evenly distribute the brine, then place it in the refrigerator for at least 1 day and preferably 1 week before using. (The pickled beets can be kept in the refrigerator for up to 2 months.)

Cucumber Salad with Arugula Caper Dressing

- 3 cups cucumbers, cut into half-moons
- 2 slices French or Italian bread, crusts removed
- 2 Tablespoons cider vinegar
- 1 c. fresh arugula
- 1 Tbsp. capers
- 1/3 c. Driftless Sunflower oil

In a small bowl, pour vinegar over bread slices & let soak for a few minutes. Place cucumbers into a serving bowl & set aside. Place arugula, capers, & oil in blender or food processor. Add vinegar-soaked bread slices & puree on high speed until dressing is smooth. Add about half of dressing to cucumbers in serving bowl & toss to coat. Store the remaining dressing in a container & use on other salads within a week.