



one POTATO TWO

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Week #8! What a summer it has been! These mid-70 degree days/weeks have been great for the soul and have been so pleasant to work in. Unfortunately, our heat loving crops like tomatoes & peppers aren't as excited about these cool days and nights. I mean, they are still looking pretty good - and we will most certainly get a nice crop out of them, but they won't be the bumper harvests that we've seen in years like 2012, where we had a long (and

brutal) string of 90+ degree days. This is OK though - because one of the beauties of growing 100+ varieties of vegetables is that there is always something that does well in the given conditions of a season. This season: it has been the brassicas like broccoli and cauliflower which have been doing great! We're cruising along here on the farm and easing into August. The planting is nearly over for the year and now it is all about the harvest: our favorite part!

--Mike

THIS WEEK'S BOX

Banana Peppers
 Broccoli
 Carrots with Tops
 Cauliflower or Romanesco
 Cucumbers
 Fennel
 Fresh Garlic
 Green Beans
 Red Kale
 Sweet Corn
 Thyme
 Watermelon
 Zucchini & Summer Squash

GETTING THE KIDS TO EAT ZUCCHINI

Depending on how picky your kids are, getting the to eat zucchini could be incredibly easy... or down right impossible. Here is a great recipe to try:

Breaded Oven-Baked Zucchini Fries

1 lb zucchini/summer squash
 1/2 cup Italian-seasoned panko bread crumbs (regular bread crumbs work too)
 1/4 cup grated Parmesan cheese (the crumbly stuff, not shreds)
 2 eggs

Preheat oven to 425°F Line a baking sheet with aluminum foil and spray with non-stick cooking spray. Set aside. Combine bread crumbs and Parmesan cheese. Set aside. Whisk 2 eggs together in a shallow pie plate and set aside. Cut your zucchini and summer squash into "sticks" that are about 1/2" thick x about 4" long. When all the sticks are cut, blot them with a paper towel. Working with a small handful at a time, dip the zucchini sticks in the egg, shake them to remove any excess, and then roll them in about 2-3 tablespoons of bread crumbs at a time, adding more as needed. Place the coated strips on the prepared baking sheet and repeat until all the zucchini strips have been coated.

Bake for 10-12 minutes in the prepared oven then remove from oven, flip the fries, and bake for another 10-12 minutes or until the zucchini is not soggy and the coating is crisp and golden brown. Serve immediately with your favorite dipping sauce.

DID YOU KNOW?

Did you know that here at Driftless Organics, we are complete and utter equipment junkies? Whether it be field preparation, seeding, cultivating (de-weeding), harvest, washing or packing there is a piece of equipment to help get the job done and chances are we own it (or want to...).

See how well you know your equipment. Match the equipment up with its name (answers on back):

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|------------------|---|
| 1. Vibrashank | A. used for transplanting plants into beds of plastic mulch |
| 2. Scott-Viner | B. used for deep tillage |
| 3. Lister | C. used for mid-season prepping of a field for seeding a cover crop |
| 4. Basket weeder | D. used for cultivating and "stale bedding" which kills a flush of weeds right before direct seeding a crop |
| 5. Veg-veyer | E. used for breaking up clods of sod & dirt to prep a field for seeding |
| 6. Subsoiler | F. A long conveyor belt used for harvesting things like cabbage, sweet corn & kale |
| 7. Disc | G. used to throw soil up into long mounded rows that we then shape into beds for planting |
| 8. Waterwheel | H. Used for harvesting carrots & other roots |

Did you know that we have about a million recipes online on our website? We have the past SEVEN years' worth of recipes all categorized and easy to read, with none of those annoying ads that you normally get bombarded with on recipe sites. Check it out: <http://driftlessorganics.com/csa-2/recipes/>

Banana Peppers - Be careful with these buggers - they have a tendency to be kind of spicy. You might want to wear gloves when cutting up or be sure to wash your hands thoroughly afterwards. They do have wonderful flavor and are great in the recipe below.

Broccoli - This will most likely be the last of your broccoli for a while, until our fall plantings start coming in. My favorite way to chomp broccoli is to roast it with salt, pepper and oil. I do this with the cauliflower at the same time for a tasty and easy side dish.

Carrots with Tops - Rip off the tops for better storage. We have some amazing glazed carrots on our website at: <http://driftlessorganics.com/csa-2/recipes/carrots/>

Cauliflower or Romanesco - Did you know that both cauliflower and romanesco freeze

remarkably well? It is super easy - just cut into florets, blanch for a couple minutes, lay on cookie sheet to freeze and then transfer to freezer bags.

Cucumbers - Just a cucumber or two to munch on.

Fennel - Fennel is a tricky one - you either love it or hate it. But you haters out there should try this: Chop up your fennel and store in vinegar for a day or two. Then use the fennel in salads or roasted veggie dishes. The vinegar sort of neutralizes the strong anise flavor.

Fresh Garlic - It is best to store this garlic in your fridge, as it hasn't been cured. Use like you would normal garlic, but just use a little more because it isn't as potent as the cured stuff.

Green Beans - are such a wonderful and easy side dish, and go well with a lot of different types of food. Try mixing the beans with bread crumbs after steaming them for 10 minutes. Toss in crumbs, oil, salt, pepper & Parmesan cheese. So good!

Red Kale - There isn't much flavor difference between red & green kale - they are both delicious. Kale is a wonderful steamed

green - remember to not cook it for too long!

Sweet Corn - Yay for sweet corn! This is some really tasty corn that is relatively free of bugs. Boil just for a couple minutes and the slather with butter and salt of course! Store in your fridge for no more than a week. Sweet corn really loses its sweetness the longer it sits around.

Tomatoes - Surprise! The tomatoes have started and this is just a taste of (hopefully) what's to come. We grow too many varieties to list here, but you can find them on our website here: <http://driftlessorganics.com/csa-2/recipes/tomatoes/>

Thyme - one of my favorite fresh herbs! To remove the leaves, grab the top with one hand & strip downward with your other hand's pinkie & pointer finger. Try it in the recipe below, above, or on pizza, eggs, beans, pasta or chicken.

Watermelon - Such cute little melons! These aren't so very sweet, but about as good as a mid-70 degree summer can produce. You see, melons really need serious heat to get good and sweet and as we can all attest to, this has been a pretty cool summer thus far.

ZUCCHINI, BANANA PEPPER & KALE FRITTATA WITH THYME & FETA

6 eggs
3 Tbsp. butter
1 medium zucchini, sliced into thin rounds
2 banana peppers, seeded & chopped
1 bunch kale, stemmed & coarsely chopped
3 cloves fresh garlic, minced
1 Tbsp. fresh thyme, chopped
salt & pepper to taste
½ cup feta cheese, crumbled (optional)

Lightly beat eggs in a bowl with salt & pepper to taste. Set aside. Turn on broiler & set a rack about 4" below. Heat 2 Tbsp. of butter in a 10" cast iron/oven proof skillet. When butter is foamy, add zucchini & saute over medium-high heat for a minute, stirring frequently. Add banana peppers & saute another minute. Add kale, garlic, thyme, salt & pepper to taste & saute another couple minutes, until kale is wilted & zucchini is soft & starting to brown a bit. Add remaining 1 Tbsp. of butter & once it's melted, add eggs all at once, swirling to coat pan evenly if necessary. Turn heat to low, sprinkle feta over the top, & cook until sides are just starting to set. Put pan in broiler for 1-2 minutes, until top is lightly browned & eggs are set. Serve immediately or at room temperature. Serves 4-6.

CUCUMBER & WATERMELON SALAD W/ BASIL

1 cucumber
3 c. watermelon cut into 1" cubes (or use a medium melon baller)
Juice & zest from 1 small lime
1 Tbsp. honey
3 Tbsp. olive or Driftless sunflower oil
Salt & pepper to taste
¼ c. fresh basil leaves, cut into chiffonade

Peel long stripes into cucumbers, cut lengthwise, & scoop out seeds with a spoon. Cut into chunks the size of the watermelon cubes. In a serving bowl, whisk together lime juice, zest, honey, oil, salt & pepper. Add cukes & watermelon & toss gently to coat & serve immediately. Serves 4.