



one POTATO TWO

News from the fields of Driftless Organics • Vol 8 - Issue 11 • August 21-23, 2014

Week #11 As we enter the half way point of the CSA season, we continue to experience one of the mildest summers I can remember. Mild and dry is the theme and the crops continue to look really nice because of our insanely incessant irrigation protocol. Let's raise our hands high to Nathaniel and the rest of the irrigation crew for tirelessly keeping those sprinklers a-sprinkling.

Broccoli returns in the boxes this week as our FIFTH planting is coming on strong and ready to harvest. This is the first planting of the season that we don't start in the greenhouse, but rather direct seed right into the ground and then we thin them when the plants get about 4-6 inches

tall. We use those thinnings to plant broccoli 6, which ends up being ready to pick about 2 weeks later because it gets a little set back from the transplant shock. So, in this way we are able to plant 2 plantings of broccoli with one round of seeding.

What do I mean by "plantings" anyway? Well - we will plant some crops multiple times at staggered intervals (usually 2 weeks) so that we will have a continuous supply of that particular veggie. Broccoli is probably the best example - as we have EIGHT staggered plantings. We start these from early March until early August and harvest from early June until the snow flies! Wait - did I just say snow? Let's not talk about that just yet....

-- Mike

THIS WEEK'S BOX

Broccoli
Cilantro
Cucumbers
Dragon Tongue Beans
Edamame
Garlic
Pickling Cucumbers
Poblano Peppers
Sungold Cherry Tomatoes
Sweet Corn
Tomatoes
White Onions
Zucchini & Summer Squash

DID YOU KNOW?

Did you know that we built a new vegetable washing, packing and storage facility last fall? Commonly referred to as a "pack shed", these buildings are as necessary to a vegetable farm as the fields themselves. For the last eight years and up until last December, we were washing and packing veggies out of an old cheese factory. Dubbed the "Star Valley Creamery", this place was pretty crappy. This old building was an electrician's nightmare. Plus, it was small, inefficient and poorly lit. We really wanted to get the heck out of there and in all honesty we had to as well. You see, just about every season it would flood and we would end up with four feet of muddy river water running through the building.

So... we went for it. We borrowed some money, wrestled over a bunch of plans, hired a number of skilled builders and concrete workers and so on and so forth. Before we knew it, we had ourselves a gloriously new pack shed.

We are still basking in the honeymoon glow of our beloved new building. With the high ceilings, big garage doors and wide open spaces, it feels so light and airy inside. It is truly an enjoyable

and efficient space to work in. And everything is NEW and all the electrical outlets actually work and the water pressure is awesome and all of these little things that normal people don't even think about, like hose reels and easy access box storage and a super gigantic loading dock, all exist for us now.

To most, our fancy pack shed may just look like another steel pole shed. We see them all over the place - in industrial parks, on farms, and in town. But to us - this building is our dreams come true. It symbolizes the manifestation of a lot of hard work and determination. It is one of the most quantifiable products of our labors thus far.

Of course it has to be mentioned that one of the main reasons that this building is even standing is because of you all. It is because of your support in us - because of YOUR hard earned dollars that we were able to afford to build such a wonderful building. And I'd like to think that you all are reaping the benefits as much as we are. I feel that the boxes have never looked better than they do this year. And that has a LOT to do with our beautiful and brand new packing shed.

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/>

Broccoli - Broccoli is back!

Dragon Tongue Beans - Look for the flat yellow beans with crazy purple stripes. Unfortunately, the stripes fade when cooked, but these beans are still delicious when steamed or in a stir fry.

Edamame - Look for the fuzzy beans! Never had edamame? You are going to love them. They are a staple-snack food in Japan and are a wonderful appetizer or side dish. Simply boil whole (shell and all) in salted water for 8-10 minutes. Drain, dump into a bowl, salt some more and eat! To eat, simply put shell in mouth and extract the beans with your teeth.

Garlic - This is the beginning of our "cured" garlic that has been allowed to dry. This is garlic as we know it and can buy in the store. Keeps well on your counter or in your pantry.

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.

Mini Sweet Peppers - Look for the longish, small red, yellow and orange peppers. There will be 3-6 of them in your box. They are super sweet and yummy and great in eggs or stir fries or pasta sauces.

Mixed Bag of Tomatoes - Don't forget: tomatoes should not be stored in the fridge. Store them on your counter and check daily for ripeness. You will know they are ripe when they are soft to the touch. **You will be receiving a variety of tomatoes throughout the year and instead of trying to list them all here - we've created a handy online resource on our website at: <http://driftlessorganics.com/csa-2/recipes/tomatoes/>**

Pickling Cukes - Look for the shorter cucumbers that are green and white/yellow striped. These are what folks use for pickling, but they can also be treated like a normal cuke and work great in the recipe below.

Poblano Peppers - There will be 2-3 of these dark green and slightly pointed peppers in your box. This is one of our favorite peppers to grow. They're the classic Mexican pepper for stuffing in chiles rellenos, but they're also delicious in fajitas, eggs, sauces & salsas. Hotness in them is totally random - taste a little piece before adding them to a dish. Store on the counter for a couple days or the fridge for longer.

Red Beets with Tops - Grate the roots raw (unpeeled) on salads or slaws, slice them & eat with dip, or juice them if you're a juicer. Our favorite way to eat them is to slice them up (no need to peel!) & toss them with our sunflower oil, salt, pepper, & fresh rosemary & roast them until they start to caramelize - yum! You can also roast or boil them whole, then cool & slip the skins off, slice, & serve with goat cheese or feta, lemon juice, oil, & fresh mint. The greens are ultra-nutritious & can be treated like any other cooking green (or chopped up & added to salad).

Sweet Corn - Try to use up this sweet corn as soon as you can - it tends to lose its sweetness the longer it sits. Tired of normal corn with butter and salt? Try grilling it or even better try the Elote recipe from last week's news.

GRILLED TOMATO, CORN & POBLANO SALSA

3 large or 4 medium tomatoes, cut in half
2 ears corn, un-shucked
1 large or 2 medium poblano peppers
1 onion, cut in quarters lengthwise through root (keep root intact to hold onion together)
2 large cloves garlic
½ bunch of cilantro, coarsely chopped
Juice of 2 limes
Salt to taste

Heat grill & oil grates. Brush tomatoes & onions with oil. Place all vegetables directly on grill grates. Carefully turn each when starting to brown (the tomatoes, onions, & garlic will be quick) & remove into a bowl. Gently squeeze the tomatoes to remove some juice & seeds (or the salsa might be too runny). When the skin has blistered all over & blackened a bit remove to a bowl & cover to let steam. After 10 minutes, remove skin under running water (doesn't hurt to wear gloves - they can burn your hands a bit when they're spicy!) & pull out stem & seeds. When corn husks are blackened a bit, remove from grill & cool a bit before shucking & cutting the kernels off. Cut the root ends off the grilled onions & place in food processor with grilled tomatoes, garlic, prepared poblanos, cilantro, lime juice, & salt & pulse into chunky or smooth salsa, your choice. Stir in corn kernels, adjust seasoning as necessary, & serve. Freezes well.

TOM'S CUCUMBER SALAD

2 cucumbers, seeds removed, coarsely chopped
2 jalapeno peppers, seeds removed, finely chopped
¼ c. white onion
3 Tbsp. cilantro, chopped
2 cloves garlic, minced
2 Tbsp. olive oil
zest of 2 limes (ONLY THE ZEST! NOT THE JUICE!!!!!!)
salt & pepper to taste

Combine all ingredients & let stand in fridge for an hour to meld flavors. Serve with chips or on grilled chicken.

Will keep for several days.

It is very important that you do not alter this recipe!