



# one POTATO TWO

News from the fields of Driftless Organics • Vol 8 - Issue 12 • August 28-30, 2014

*Week #12 The rains have come! We have had a string of much needed and very welcome rainy days and everything is turning green once again. We couldn't have asked for a more timely set of showers, as things were getting pretty dry around here. This is when a lot of our fall crops like carrots, beets, potatoes, etc need that boost of water to complete their final stage of growing.*

*Everything on the farm is looking so good and the fields are so bountiful. Whenever someone asks me how the*

*season is going (which I am asked a lot, of course), I just have to say: you know, it's going pretty dang perfect. It truly has been an outstanding year in so many ways: the right amount of rain, the mild days, our amazing crew, the bountiful crops; the list goes on and on. This is the kind of year that makes farming fun. And we're so happy to be sharing it with you all. I'm looking forward to the next 8 weeks of the season with squash, sweet potatoes, and tons of other fall goodies coming our way. Eat well, be well!*

*-- Mike*

## THIS WEEK'S BOX

Asian Eggplant  
Broccoli  
Edamame  
Garlic  
Green & Red Bell Peppers  
Green Kale  
Jalapeno Peppers  
Mini Cucumbers  
Purple & Yellow Beans  
Red Shallots  
Sungold Cherry Tomatoes  
Sweet Mini Peppers  
Tomatoes  
Tomatillos

## Did you know?

Did you know that tomatillos are in the same plant family as tomatoes? They are of a different genus (*Physalis* whereas tomatoes are *Solanum*) but both are in the Solanaceae family.

The tomatillo is also known as the husk tomato, jamberry, husk cherry, or Mexican tomato. They grow a lot like a tomato, and we treat them more or less as such. The only differences (in growing them) is that we don't prune them like we do tomatoes, and we don't pick them as often (more like once a week vs. three times a week with tomatoes).

The tomatillo fruit is surrounded by an inedible, paper-like husk. As the fruit matures, it fills the husk and can split it open by harvest. Most of the tomatillos in your CSA box will still have their husks on them. Simply remove and discard.

Tomatillos are the key ingredient in fresh and cooked Mexican and Central-American green sauces. One of the most popular uses for the tomatillo is as an ingredient in the Mexican sauce salsa verde (see recipe on our website). They are also commonly added to guacamole dip and are added, raw, to fresh salads (try it - they are great!) Other tasty ideas: roasting them with jalapenos, garlic and onions for a zesty sauce to go on chicken or fish, grilling them and then chopped coarsely with cilantro, lime juice, salt & pepper. For more ideas, check out our website at: [www.driftlessorganics.com/tomatillos](http://www.driftlessorganics.com/tomatillos)

SAVE THE DATE • SAVE THE DATE

**SATURDAY  
SEPTEMBER 20th  
1-4pm**

You are invited to our 3rd annual harvest party at the farm!

Farm Tours  
Pumpkin Picking  
Pizza  
Potluck

Meet your farmers and some of your fellow CSA members.

Get the chance to see where and how your food is grown.

Bring a dish to pass and a pair of old shoes or boots.

We hope to see you there!

The Farm: 52450 McManus Rd  
Soldiers Grove, WI 54655

*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/>*

**Asian Eggplant** - Look for 1 or 2 long skinny purple eggplant. There isn't a lot - but enough to add to an Asian inspired stir-fry. You can peel, but don't have to. Simply dice up into bite sized pieces and add to your stir fry about the same time as peppers or mushrooms.

**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** - Our lovely porcelain garlic. Store on your counter top or pantry.

**Green, Orange & Red Bell Peppers** - The bells are doing awesome this year! These are so versatile: use in stir fries, in eggs, sandwiches, raw with dip, the

possibilities are endless!

**Green Kale** - You can never get enough kale, right? We LOVE kale in scrambled eggs (add near the end of cooking), in soups, or lightly steamed on it's own with lemon juice, oil, salt & pepper. Be sure to cut out the rib/stem before using.

**Green or Red Sweetheart Cabbage** - The best and sweetest cabbage around. Use in your favorite slaw recipe. Will keep for a couple weeks in the crisper drawer of your fridge.

**Jalapeno Peppers** - Look for the 2-3 **dark green** small peppers. If you are worried about the heat, be sure to wear gloves when preparing. Use these in salsa recipes.

**Mini Cucumbers** - Look for the small green & yellow striped cucumbers. These are like normal cucumbers - just smaller and often used for pickling.

**Purple & Yellow Beans** - a nice mixture of purple and yellow beans. Great for a side dish of steamed beans with lemon juice, olive oil, salt & pepper.

**Red Shallots** - what a treat! Shallots are like the champagne or aged scotch of the vegetable world. They are somewhere between an onion & garlic with something subtle added in. Delicious raw shaved thinly onto salads or sandwiches or blended into

dressings. Or carefully peel them and roast whole and serve on top of a Big River Beef sirloin steak.

**Sungold Cherry Tomatoes** - Such great additions to salads, soups and stir fries. Also really super tasty roasted with olive oil, salt & pepper.

**Sweet Mini Peppers** - even though these look very similar to jalapenos - they are actually super duper sweet and fun to work with. No need to remove seeds/ribs, we just chop it all up and throw in your pan or salad.

**Tomatoes** - The tomatoes just keep coming. Getting overloaded? Make some killer pasta sauce (there's a great recipe on our website). 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/tomatoes>**

**Tomatillos** - can be eaten raw, blanched, roasted, or grilled. On our website 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 your fridge for up to 10 days.

### KALE, BROCCOLI & CABBAGE PAD THAI SALAD

- ½ head of sweetheart cabbage, thinly sliced
- 1 bunch of kale, thinly sliced
- 1 red shallot, chopped
- 1 cup bell pepper, thinly sliced
- 2 carrots, peeled and thinly sliced
- 1/2 head or broccoli, chopped up into bite sized pieces
- 1 Tablespoon cilantro, chopped
- 1 (15 oz) can chickpeas, rinsed and drained
- Pad Thai Dressing**
- ¼ cup peanut butter
- juice of 2 limes (about 4 Tablespoons)
- 2 Tablespoons Bragg's Liquid Aminos (or Tamari)
- 2 Tablespoons water
- ½ Tablespoon toasted sesame oil
- 1 Tablespoon maple syrup
- 1 teaspoon sriracha (or more depending on your tastes)
- 1 teaspoon fresh grated ginger
- 1 teaspoon garlic

Combine all dressing ingredients into a jar and stir or shake until smooth. It might be hard to stir the peanut butter at first, which is why shaking might be your best bet. Make sure all your veggies are chopped into bite-size pieces and toss into a large bowl to combine. Toss in chickpeas and top with dressing. Mix until all ingredients are well coated and serve immediately.

### TOMATO DILL PASTA SALAD

- 3 1/2 c. diced ripe tomatoes (about 1 1/2 lbs.)
  - 2 tbsp. minced parsley
  - 1 1/2 tsp. flowering dill
  - 2 tsp. finely minced shallot
  - 1 clove garlic, minced
  - 2 tbsp. olive oil
  - 1/2 bell pepper, thinly sliced
  - Salt and pepper to taste
  - 8 oz. thin pasta noodles (such as linguine, angel hair or spaghetti), cooked
- In medium bowl, combine tomatoes, parsley, dill, shallot and garlic. Gradually stir in olive oil. For best flavor, let sauce sit at room temperature for 30 minutes to 1 hour. When ready to serve, add salt and pepper; toss with hot cooked pasta. Makes 2 to 4 servings (about 3 1/2 cups sauce).