

ONE



POTATO



TWO

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Week #8! We are trucking right along through another glorious week here on the farm. What? It's already August! Yep, and the bounty couldn't be more bountiful. We've got sweet corn and tomatoes and peppers and everything else that screams SUMMER on the farm. We are working hard and harvesting like crazy. The planting side of things is slowing way down and I'd say we have about 90% of the crops planted in

the ground and growing. There's even a bunch of stuff from this spring that we finished harvesting (like peas, spinach and so on), tilled under and planted cover crops in their place. That cover crop of buckwheat has sprouted and is quickly turning the field a vibrant green. Our fields don't stay bare for very long here, and in this way the soil stays protected and healthy. Like us all as we continue to eat from our CSA boxes. Happy Eating!

-- Mike

DID YOU KNOW?

Did you know that we started this first round of sweet corn (that's in your box this week) in the greenhouse? Yep that's right. Way back in April, we put the corn seeds into plastic greenhouse "flats", covered them in soil, watered them and let them grow. Then, in what seemed like a matter of hours (it was about 10 days), the sweet corn plants were 12" high and ready to be planted outside. We used our Mechanical Transplanter 5000 and planted all 18,000 plants at the beginning of May.

We transplant the first two plantings of corn instead of just direct seeding them into the ground (like normal farmers do) for a couple of reasons. One, this way we can have organic sweet corn a little earlier than we otherwise could (organic sweet corn seed doesn't germinate very well in the cold ground of spring). And two, by transplanting, we get a more even stand of corn and therefore we have a better idea of just how many ears we can plan on giving to you all.

Organic sweet corn is a tough one to grow, and the biggest problem is the dreaded corn earworm! Unlike most of the conventional roadside sweet corn, our corn isn't genetically modified to carry the pesticide that kills these worms. As such, you may find a worm in the tip of your ears of corn. YUCK! We suggest just cutting the first inch or two of those ears, even before shucking them. That way, you won't even see those gross little worms. Don't worry - they don't affect the flavor of the corn, or make the ear dangerous to eat. They're just trying to enjoy a little of that organic goodness. We hope you enjoy your sweet corn!

THIS WEEK'S BOX

- Carrots with their Tops
- Cucumbers
- Eggplant
- Fresh Garlic
- Green Beans
- Green Zucchini
- Jalapeno Pepper
- Sungold Tomatoes
- Sweet Banana Peppers
- Sweet Corn
- NEW Yukon Gold Potatoes
- White Onions
- Yellow Summer Squash

... do you juice?

Do you own a juicer? Have you thought about buying a juicer? At Driftless Organics, we are strong advocates of juicing, and there aren't too many fruits or vegetables that we haven't tried juicing. Beets? Yep. Green Beans? Of course. Kale? Definitely. Potatoes? Ok - maybe not. If you are thinking of purchasing a juicer - I say go for it! It's a great way to use up a lot of produce quick and makes a wonderfully healthy and vibrant drink. For a base, we like to juice carrots, of course; but cucumbers works great as well to add things like apples, celery and so on. And then there's that pulp... we LOVE to make a simple cracker out of the savory pulp (like carrots, kale, etc). Simply take the pulp, add some ground flax seeds, a little bit of oil, some salt & pepper, some seeds like sunflower or pepitas and mix altogether. Press onto a parchment lined cookie sheet. Score the pressed mixture with a cookie cutter into cracker-sized pieces. Bake at 150 for an hour or hour and a half, checking every 30 minutes. Let cool and break apart.

Carrots with their Tops - this time of year, when you are busy and don't feel like working, try cutting all of your carrots into sticks and storing them that way. Then you can grab a quick handful for the kids or for you to take to work.

Cucumbers - try juicing them! For the perfect afternoon snack, simply slice thinly and put on a cracker with some cheese and cherry tomatoes sliced in half.

Eggplant - is a hard vegetable to love, we know. But we think that the recipe below is going to change your mind! Store in a cool place, but preferably not your fridge, as the cold temps may damage the texture. If you plan on eating it within in a couple days, just store it on your counter!

Fresh Garlic - store in the fridge!

Green Beans - this will be the last of the green beans for a while. Just wait for the next variety: Dragon Tongue Beans!!

Jalapeno Pepper - There will be one of these green guys rolling around your box. Use gloves to prepare if you are sensitive. Ever tried jalapenos on pizza. Super good! This is the season that you re going to fall in love with jalapenos!

Sungold or Cherry Tomatoes

- They have begun! We love growing these early tomatoes and we hope you love them too! Great in green salads, pastas and in the recipe provided. Store on your counter and eat up in a week

Sweet Banana Peppers - these greenish yellow peppers are NOT hot and therefore can be treated like a bell pepper for snacking and cooking with.

Sweet Corn - yay for sweet corn! Boil or grill, butter, salt, repeat.

NEW Yukon Gold Potatoes

- These delicious gems don't need to be peeled and are great roasted, grilled or pan fried. Store in a cool place in the bag they came in.

EGGPLANT & GREEN KALE BAKE

Serves 4

- 1 eggplant, sliced crosswise in 1/2 inch slices
- Driftless Organics Sunflower Oil (or olive oil)
- salt, pepper
- 1 bunch of green kale, coarsely chopped
- 2-3 cups of tomato sauce
- 1 cup ricotta cheese (cottage cheese works too)
- 1/2 of a white onion
- 2 cloves fresh garlic
- 1 egg
- 1/2 cup freshly grated Parmesan cheese
- 1 tsp dried oregano
- 1 cup grated Monterey Jack cheese (or Fontina)

Brush both sides of the eggplant slices with oil. Place them in a single layer on an oiled baking sheet. Sprinkle with salt and pepper. Bake at 400 degrees until tender, turning them over once. This will take 20-30 minutes in total.

Bring a pot of salted water to a boil. Drop in the kale and simmer for 5-10 minutes until tender. Drain well. Cool. Press out any remaining water.

Combine the ricotta, kale, egg, Parmesan cheese and oregano until well mixed.

In an 8 inch square baking pan, spread 1/2 cup tomato sauce. Place slices of eggplant over to cover. Top with 1/2 of the kale cheese mixture. Spoon 1/2 - 3/4 cup of the tomato sauce over. Repeat layers. Top with a final layer of eggplant slices and the remaining tomato sauce. Sprinkle with the grated Monterey Jack cheese.

Bake at 350 degrees for 30 minutes or until bubbly and hot throughout.

SPICY ROASTED POTATOES & PEPPERS

2 lbs yukon gold potatoes, unpeeled and chopped into bite-sized chunks

2 tablespoons Driftless Sunflower Oil (or olive oil)

2 cloves fresh garlic, minced

1 teaspoon salt

1/4 teaspoon pepper

1 white onion, coarsely chopped

3/4 cup chicken or vegetable stock

2 sweet banana peppers, chopped

1 jalapeno pepper, chopped and seeds removed (optional) (make sure to wear gloves if you are sensitive)

2 tablespoons of the top of your onion (the green part) chopped

Preheat oven to 425°F.

In a roasting pan, combine potatoes, olive oil, salt and pepper. Using a large spoon or by shaking the pan from side to side, coat the potatoes evenly.

Roast the potatoes for 20 minutes.

Sprinkle evenly with onion & pepper; drizzle evenly with chicken/veggie stock.

Continue roasting 30-45 hours longer, shaking the pan every 10 to 15 minutes to rotate the potatoes, until they are brown and crusty and onions are caramelized.

Transfer to a serving bowl and garnish with the chopped up onion top.

GREEN BEAN & TOMATO SALAD

Your bag of green beans, ends trimmed

1/2 white onion, thinly chopped

2 fresh garlic cloves, minced

1 Tbsp. honey

1/2 lemon, zested and juiced, separated

1/4 cup Driftless Organics Sunflower Oil (or olive oil)

Salt and pepper, to taste

1 pint of sungold or cherry tomatoes (grape, cherry or heirloom), cut into bite-size pieces

Bring a large pot of salted water to a boil. Cook green beans for 3 to 5 minutes, until they are tender but maintain a bit of crunch. Plunge in ice water. Drain and set aside.

In a large bowl, whisk together onion, garlic, honey, lemon zest, lemon juice, olive oil, salt and pepper to make the vinaigrette.

Toss green beans and tomatoes with the vinaigrette. Allow salad to rest for 5 minutes to let ingredients absorb flavor, and toss again before serving.