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POTATO



TWO

News from the fields of Driftless Organics • Volume 9 - Issue 11 • August 19-22, 2015

Week #11! HECK YEAH WE GOT SOME RAIN!! Monday and Tuesday brought us 1 and 2/10ths inches of the sweet, sweet precipitation that we so desperately needed. It had been nearly a month without so much as a drop and our irrigation crew was getting pretty cranky. When you stop and think about it, it is mighty amazing that mother nature can do in a matter of hours what it takes a 2-3 person irrigation crew an entire month to accomplish. Thank goodness for the rain.

The farm is downright AMAZING right now. Best sweet corn year. Ever. The tomatoes are going nutso and the peppers are showing promise that they will begin bursting with color by next week. We've hit our stride and are poised for the "busy season" to begin. The next 2 months are going to see unparalleled harvests, as we pull in all that goodness of potatoes, carrots, beets and more that we've worked so hard for all season long. We can't wait!! Have a great week and HAPPY EATING!

-- Mike

THIS WEEK'S Box

- Cantaloupe
- Cucumber
- Dill
- Dragon Tongue Beans
- Eggplant
- Garlic
- Mixed Sweet Peppers
- Mixed Bag of Tomatoes
- Purple Carrots
- Sweet Corn
- Sweetheart Cabbage
- Sungold Cherry Tomatoes
- Watermelon
- White Onions

DID YOU KNOW?

Did you know that the word "Driftless" is more than just a difficult-to-pronounce-over-the-phone name used by our farm? Yep - it actually is a geographical reference to describe the area in which we live and farm in. The "Driftless Region" is a 16,000 square mile area of SW Wisconsin, NE Iowa and SE Minnesota that was left unscathed by glaciers during the last ice age. As such, the terrain of our beloved land remains filled with hills, valleys, coulees, and beautiful, meandering streams & rivers. Because there are no real large tracts of contiguous flat land, most of the farms in the area are relatively small, like us, which is another great bonus of living and farming here. Above all, the Driftless area is filled with all sorts of awesome interesting people, lots of whom really care for the land and how it is treated. Driftless Organics. Hard to pronounce. Easy to love!

Game of Thrones Beans

Otherwise known as "Dragon Tongue" or "Dragon Lingerie" beans, the big bag of flat yellow beans with purple markings in your box this week are a Dutch wax type bush bean. They are a member of the Fabaceae family - same as peas and soybeans. We love to grow (and eat) these guys because they are so dang funky and delicious! The tender pod of this bean is entirely edible. No shelling required. We like them best raw; but they are also excellent steamed, (unfortunately the cool purple markings fade during cooking).

They are also great for pickling (see recipe on back), or try them in your favorite bean salad or stir-fry. Serve simply as a delicious side dish (steamed with olive oil, salt, pepper & lemon juice). Serve them up raw with those purple carrots on a veggie platter with some dip and impress the hell out of your dinner guests. To store, refrigerate them in the plastic bag they came in. Use up your dragon tongue beans within one week or so. Winter is coming. Eat your beans!

SAVE THE DATE:

SATURDAY, SEPT. 26th
Driftless Organics Harvest Party
Pizza, potluck, farm tours, craft beer & soda.
Meet your farmers! Bring the kids!

Cantaloupe - these little guys are called "sugar cube" (which is strange because there spherical). In any event - they are so sweet! Eat 'em raw and do it quick.

Dill - a nice bunch of dill to try in the recipes below.

Dragon Tongue Beans - Look for the bag of flat yellow beans with crazy purple markings on them. Read all about them on page 1 of this newsletter.

Eggplant - 1 or 2 of the "Asian" style eggplant in your box this week.

Mixed Sweet Peppers - **THERE ARE NO HOT PEPPERS IN YOUR BOX THIS WEEK.** That means that the variety of peppers in your box this week are **ALL SWEET.** There are a few

yellow-ish peppers called "banana", which are mild and great in fajitas and stir fries. And then there's the green bells, which are a great all-around pepper.

Green Zucchini or Yellow Summer Squash - Zucchini/squash season is winding down here at Driftless Organics so this may be the last of 2nd to last offering of these guys. :(

Mixed Bag of Tomatoes - check out last week's newsletter to read about how to know if your tomatoes are ripe - or check our tomato page online at: www.driftlessorganics.com/tomatoes.

Purple Carrot with Tops - purple carrots sure are pretty, but their taste is notoriously kind of sub-par. Every year we try a new purple carrot variety in hopes that we will some day find a win-

ner. I think this is the best variety yet! Sweetener. I think this is the best variety yet! Sweetener. I think this is the best variety yet! Sweetener.

Sungold Cherry Tomatoes - 2 pints of sungolds once again this week because they are coming on like gang busters. Do you have a dehydrator? These dry down amazingly. Just cut them in half and lay them on your dehydrator trays. You can also do this in the oven, on a cookie sheet, on low heat for about 4-5 hours. Toss them in oil, salt and pepper before hand if you'd like a little extra zing. Store in a glass jar and break them out when you want to add a taste of summer to your pasta sauces this winter.

Watermelon - the last of the watermelon for a while - and great to use in cocktails if the kids are getting sick of 'em (or if you are getting sick of the kids). Blended watermelon margarita anyone?

DILLY DRAGON TONGUE BEANS

makes 2 pints (double if you want more)

- 1 cup water
- 1 cup cider vinegar
- 2 tbsp coarse sea salt
- 1 tsp black peppercorns
- 1 lb dragon tongue beans (about half of your bag), cut into 2" pieces
- 1 bunch of dill
- 4 garlic cloves, halved
- 2 pint jars with lids, sterilized (boiled for 5-10 minutes)

Heat water, vinegar, salt and peppercorns in a pot until boiling. Add beans and cook 2 minutes. Remove from heat. Place even amounts of dill and garlic in the bottom of each pint jar. Carefully fill the jars with the beans and brine, leaving ¼" headspace. Seal jars and place in boiling water for 5-10 minutes.

DRAGON TONGUE BEAN SALAD WITH MUSTARD & DILL

Serves: 4 (as a side dish)

- 1 lb dragon tongue beans (about half of your bag), ends trimmed
- 1 green peppers, cut into long strips
- 2 tablespoon white wine or sherry vinegar
- 4 tablespoons dijon mustard
- 1/2 bunch dill, large stems removed (small stems can be used), finely chopped
- 1/2 cup handful almonds, chopped
- 1/2 white onion, minced

Bring a small saucepan of salted water to the boil. Simmer beans and green pepper for 5 minutes or until slightly tender (you still want a little bit of crunch). Meanwhile combine vinegar, onion and mustard with Sunflower/Olive oil. Season with salt and pepper to taste. Drain beans and peppers. Toss in the dressing while they are warm. Add dill and almonds and serve.

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STIR FRIED EGGPLANT AND CABBAGE IN SPICY PEANUT SAUCE

- 1-2 Asian eggplant, cut into small cubes
- 2 sweet banana peppers, chopped up
- 4 cups coarsely chopped sweetheart cabbage
- 1 green zucchini or yellow summer squash
- ½ cup peanut butter
- Driftless Organics Sunflower Oil (or other cooking oil)
- 1 Tablespoon rice wine vinegar
- 1 teaspoon tamari (soy sauce)
- 1 Tablespoon sugar
- ½ t finely minced cayenne pepper
- 4 cloves of garlic finely minced
- 1 teaspoon finely minced ginger

Over medium high heat in a large skillet or wok begin stir frying eggplant and zucchini chunks in about a tablespoon of oil and a shake of salt. Allow the eggplant to brown on all sides stir frying about 10 minutes until the chunks are softened. In a separate bowl mix the vinegar, peanut butter, tamari, sugar, pepper, garlic and ginger into the sauce. Add the cabbage and peppers to the stir fry and toss cooking for 3-4 more minutes. Add the sauce to the vegetables and turn down the heat continuing to stir. The sauce should thicken in 2-3 minutes. Serve with rice.