



ONE POTATO TWO

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SPRING SHARE WEEK #2 Get ready for another awesome box of springtime goodies! This week we've got a great CSA box lined up. These veggies were really fun to harvest - we are thrilled to be back out in the wind, rain and sun harvesting for all of you. The Spring

CSA is especially fun because we get to pick things that we usually don't - like asparagus, sorrel & even nettles (please read the 'Did You Know' below). With summer just around the corner, we're not only picking produce for our springtime members, we're also out planting, transplanting, mulching, cultivating, working in the greenhouse, and getting ready for our summer season. Things are pretty busy around here, but we're loving it. Enjoy your box! Happy Eating,
-- Annie

THIS WEEKS BOX

- ASIAN GREENS
- ASPARAGUS
- BOK CHOY
- CHIVES
- GERMAN BUTTERBALL
- POTATOES
- GREEN GARLIC
- NETTLES
- PARSLEY
- RADISH
- SALAD TURNIPS
- SORREL
- SPINACH

DID YOU KNOW ?

Did you know that stinging nettles really do sting you?! Seriously. Use some caution when handling the nettle bunch in your box this week. When you touch fresh nettles, the plant's tiny, formic acid containing hairs pierce and break against your skin creating a stinging & itching sensation. We recommend wearing gloves, tongs or using a plastic bag over your hand when handling fresh nettles. But don't let us scare you away from these guys! Trust us.. All of the precautions are worth it. Nettles are a delightful springtime green that you can easily transform from a seemingly fierce veggie into a delicious, healthy and SAFE TO EAT meal. It's simple to deactivate the compounds that make nettles sting, all you have to do is cook them! Just toss your nettle bunch into boiling water for two minutes and voila! No more itchy, stingy compounds. You can chop the cooked nettles up, stems and all, and add them to just about anything: omelettes, casseroles, stir fries, soups and dips. Substitute nettles for cooked spinach in your favorite recipes. We also love sauteeing nettles with oil and garlic for a few minutes. Or try nettle tea: simmer nettles in water for several minutes and let steep to your liking. Nettles have a wonderfully unique taste that is something like a mixture of really flavorful spinach and cucumbers. They're super versatile so get creative! Or check out the recipe on the back of this newsletter if you need a little inspiration.

WHAT THE HECK DO I DO WITH BOK CHOY ?

1. Add to Salads: Add cut bok choy to your favorite salad for a new layer of flavor. It has a sweet flavor and is a good addition to spinach or mixed green salads.
2. Sick of Celery?: Fill raw bok choy stalks with anything you would use to fill celery sticks. Try peanut butter, cream cheese, or guacamole.
3. Sandwiches: Use raw bok choy leaves on sandwiches with hummus and peppers.
4. Add to Your Appetizers: Add raw stalks of bok choy to your favorite vegetable tray!
5. Grill It: Cut bok choy in half, drizzle with Driftless Sunflower Oil (or olive oil) and toss it on the grill. Add just a sprinkle of salt, turn once and enjoy.
6. Turbo-Charge Your Soups: Bok choy is great for adding last-minute nutrition to homemade or canned soups. Just chop up and add towards the end of your soup prep.
7. Stir-Fries: Add to your favorite stir fry for an extra crunch!

THE BOX	What's It Look Like?	How Do I Store It?	How Long Does it Keep?	What's It Good In?
ASIAN GREENS	A beautiful bag of mixed Asian greens.	In it's bag, in the fridge.	2-4 days	Great as a spicy salad, or on sandwiches
ASPARAGUS	Green and purple stalks (or "spears") wrapped in a red rubber band.	Put it in a plastic bag or standing up in a glass of water in your fridge	7-10 days	By itself, steamed with lemon juice, salt and pepper.
BOK CHOY	A white and green head of thick-stemmed leaves.	In a bag, in your fridge.	4-7 days	Check out the other side of this newsletter for tips!
CHIVES	Looks like a bunch of grass (but tastes a LOT better).	In a bag, in your fridge.	4-7 days	Chopped up and put on potatoes or eggs right before serving
GERMAN BUTTERBALL POTATOES	These potatoes have a rough looking skin with a smooth yellow interior.	Store potatoes in your fridge in their paper bag: they are about to sprout!	Use up in the next couple of weeks.	These make great mashed potatoes. Don't forget to add the chives.
GREEN GARLIC	These look like large scallions but they're actually young garlic.	Store in a plastic bag in your fridge	Use up in 7-10 days.	Great for a traditional garlic substitute.
NETTLES	Look for the bunch of dark green, serrated leaves on hairy stalks. HANDLE WITH CAUTION (see other side of newsletter)	Store in your fridge in a plastic bag.	Use within 3-4 days.	Omlettes, rice dishes or check out the recipe below!
PARSLEY	It's light green & has curly leaves.	Fridge in a plastic bag.	Use within a week.	Just about everything!
RADISHES & TURNIPS	Look for the pretty bunches of red & white globes in your box.	Chop off the leaves YOU CAN EAT THEM - just treat like a cooking green.	Use up in 7-10 days.	Sliced thinly in salads, potato salad or pastas.
SORREL	Look for the bunch of wide-leafed light green smooth leaves.	In a bag, in the fridge.	Use within 5 days.	Add a lemony punch to salads or try in the sauce recipe below.
SPINACH	A nice big bag of some of the most delicious dark green leaves.	In it's bag, in the fridge.	Use within a week.	Best eaten raw, on sandwiches or in a salad.

ANNIE'S NETTLE AND POTATO PIEROGIS

Dough:

2 cups warm milk
3 ¾ cups flour
1 tsp. Salt
2 egg yolks

Filling:

1 bunch of nettles, boiled, drained and chopped
3 medium potatoes, cut into tiny pieces and boiled
2 green garlies, finely chopped & sauteed
¼ cup chopped chives
½ cup parmesan cheese
1 egg
1 Tbsp flour
1 tsp smoked paprika
Pinch of cayenne pepper and salt & pepper to taste

To make the dough: Mix salt and flour into a well. Drop in egg yolks and gradually add milk into well. Mix with a wooden spoon, gathering flour into the center with the spoon, adding milk a little at a time, incorporate more flour, add milk, etc. until you have a soft dough. Knead on a floured surface until smooth and no longer sticky.

To make the filling & assemble the pierogis: Mix all of the filling ingredients well. Boil water in a large pot and add a glug of oil. Cut the dough in half, wrap half in plastic wrap to keep from drying out. Roll out the other half of the dough 1/8" thick. Cut into 3 squares, trimming the edges and saving the scraps to re-roll. Place a scoop of filling into the middle of each square. Moisten the edges with water, fold over, and press together with a fork to seal. Repeat procedure with the remaining squares & dough. Place into the large pot of boiling water, stirring very gently until they float on the surface. Once they float, let them cook, stirring gently, for a few more minutes. Do not boil hard or they may break. Working in small batches, take pierogis out of the water with a slotted spoon and rinse with a little cold water. Melt 4 Tbsp butter in a pan & sprinkle with enough breadcrumbs to cover. Saute pierogis for a couple of minutes and then flip and cook for a few minutes more. Enjoy!

SORREL GARLIC SAUCE

1 sorrel bunch
1/2 bunch chives, chopped
3 green garlies, chopped
2 Tbsp butter
3/4 cup veggie or chicken broth
Lemon juice to taste
Salt & Pepper to taste

Saute the green garlic and chives in the butter until tender, about a minute. Add the broth and continue to cook for five minutes. Place into food processor along with the sorrel, lemon juice and salt & pepper. Puree until smooth. Return to the stove and keep warm until ready to serve. Goes great over baked potatoes, fish or lamb.