



ONE POTATO TWO

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WEEK #6: Hey there CSA members! It's another wonderful day here on the farm. And after a very hot day yesterday, everyone is feeling thankful for the breezy, cloudy morning we are having today. We are lucky to have a hard working crew that gets the job done in the heat, sun, wind and rain. It's not always easy working

alongside mother nature, but it's sure is rewarding. Especially this time of year when everything is starting to go bananas! One of the activities we have on deck for today is transplanting. Even though it's July, we're still hard at work transplanting new veggie starts, like kale, into the field. We're also keeping busy harvesting garlic, carrots, peas, herbs and zucchinis, washing cucumbers & beets, and getting everything ready for another fantastic week of CSA vegetables. Happy Eating!

--Annie

THIS WEEKS BOX

BROCCOLI
CARROTS
CHIOGGIA BEETS
CILANTRO
CUCUMBERS
FRESH GARLIC
GARLIC SCAPES
GREEN BEANS
LEMON BASIL
PEAS: SNAP & SNOW!
RED KALE
WHITE ONION
YELLOW SUMMER SQUASH
ZUCCHINI

DID YOU KNOW?

Did you know that the beans and peas in your box this week are able to produce their own usable nitrogen to fertilize the soil around them? Okay, so it's not really the beans and peas themselves, but rather a soil-dwelling bacteria that is able to live symbiotically with the bean and pea plants. It's in the small, round nodules on their roots that the Rhizobium bacteria call home, and it is here that they are able to fix nitrogen from the air into the soil, so the plant can use it. Why is this important? Because nitrogen is vital to plant life! Nitrogen allows plants to actually absorb more water and nutrients, more efficiently. Most plants take up nitrogen that's already available in the soil, but plants like peas and beans that can make their own nitrogen which is a huge advantage to the plants. These nitrogen producing plants are beneficial to the farm too - when the season is over and these legumes die in the field, all of their remaining nitrogen is incorporated and released into the soil, making ample amounts of nitrogen available to future crops. It's a pretty cool cycle and one that we are grateful for here on the farm! So savor those peas and beans this week. They have added a lot to our farm, and we hope they add a lot to your plate as well!

WHAT THE HECK DO I DO WITH CARROT TOPS?

Those carrot tops on your carrot bunch are more than a frilly accessory to their more popular, orange half. You can actually eat the tops in a variety of fun and delicious ways. Check it out:

- 1.) Carrot Top Pesto: Substitute carrot tops for basil in your favorite pesto recipe.
- 2.) Carrot & Top Soup: Separate carrot roots from their tops. Roughly chop the carrot roots and toss with a little oil and salt. Roast in the oven for 20-30 minutes until soft and starting to brown. In the meantime, sautee some garlic & oil in a pan. Add in the carrots tops. Combine the roots, tops and 2-3 cups broth in a blender. Blend until smooth and enjoy!
- 3.) Add them to salads or salad dressings: Top salads with carrots tops or finely mince or blend them into salad dressings.
- 4.) Put them into homemade stocks: Anyone freeze those fennel fronds for stock? Carrot tops would make a great addition to any stock, but are a particularly tasty compliment to fennel. Blanch and freeze them for later use.
- 5.) Simply Sauteed: Saute roughly chopped carrot tops with a generous amount of butter. Sprinkle with salt, pepper and gobble up. Yum!

CHILLED CUCUMBER TAHINI SOUP

2 medium cucumbers, peeled and chopped
 1/4 cup tahini
 2 Tablespoons extra virgin olive oil
 3 1/2 Tablespoons fresh lemon juice
 3 cloves of fresh garlic, minced
 1/4 cup fresh lemon basil, chopped
 3 Tablespoons onion, chopped
 1/2 teaspoon crushed red pepper flakes
 1/8 teaspoon cayenne pepper
 Salt & pepper, to taste
 4-6 ice cubes
 8oz roasted green beans (1/2 of your bag, tossed with oil and cumin. Roasted at 425 for around 15 minutes or until browned)

Place all the ingredients for the soup in a food processor and blend until smooth. Scrape down the sides & add a little water if necessary. Taste and season to your liking with salt and pepper. Serve soup with roasted beans, additional lemon basil and a drizzle of oil. Enjoy!

VEGGIE FRIED RICE

2 cups long-grain white rice, rinsed
 4 cups cold water
 1 (1-inch) piece ginger, peeled and sliced in 1/2
 3 tablespoons sesame oil
 1/2 cup onion, diced
 1 (1-inch) piece ginger, peeled and finely chopped
 5 garlic scapes
 1 cup peas, chopped
 2 carrots & their tops, finely chopped
 1 cup broccoli, chopped
 1 cup zucchini, sliced
 2 large eggs, lightly beaten
 3 tablespoons Tamari sauce
 1 tablespoon hoisin sauce
 Kosher salt
 Cilantro leaves, for garnish

In a pot with a tight fitting lid, add the rice and 4 cups cold water. Put in the ginger and 1 tsp salt. Bring to a boil, reduce to a simmer, cover, and cook for 15 - 20 minutes. Remove from the heat and set aside for about 10 minutes. Heat a wok or large skillet over medium-high heat. When it is hot, pour in the sesame oil. Add the onions & ginger; stir-fry for 1 minute until fragrant. Stir in the rest of the veggies. Cook for about 2 minutes. Pour in the eggs and stir-fry until they are cooked. Remove the ginger from the rice and add the rice to the wok; stir everything together and break up any clumps of rice. Add the soy and hoisin and stir some more. Taste for seasoning and add some salt if needed. Stir in the cilantro leaves and serve.

THE VEGGIES	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
BROCCOLI	The green stalks with small darker green flower buds on top.	Store in a plastic bag for 5-7 days.	Steamed, sautéed, roasted... they're all good.
CARROTS	A bunch of carrots with their tops.	Store in a plastic bag in the fridge for 5-7 days, in your fridge.	Check out the other side of this newsletter for some ideas on using carrot tops!
CHIOGGIA BEETS	Like a beet on the outside. Slice it open though and you may be surprised at what it looks like!	Keep in your fridge in plastic for up to a week.	Roasted with garlic & oil. Shredded in salads. You can eat their tops too!
CILANTRO	A bunch of green frilly leaves on their stalks.	Store in the fridge for up to a week.	Use in sauces and marinades for an extra kick of flavor!
CUCUMBERS	There are 3 cucumbers in your box this week.	Store on your counter or crisper drawer of your fridge. Ideally, they like 50 degree, but that is difficult this time of year.	Super refreshing in salads, or use as crackers for spreads or toppings like salmon and capers.
FRESH GARLIC	Fresh garlic is just like regular garlic only it hasn't been dried yet.	Store on your counter top for a few weeks.	Use the cloves like you would regular garlic. The stem is too hard to eat, but can be saved for stocks.
GARLIC SCAPE	Look for the loose, lime colored curly-q stalks with a little flower bud and pointy end.	Store cut-side down in a small glass jar with an inch of water, or in a plastic bag in your fridge.	Use as you would garlic.
GREEN BEANS	A bag of magic beans! Okay, maybe they're not magic but they are delicious...	Store in their bag in the crisper drawer of your refrigerator.	Idea: Boil green beans in salted water until tender. Drain & rinse. Toss with a salt & minced lemon basil leaves.
LEMON BASIL	Basil looking leaves on long stems.	In your fridge, in an open bag.	See idea above, or check out the recipe to the right!
RED KALE	A bunch of large, curly-edged red leaves.	In a plastic bag in your fridge for up to 7 days.	Use kale leaves as wraps for your favorite sandwich or taco fillings
SNAP PEAS	A bag of thin, crispy peas await you this week.	Store in a plastic bag in the fridge for up to 7 days.	Snack on raw, add to salads, or use in stir fries!
SNOW PEAS	The bag of thicker/flatter peas in your box.	Store in a plastic bag in the fridge for up to 7 days.	Snow peas are best blanched, or sauteed before eating. Also great for stir fries & salads!
WHITE ONION	A traditional onion. An onion's onion. First of the season.	On your counter top at room temperature.	Chop it up and use it in salads, casseroles, hashes, etc.
ZUCCHINI & SUMMER SQUASH	Skinny, shiny green & yellow zucchini & summer squash.	Store on your counter or crisper drawer of your fridge. Ideally, they like 50 degree, but that is difficult this time of year.	Zucchini's are so versatile! Enjoy raw or cooked, in sweet or savory dishes.