



ONE POTATO TWO

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WEEK #9: Hello CSA Members! Can you believe it is August already? The back-to-school ads have appeared. The days are getting shorter and I sit here wondering where the heck the time has gone. Soak it up, folks: summer will be gone before we know it. With farming, we're always looking ahead. What do I need to plant now so that I am ensured crops for the CSA boxes in September? October? January? How do I need to prepare this or that field so that it will be ready to plant

in 2 or 4 or 6 weeks time? With that kind of thinking, you can imagine how easy it is to lose site of the present moment. I think we all do it from time to time, don't we? Well stop right now! Grab an ear of that delicious sweet corn, slather it with as much butter as it will hold and stuff it in your mouth! Finish it off with a cool hunk of watermelon. Go ahead, rub it all over your face! Make crazy animal noises! Who cares? It's summer! Go swimming! Drink margaritas! Do some backflips in the nude! Don't worry about it; we can wash away our sins in the cool, chlorinated waters of our youth. Appreciate each day and in this way summer will last forever in our hearts.

*Happy Eating,
--Mike*

- ### THIS WEEK'S BOX
- BROCCOLI
 - CUCUMBERS
 - GARLIC
 - GREEN BELL PEPPERS
 - GREEN SAVOY CABBAGE
 - GREEN & YELLOW BEANS
 - GREEN ZUCCHINI
 - MINI GREEN ROMAINE
 - POBLANO PEPPERS
 - RED SLICER & ROMA TOMATOES
 - SUNGOLD TOMATOES
 - SWEET CORN
 - WHITE ONIONS
 - YELLOW SUMMER SQUASH
 - YELLOW WATERMELON
 - YUKON GOLD POTATOES

DID YOU KNOW?

Do you know what makes a new potato "NEW"? A new potato is called such when it is harvested before the leaves (i.e. the plant part of the potato) die back. The potatoes haven't developed their thick skin (that's why they scuff so easily). New potatoes are harvested early in the season (we started harvesting them last week), and are generally much smaller than our normal spuds (although the variety in your box this week, called "Yukon Gold" has gotten pretty big). We think you'll find these new potatoes to be much sweeter, more tender and more delicate than the potatoes you can buy in the fall.

We only harvest a small percentage of our potatoes as "new" because it is very labor intensive and also because they get so scuffed up and "ugly" looking so easily. We just had to put some in this week's box though, because they're so darn delicious! What's the best way to eat them up? Try something that really lets the potato shine - like a simple roasting with oil, rosemary, salt & pepper. Or try grilling them in a foil packet with chopped up white onion. Or perhaps boil them (just until tender) and serve with salt, pepper and chopped parsley. And for storage? They'll keep just fine in their paper bag on your counter or in the fridge.

WHAT THE HECK DO I DO WITH GREEN SAVOY CABBAGE?

Are you wondering how the heck the green cabbage in your box this week got so darn wrinkly? Well, it's supposed to be that way! They're called **green savoy cabbages** and they are a milder and sweeter alternative to the green and red cabbage that we know so well. The great thing about savoy cabbage is that they are very voluminous, so they make a really nice and airy salad or coleslaw. They have all those little pockets in their leaves to hold all sorts of tasty dressings of your choice. To know what to do with these guys, you need to look no further than the recipe page on our website at:

www.driftlessorganics.com/cabbage

- Here's a short list of some great cooking ideas:
1. Grated in salads with apples, walnut, shaved parmesan and a honey/oil/vinegar dressing
 2. Substitute in your favorite creamy coleslaw recipe
 3. Use larger cabbage leaves to make dolmas (rice & veggie stuffed leaves that you steam - see recipe on our website)
 4. Grate and use in a stir fry: 4 or so minutes before the end.
 5. Cut into wedges, season with salt, pepper & butter, wrap in bacon and grill on tin foil.
 6. Serve with kielbasa, corned beef or other cured/salty meat product.
 7. Cut entire head into thin strips, place on baking sheet, drizzle with oil, salt, pepper, roast in oven for 20-25 minutes (turning once or twice), take out, squeeze lemon juice and black pepper.

GRILLED YUKON GOLD FOIL PACKET EXTROADANAIRE

2 pounds potatoes (a little more than half of your bag), NOT peeled, cut up into 1" cubes.

1/2 white onion, chopped into big chunks

1 poblano pepper, chopped

1 jalapeno pepper (optional for spiciness)

2-4 cloves of garlic, chopped (but not minced)

1/4 cup Driftless Sunflower Oil or olive oil

1/4 cup freshly squeezed juice from 1 to 2 lemons, plus more to taste

Your rosemary leaves, minced

Salt and freshly ground black pepper

In a large bowl, combine potatoes, peppers, oil, lemon juice, onion, and rosemary. Season with salt and pepper and toss to combine. Distribute to 3 or 4 foil "packets" (made simply by taking a square piece of foil and pouring some of the potato mixture into the middle... you get the idea). Cover and cook for 10 minutes. Rotate packets front to back and continue cooking for 10 minutes longer. Move packets directly over coals, cover, and cook for 5 minutes more. Remove from grill and let cool for 5 minutes. Carefully open packets, season with additional salt, pepper, and lemon juice to taste, and serve immediately.

TOMATO, CUCUMBER AND AVOCADO SALAD

Your sungold tomatoes, halved

2 roma tomatoes, chopped

1 cucumber, peeled & cut up in to cubes

1/4-1/2 of a white onion, minced

1 avocado - diced

4 oz feta cheese - cubed

A few basil leaves, torn up into medium sized pieces

2 Tbs Driftless Sunflower Oil or olive oil

1 Tbs red wine vinegar

Coarse salt and fresh ground pepper to taste

Add all ingredients into a big bowl. Whisk together oil, red wine vinegar and black pepper - pour over salad. Toss gently so the feta and avocado don't break up. Serve immediately. If refrigerating - keep the avocado aside and add before serving.

CABBAGE ZUCCHINI SLAW

4 cups green savoy cabbage, grated

2 zucchini and/or summer squash, grated

2 purple carrots, grated

1 tablespoon maple syrup

3 tablespoons Rice Vinegar

2 tablespoons Tamari or Soy Sauce

1/4 teaspoon celery seed

1/4 teaspoon dry mustard

Combine cabbage, zucchini and carrots in large bowl. Measure sugar, vinegar, tamari, celery seed and mustard into screwtop jar with lid; cover and shake until sugar dissolves. Pour dressing over vegetable mixture and toss to combine. Cover and refrigerate at least 2 hours for flavors to blend.

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.	Check out last week's newsletter for what to do with all this broccoli!
JALAPENO PEPPERS	Look for 2-3 dark-ish green small oval peppers.	Store in your fridge - no need for plastic.	Use sparingly in chili, eggs, tacos, etc. Be careful when prepping - wash hands!
CUCUMBERS	Like a cucumber!	In a plastic bag in your fridge for up to a week.	Check out "Tom's Cucumber Salsa" recipe on our website: it's a winner!
GREEN BELL PEPPER	The difference between the bells and poblanos is slight. Bells are a LIGHTER green and generally bigger.	Store in your fridge.	Dice up in salads or fry up with scrambled eggs.
GREEN & YELLOW BEANS	A small mixed bag of yellow and green beans.	Store in their bag in the crisper drawer of your refrigerator.	Best if steamed for a small side dish.
GREEN SAVOY CABBAGE	Like a head of green cabbage, only more wrinkly.	Store in your fridge in a plastic bag. Try to use up in a week.	Check out page 1!
MINI GREEN ROMAINE HEAD	Like a head of romaine lettuce - only smaller.	Store in a plastic bag with a piece of paper towel.	Shred up for a salad or add to tacos, sandwiches, etc.
NEW YUKON GOLD POTATOES	Fresh, yellow potatoes. They will be a little scuffed, but oh-so delicious.	Store in a cool, dark place for up to two weeks.	Check out the first page for some tips!
POBLANO PEPPERS	These are the same size as bell peppers, but darker green and more "squished" looking.	Store in your fridge - no need for plastic.	Poblanos add an earthy/smoky-ness to Mexican dishes. Not spicy, but not sweet either...
PURPLE CARROTS (with tops)	Like a bunch of carrots, only that they're purple!	Remove tops from carrots and store in a plastic bag.	Purple carrots aren't as sweet as their orange counterparts, but delicious just the same. Will lose color if boiled: try roasting or light sauteeing.
ROSEMARY	There'll be a few loose sprigs of skinny, pointy, fragrant leaves floating around the top of the box.	Store in a plastic bag in your fridge or hang to dry and use later.	Strip leaves from stems
SUNGOLD CHERRY TOMATOES	A pulp pint of small, orange cherry tomatoes.	Room temperature for 3-4 days.	Great for snacking or on salads.
TOMATOES: ROMAS & SLICERS	Just a few romas & red slicers floating around near the top of your box this week. Don't worry, many more tomatoes to come.	Store on your counter and check daily for ripeness. Tomatoes should give to the touch and be deep red in color.	Best eaten raw, these tomatoes are fresh and full of flavor. Slice, sprinkle with salt and enjoy!
WHITE ONION	The last of the fresh onions. Look for 1 big or 2 medium white onions in your box.	Store in your fridge - no need for plastic.	Mild enough to eat raw, pungent enough to use in cooking.
YELLOW WATERMELON	Like a watermelon - only yellow on the inside.	In your fridge for up to a week.	These are so good when served ice-cold!
ZUCCHINI & SUMMER SQUASH	Some boxes will receive "Zephyr" squashes: yellow with green ends. Can you taste the difference?	Store on your counter or crisper drawer of your fridge.	Grill it all up and save some in the fridge for lunch time sandwich fixings.