



ONE POTATO TWO

News from the Fields of Driftless Organics • Volume 10 Issue 13 • Aug. 17-20, 2016

WEEK #11: And here we go again! We are in the midst of another beautiful and sunny week and we are still cruising right along. We always try to think of the farming season as a long, slow marathon; where we just keep chugging along, focusing not on the finish line in the distance but on what's right in front of us. Most of the time, we are surprised

and elated at the beauty that rests at our fingertips, in the hillsides around us, and in the produce we harvest.

*We're at the halfway point of the CSA boxes this season and we're hoping you all are enjoying the veggies. Are you? Are you not? Let us know!! We are always trying our best to improve and become the very best CSA farm we can. The thing about farming is that there's always something new to learn, but sometimes we're too busy to see it. Help us out! We always welcome feedback of any kind. Happy Eating,
--Mike*

DID YOU KNOW?

Did you know that you can grow lemongrass in Wisconsin? Believe it or not, it's true; and there's some in your CSA box this week. Even though it is commonly cultivated in India, Thailand and other hot climates, we have pretty good luck growing it here (as long as we start the seedlings early enough in the spring).

You can use lemongrass whole, sliced or pounded to a paste. Just remember, in most cases, lemongrass is used solely as a flavoring and can't really be eaten (it's pretty tough). It's kind of like a bay leaf - where you remove it before serving or while eating. To use whole, slice off the very bottom of the stalk, and peel off the purple dried-out layers, then bash the semi-woody top end with a rolling pin to soften, and help release some of the aromatic oils. Chop into manageable sections (2-4") and give it a quick rinse. You can then add the pieces to your stir fry or soup (it pairs well with coconut milk-based soups). Add around the same time you would garlic or onions. At the end of cooking your soup or stir fry, simply fish out the pieces and discard. (You CAN eat the soft insides of the stalks, you'll just have to mince them up very fine or pound to a paste like you would ginger.

You can also make a lemon-y tea out of it! Simply

- 4 cups water
- 2 cups lemongrass stalks
- Honey (to taste - about a 1/8 - 1/4 cup)
- Freshly squeezed lime juice (to taste)

Bring the water to a boil over high heat in a medium saucepan. Add the lemongrass and boil rapidly for 5 minutes. Reduce the heat to low and simmer the tea for an additional 5 minutes. Strain the stalks from the liquid. Stir in the honey until dissolved. Pour in the lime juice. Serve warm, or chill in the refrigerator and pour over ice.

THIS WEEKS BOX

- CAULIFLOWER
- CANTALOUPE
- CARROTS
- CUCUMBERS
- EGGPLANT
- GARLIC
- LACINATO KALE
- LEEKs
- LEMONGRASS
- GREEN ZUCCHINI
- MINI PEPPERS
- JALAPENO PEPPERS
- POBLANO PEPPERS
- TOMATOES
- SUNGOLD TOMATOES
- YELLOW & PURPLE BEANS
- YELLOW SUMMER SQUASH

SAVE THE DATE:

SEPTEMBER 24 2016

DRIFTLESS ORGANICS HARVEST PARTY

- Pizza
- Potluck
- Farm Tours
- Craft Soda & Beer
- Meet Your Farmers
- Meet Fellow CSA Members
- Pumpkin Picking

YOU'RE INVITED!

1-5pm

(Open House - come when you can!)

**52450 McManus Rd.
Soldiers Grove, WI 54655**
Bring a dish to pass and some sturdy shoes/boots for walking around the farm.

LEMONGRASS CURRY OVER EGGPLANT AND CAULIFLOWER

1 cauliflower, leaves removed & chopped
 1 eggplant, peeled & chopped
 1-2 jalapenos, deseeded and chopped
 6 garlic cloves, roughly chopped
 1/2 inch fresh ginger, peeled and chopped
 3-4 stalks lemongrass, outer leaves removed, chopped into pieces
 2 tablespoons ground turmeric
 1 teaspoon chili powder
 1 tablespoon olive oil
 1 tablespoon sugar
 1 tablespoon tamari or soy sauce
 1.5 cups coconut milk
 1 cup vegetable stock or water

Using a food processor, pulse the chilies, garlic, ginger, sugar and lemongrass into a coarse paste and set aside. Heat the oil in frying pan and add the cauliflower with the turmeric and chili powder for around 5 minutes. Add the eggplant, cook for another five minutes and remove from pan. Cook the paste for a couple minutes and then return the veggies to the pan. Add the tamari or soy sauce, coconut milk and stock or water, mix well and bring to a boil. Reduce the heat and cook gently until the veggies are tender, but not mushy, about 10 minutes. Enjoy!

CARROT ZUCCHINI BREAD

3 cups all-purpose flour
 1 teaspoon baking powder
 1 teaspoon baking soda
 1 teaspoon salt
 2 teaspoons ground cinnamon
 1 teaspoon grated nutmeg
 1 1/2 cups sugar
 3 eggs, beaten
 1 cup vegetable oil
 1 cup grated zucchini
 1 cup grated carrot
 1 cup chopped walnuts

Preheat oven to 350 degrees F. Sift together, flour, baking powder, baking soda, salt, cinnamon and nutmeg in a large mixing bowl. Add the sugar and blend. Mix the eggs with the oil and add that to the flour mixture, mix again. Mix the zucchini, carrots and walnuts, add and mix. Put this in 2 greased loaf pans and bake for approx 50 minutes or until done in the center.

PEPERONATA

Peperonata is an Italian side dish to serve over pasta, chicken or as a spread for crusty bread. Think of it kind of like a "pepper pesto".

1/4 cup olive oil
 1/2 red onion, thinly sliced
 2 roaster peppers, thinly sliced
 2 Roma tomatoes, thinly sliced
 1 tablespoon balsamic vinegar or red wine vinegar

Heat oil in heavy large skillet and add peppers, tomatoes and shallots. Sauté until very tender, about 30 minutes. Mix in vinegar. Season to taste with salt and pepper.

	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
CAULIFLOWER	Your cauli is going to be a little yellow - as we didn't tie this round (it was too hot for them!)	Store in your fridge & try to use up in the next few days.	You just gotta try the recipe on the left.
CANTALOUPE	A tan melon with a beautiful orange inside!	In your fridge for up to a week.	Cut in half, scoop out the squishy middle, generously fill with vanilla ice cream!
CARROTS	Orange, fresh, delicious carrots.	Keep in your fridge for up to two weeks in their plastic bag.	In salads, soups, casseroles or the bread recipe to your left.
CUCUMBERS	Like a cucumber!	In a plastic bag in your fridge for up to a week.	Use in place of crackers with your favorite cheeses or dips.
EGGPLANT	One shiny purple eggplant.	Store on your counter for 2-3 days or in your fridge for 5-7 days.	With all of these tomatoes, perhaps a dish of eggplant parmesan is in order?
GARLIC	A head of cured garlic.	Keep on your counter for up to two weeks.	In pretty much everything!
LACINATO KALE	Look for the bunch of dark green/grey leaves with a blue twist tie.	Store in a plastic bag for up to 5-7 days.	Strip the leaves from the stem and roughly chop for stir fries or simply steamed and served as a side dish.
LEEKs	There will be 2 of these: fat white stalks with thick green leaves.	Store in plastic, in your fridge for 7-10 days	Use leek up to where it branches off into leaves. You'll want to wash because dirt likes to hide in between layers.
LEMONGRASS	Look for a bunch of green and purple stalks that have a very pungent lemon smell.	store tightly wrapped in plastic in your fridge for up to 2 weeks.	Use in curries, soups, & teas. Check out page 1 for more info.
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!
MINI PEPPERS	A mix of red, orange and yellow mini peppers.	Store in your fridge in the crisper drawer.	These are not spicy! Great for raw snacking as well as cooking.
POBLANO PEPPERS	Kind of like a squished green pepper that is darker green. There should be 2 of them in your box.	Store in the fridge for up to a week.	Use where you want some smoky spice: eggs, burritos, tacos, etc.
SUNGOLD TOMATOES	Look for the small pint of orange cherry tomatoes.	Room temperature for 3-4 days.	Great for snacking or on salads. Or try roasting them and putting in pasta sauces.
RED & YELLOW ROASTER PEPPERS	Horn shaped and smooth (red) - slightly wrinkly (yellow). These are SWEET peppers.	Store in the fridge for up to a week.	Check out the Peperonata recipe to the left!
TOMATOES	We're finally getting a bunch of tomatoes and there will be a nice big brown bag in your box this week.	Store on your counter and check daily for ripeness. Tomatoes should give to the touch and be deep red in color.	The tomatoes are starting to really pile up - and we have a TON of recipes on our website. Don't forget you can freeze them too!
YELLOW & PURPLE BEANS	A small mixed bag of yellow and purple beans.	Store in their bag for 4-6 days.	Getting sick of beans? Blanch & freeze them for winter use!
ZUCCHINI	Zucchini season is winding down for us...	Store on your counter or crisper drawer of your fridge.	Grate, squeeze out water, put in freezer bags, save for winter time zucchini bread.