



ONE POTATO TWO

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WEEK #12: What a week it's been! With all of the crazy amounts of rain lately things have been muddy around here. But we've got our rubber boots on and a smile, because regardless of all the rain and the mud we're continuing to harvest some downright beautiful crops (I mean check out those dragon tongue beans in your box this week. They are too cool!). And to top it off, temperatures

have dropped this week and everyone is loving the reprieve from the heat. When it gets super hot, it sometimes feels as if we're moving in slow motion. But with some nicer summertime temps, all is well and we're back to bouncing through life; which turns out is pretty darn good here on the farm. When we're not picking and planting and washing and tending to all of the crops out in the fields, we're enjoying eating some of the bounty the farm has to offer. We hope you're loving all of these fresh veggies too! Happy Eating,

--Annie

DID YOU KNOW?

Did you know that cucumbers are one of the healthiest kinds of vegetables we grow? It's true! Check this out:

1. They are a quick pick me-up, loaded with B vitamins.
2. Rehydrates body and replenishes daily vitamins. Cucumbers have most of the vitamins the body needs in a single day.
3. Fights cancers - Cucumber are known to contain lignans that have a strong history of research in connection with reduced risk of several cancer types.
4. Relieves bad breath - Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
5. Hangover cure - cukes help to relieve the body of toxins.
6. Aids in weight loss and digestion - Cucumber is an ideal diet for people who are looking for weight loss. The high water content and dietary fiber in cucumbers are very effective in ridding the body of toxins and aiding in digestion.
7. Reduces cholesterol and controls blood pressure - Researchers found that a compound called sterols in cucumbers may help reduce cholesterol levels. Cucumbers contain a lot of potassium, magnesium and fiber. These work effectively for regulating blood pressure.
8. Promotes joint health, relieves gout and arthritis pain - Cucumber is an excellent source of silica, which is known to help promotes joint health by strengthening the connective tissues. They are also rich in vitamin A, B1, B6, C & D, Folate, Calcium, Magnesium, and Potassium.

THIS WEEKS BOX

- BROCCOLI
- CILANTRO
- CUCUMBER
- DRAGON TONGUE BEANS
- EGGPLANT
- GARLIC
- MINI PEPPERS
- MINI ROMAINE
- RED POTATOES
- RED ROASTER PEPPERS
- RED SHALLOTS
- ROMA TOMATOES
- SALAD MIX
- SLICER TOMATOES
- SUNGOLD TOMATOES
- YELLOW/GREEN 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.

BROCCOLI FRITTERS

1 head broccoli (stems too!) roughly chopped
 2 tbsp oil (vegetable, olive oil, canola)
 1 garlic clove, minced
 ½ cup flour
 ¼ cup grated parmesan
 1 egg
 2 tbsp milk
 ½ tsp salt
 1 tsp black pepper
 ½ tsp cayenne pepper (optional)

Steam or boil the broccoli for 3-5 minutes, until tender. Using a potato masher, smash the broccoli into small pieces. Lightly beat the egg in a large bowl and add the flour, parmesan, milk, salt, pepper and cayenne if using. Place egg in a bowl and use a fork to lightly beat the egg. Add the broccoli and mix well. Heat 1 tbsp of oil in a fry pan over medium heat. Scoop ¼ cup of the broccoli mixture and drop into the pan and use a spoon to gently flatten to about 1/2" thickness. Cook each side for 2 to 3 minutes until golden brown. Serve with yogurt sauce, BBQ sauce or top with cheese!

CUCUMBER LIME SORBET

¼ c lime juice
 1 large or 2 small cucumbers
 ½ c sugar
 1 c water

Mix the sugar and a half cup of the water and boil until the sugar is dissolved. Set aside to cool. In the meantime, blend the cucumber, lime juice and the remaining water in a food processor. Once the sugar solution is cool, add to the cucumber mixture and freeze for around 30 minutes. Blend in the food processor again. Refreeze for 20 minutes before blending again in the food processor. Serve up and enjoy or keep in the fridge until you're ready to enjoy this tasty treat!

CREAMY POTATO TOMATO BAKE

4 large potatoes, peeled & thinly sliced
 2 small tomatoes, peeled & thinly sliced
 Handful of mini peppers, thinly sliced into circles
 2 shallots, thinly sliced
 30 g butter, cut into thin pieces
 salt & freshly ground black pepper
 1/2 cup milk
 1/2 cup cream
 1/2 cup veggie stock
 1 cup grated cheddar cheese

Preheat oven to 350. Layer potato, tomato, peppers & shallots in a greased baking dish, dotting each layer with small pieces of butter and seasoning with salt and pepper. Make sure your last layer is potatoes. Combine milk, cream & stock and pour over potato mixture. Top with cheese. Bake for 1 hour or until golden brown.

	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
BROCCOLI	Light green stalks, topped with dark green florets.	In a bag in your fridge for up to a week.	Roast with olive oil and garlic in the oven - YUM!
CILANTRO	The bunch of green, serrated leaves.	In a bag in your fridge for 3 to 5 days.	In salsas and sauces. Also makes a great topping or garnish.
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 dip. Check out the recipe to the left.
DRAGON TONGUE BEANS	Pretty yellow wax beans with purple streaks.	In your fridge, in their bag for up to a week.	Blanch or steam them until tender, add butter & salt, and gobble up them for winter use!
EGGPLANT	A deep purple fruit with a greenish brown top.	Store on your counter if using within a couple of days, or in your fridge for up to 5 days.	In stir fries and pasta dishes. Maybe a batch 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!
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.
MINI ROMAINE LETTUCE	Like a baby head of lettuce.	In a plastic bag in your fridge for 3 to 5 days.	Make a salad! Or use as a topping for burgers, tacos, etc.
RED POTATOES	A bag of red potatoes.	At room temperature in a dark spot.	Mash them, fry them, grate them into hash browns. Or try the recipe to the left.
RED ROASTER PEPPERS	Long, sleek red roaster peppers.	Keep them in your fridge for a week.	Use like you would a bell pepper. Or as the name suggests try roasting them with a little oil in the oven.
RED SHALLOTS	Red shallots look like skinnier onions.	At room temperature in a dark spot.	Use in place of onions. But don't forget to enjoy the shallot's nuttier flavor!
SALAD MIX	A bag of mixed greens.	In a bag, in your fridge for up to 5 days.	Salads! Or serve your favorite meals on top of a bed of salad mix for a beautiful presentation and delicious addition to your plate.
SUNGOLD TOMATOES	Look for the small orange cherry tomatoes.	Room temperature for 3-4 days.	Great for snacking or on salads. Or try roasting them and putting in pasta sauces.
TOMATOES	Look inside the brown paper bag.	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!
ZUCCHINI OR SUMMER SQUASH	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.