



ONE POTATO TWO

WEEK #14: Hey Everyone. While school may be back in session and fall feels like it's beginning to creep in, summer is still very much alive and well here on the farm! At least for a couple more weeks. We're still harvesting summertime goodies like tomatoes, peppers and watermelon. Now is the time to relish all of the hot weather bounty! One of our favorite crops to savor this time of year

*(and it's hard to pick favorites around here!) is sweet corn. If you haven't already tried our famous elote recipe, on the other side of this newsletter, check it out! Elote is a street-style Mexican sweet corn recipe that is seriously delicious. And with all of the sweet corn in your box, now is a great time to try it out. What's your favorite summer veggie? Why don't you tell us all about it **in person** at our annual HARVEST PARTY! September 24th, 1-5pm here on the farm. We'd love to see you all!*

*Happy Eating,
--Annie*

- THIS WEEK'S BOX**
- BROCCOLI
 - CILANTRO
 - DRAGON TONGUE BEANS
 - GARLIC
 - GREEN KALE
 - LEEKs
 - MINI PEPPERS
 - ORANGE BELL PEPPER
 - PURPLE & ORANGE CARROTS
 - RED ROASTER PEPPERS
 - ROMA TOMATOES
 - SLICER TOMATOES
 - SWEET CORN
 - YELLOW POTATOES
 - WATERMELON

DID YOU KNOW?

Did you know that broccoli is the exact same species as cabbage, cauliflower, kale and brussels sprouts?! Yep, it's called called *L.Brassica oleracea*. Don't believe me? Too crazy sounding?! Think about all of the different breeds of dogs: all the same species, but different shapes, sizes, colors and have different personalities.

L.Brassica oleracea is similiar in this respect; it comes in all different shapes, sizes, flavors and has wide range of applications. It's cultivars have been eaten since the time of the Romans in 6th Century BC. That's a long time that people have been eating broccoli and it's ancestors! And for good reasons too. Broccoli is packed with vitamin C - just one cup of raw, chopped broccoli contains 100% of your daily recommended vitamin C intake. Broccoli also contains the flavonoid kaempferol. Kaempferol is an anti-inflammatory that helps fight against cancer and heart disease, and has been shown to be preventative in adult onset diabetes. Plus, it's a great source of Vitamin A and fiber. But broccoli hasn't been around for this long just because of it's health benefits! It's also a delicious and filling vegetable that grows well in cooler weather. Great for climates like here in Wisconsin! We hope you enjoy the broccoli in your share this week. Check out our website for some fun ideas of how to use broccoli or try the Garlicky Veggies and Quinoa with Mustard Sauce on the other side of the newsletter.

CUT THOSE TIPS OFF OF YOUR SWEET CORN

Organic sweet corn is a tough one to grow, and the biggest problem is the dreaded corn earworm! Unlike most of the conventional roadside sweet corn, our corn isn't genetically modified to carry the pesticide that kills these worms. As such, you may find a worm in the tip of your ears of corn. We suggest just cutting the first inch or two of those ears, even before shucking them. That way, you won't even see those gross little worms. Don't worry - they don't affect the flavor of the corn, or make the ear dangerous to eat. They're just trying to enjoy a little of that organic goodness too!

SAVE THE DATE SEPTEMBER 24 2016

HARVEST PARTY
Pizza, Potluck, Farm Tours, Craft Soda & Beer, Meet Your Farmers, Meet Fellow CSA Members and Pumpkin Picking!

Open House from 1-5pm

52450 McManus Rd.

Soldiers Grove, WI 54655

Bring a dish to pass and some sturdy shoes boots for walking around the farm.

ELOTE

4-6 ears of corn
 3 Tbsps mayonnaise
 2 Tbsps Parmesan cheese
 ½ tsp chili powder
 ¼ tsp cayenne pepper
 ¼ tsp cumin
 lime wedge
 Pinch of salt

Grill the corn for 12 minutes total. Continually move the corn so each side is grilled. In a bowl whisk together the mayonnaise and lime juice. In a separate bowl mix together the Parmesan cheese, chili powder, cayenne pepper, cumin, and salt. Spread the mayonnaise mix over the corn. Sprinkle the cheese mix over the corn.

GAZPACHO

2.5 pounds ripe red tomatoes (about half your bag), cored and roughly cut into chunks
 1 red roaster pepper, roughly cut into chunks
 ½ cup leek, finely chopped
 1 clove garlic
 2 teaspoons sherry vinegar, more to taste
 Salt
 ½ cup extra-virgin olive oil

Combine tomatoes, pepper, leek and garlic in a blender. Blend at high speed until very smooth, at least 2 minutes, pausing occasionally to scrape down the sides with a rubber spatula. With the motor running, add the vinegar and 2 teaspoons salt. Slowly drizzle in the olive oil. The mixture will turn bright orange or dark pink and become smooth and emulsified, like a salad dressing. If it still seems watery, drizzle in more olive oil until texture is creamy. Strain the mixture if you like, or leave as is if you like the texture. Chill until very cold, at least 6 hours or overnight. Adjust the seasonings with salt and vinegar to taste. If soup is very thick, stir in a few tablespoons ice water.

GARLICKY VEGGIES AND QUINOA WITH MUSTARD SAUCE

1/2 cup uncooked quinoa
 1 cup water
 2 cups chopped broccoli
 1 cup chopped carrots
 1 cup chopped dragon tongue beans
 3 cloves garlic, minced, or to taste
 2 tablespoon fresh lemon juice
 2 teaspoon dried tarragon
 1.5 tablespoon coarse-grain mustard
 5 tablespoons extra virgin olive oil
 salt and black pepper to taste

Bring the quinoa and water to a boil in a small saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. In the meantime, sautee carrots and half of the garlic in a pan with a little oil for 5 minutes. Add the broccoli & beans and continue cooking until all veggies are tender. Mix lemon juice, remaining garlic, tarragon, mustard, and olive oil. Stir until evenly mixed. Combine quinoa, vegetables and the sauce. Mix well. Season to taste with salt and black pepper before serving.

	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.	Try roasting with some garlic and olive oil. roasting it with a little garlic and oil.
CARROTS	PURPLE AND/OR ORANGE CARROTS	Keep in the fridge in a plastic bag for up to two weeks.	Great for snacking, salads, stir fries or roasting.
CILANTRO	A bunch of small stems adorned with frilly green leaves.	In a plastic bag in the fridge for up to 5 days.	Make a batch of salsa, top some tacos, garnish the gazpacho 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! Unfortunately, they lose their pretty markings when cooked.
GARLIC	A head of cured garlic.	Keep on your counter for up to two weeks.	In pretty much everything!
GREEN KALE	A bunch of light green, frilly-edged kale.	Store in a plastic bag in the fridge for up to a week.	Try making a batch of kale chips by roughly chopping kale, tossing with a little oil & salt and roasting at 400 until crisp.
LEEKs	The long white stem with a stiff green top.	In your fridge for up to a week.	Great in soups, egg dishes and with fish. You can use the white part as a substitute for onions, although the whole leek is edible.
ORANGE BELL PEPPERS	A bright and juicy orange bell pepper or two awaits you.	In the crisper drawer of your fridge for up to a week.	These are a beautiful and sweet addition to stir fries.
RED ROASTER PEPPERS	Long, sleek red roaster peppers.	Keep them in your fridge for a week.	As a sandwich topping: try thinly slicing and sauteeing with your favorite spices. Or as the name suggests try roasting them with a little oil in the oven.
SWEET CORN	A bunch of sweet corn ears waiting to be devoured.	Keep in the fridge for up to 5 days.	REMEMBER: Chop the tips of the ears before using! Then try the elote recipe.
SWEET MINI PEPPERS	2 pints of red, orange and yellow mini sweet peppers.	We took a pint of these camping and they lasted for 5 days unrefrigerated!	No need to deseed! Cut them up seeds and insides and all.
TOMATOES	Look for the paper sack of romas and red slicer tomatoes. Look inside the brown paper bag.	Check out our website to learn more about how to store and tell if your tomatoes are ripe.	Great in sauces, sandwiches or to make a batch of fresh salsa.
YELLOW POTATOES	A three pound bag of yellow potatoes.	Store in a dark place at room temperature for up to two weeks.	Hashbrowns! Top them with other veggies, eggs and cheese.
WATERMELON	The only melon in your box, so it should be pretty easy to spot!	Store in your fridge for up to 4 days.	Best eaten in the sunshine on a hot day.