



# ONE POTATO TWO

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**WEEK #16:** Hi Everyone! We've got another amazing week of delectable vegetables lined up for you. The best of summer, like peppers, tomatoes and cilantro and some wonderful fall crops too, like delicata squash and sweet potatoes. The best of both worlds in one box! If you think about it, this really makes sense; with it being summer now and fall officially starting Thursday, September 22nd, this box is part summer, part fall. How crazy

*is that?! I don't know about you, but we're brimming with excitement about this week's share and what fall has in store for us this year. It's hard to believe that we've already come so far this season. It has been a crazy, fun, rainy, hot, whirlwind of a vegetable marathon, but it isn't over yet! With all kinds of roots to pull out of the ground, and more CSA boxes to pack, the adventure continues. And for those of you who don't know, once the regular season is over we offer fall and winter shares to keep those veggies coming! More details to come (or check out our website and sign up now).*

*Happy Eating,  
--Annie*

## THIS WEEK'S BOX

- ASIAN GREENS
- BABY BOK CHOI
- BROCCOLI
- CILANTRO
- CIPPOLINI ONIONS
- DELICATA SQUASH
- GARLIC
- GREEN BEANS
- GREEN SAVOY CABBAGE
- JALAPENOS
- RED BEETS
- RED & YELLOW SWEET
- ROASTER PEPPERS
- SUNGOLD TOMATOES
- SWEET MINI PEPPERS
- SWEET POTATOES
- TOMATOES

## DID YOU KNOW?

Did you know that savoy cabbage is more tender than it looks? Despite its rugged appearance it's actually very delicate and sweet. It might just be the prettiest cabbage of all, with its fantastic crinkly leaves and their contrasting colors ranging from dark to pale green. Best of all, it cooks quickly and easily without the familiar sulfur odor that other cabbages sometimes have. Savoy cabbage is named for the Savoy region on the border of Italy, France and Switzerland, where was & is commonly eaten. And perhaps for the rugged landscape mirroring the textured leaves. Savoy cabbage is high in vitamin K, vitamin C and fiber. It's also a very good source of fiber, manganese, folate, vitamin B6, potassium, and omega-3 fatty acids. Heads of savoy cabbage can be so large that they can often be made to make one large meal or several smaller meals. Because of its tenderness, this cabbage makes amazing salads. Just use salt and a vinegar or lemony dressing to help it wilt. And because of its sweetness, it's great to pair with rich and/or salty foods like bacon or sausages. Savoy cabbage is equally delicious as a bed for mild white fish or seafood. It can be cooked or used raw, it can be braised, roasted or boiled. Try sauteeing it in butter or bacon fat - super easy but super good! You can also use it in preserved recipes like kimchi or sauerkraut. Or you can check out the Hungarian Layered Savoy Cabbage recipe on the back of this newsletter!

## WHAT THE HECK DO I DO WITH ASIAN GREENS?

Asian greens maybe aren't the most familiar of vegetables to you - but that doesn't mean that they're not delicious! With a spicy, tangy flavor these mustardy greens are a wonderful addition to a stir fry or eaten all by themselves. Check out some of our favorite ways to prepare Asian greens:

- 1.) Salads: Try substituting Asian greens for romaine lettuce in a caesar salad. This makes a much more flavorful salad! Make sure to use a strong cheese like a well aged parmesan, asiago or gruyere as a topping.
- 2.) Braised with bacon: Cook a few slices of bacon in a pan along with some garlic and minced onion. When cooked through add a spoonful of sugar, a glug of apple cider vinegar and a half cup of vegetable broth. Bring to a boil and add chopped Asian greens. Simmer for 10-15 minutes. Season with salt and pepper and serve warm.
- 3.) Pesto: I know, sounds crazy, right? But this spicy pesto is great for serving over roasted root veggies, putting in salads or on sandwiches. Try tossing with pasta, sungold tomatoes, and fresh mozzarella cheese. Just substitute Asian greens for basil in your favorite pesto recipe.
- 4.) Add them to pickled green beans: You can use your bag of green beans and make a batch of spicy refrigerator pickled beans with your Asian greens. Check out our website for a pickled green bean recipe.

# ROASTED VEGGIES WITH GARLIC SAUCE

3 beets  
 2 sweet potatoes  
 1 delicata squash, peeled  
 ¼ cup + 2 Tablespoons olive oil or sunflower oil  
 Juice from one lemon  
 Two dashes nutmeg  
 Pinch red pepper flakes  
 Salt and pepper

Pre-heat the oven to 375°F. Dice the beets, sweet potatoes and delicata squash into 1 inch cubes and drizzle 2 Tablespoons of oil over the vegetables and toss to coat. Sprinkle with salt and pepper, toss again, then stick in the oven for 45 minutes, or until cooked through. While the veggies are cooking, make the garlic sauce. With an immersion blender or in a food processor, place 2 cloves garlic, ¼ cup oil, lemon juice, nutmeg, red pepper flakes, and salt & pepper to taste. Blend until smooth. When the veggies are done cooking, place in a bowl and toss with the garlic sauce. Serve immediately.

# HUNGARIAN LAYERED SAVOY CABBAGE

1 large head of savoy cabbage  
 1 pound of ground pork or crumbled tempeh  
 1 onion, diced  
 2 roaster peppers, diced  
 2 roma tomatoes, diced  
 2 cloves of garlic – minced  
 ¾ cup uncooked rice  
 2 cups of sour cream  
 Sunflower oil or peanut oil  
 Salt and pepper, to taste  
 1 tablespoon of smoked paprika  
 1 teaspoon red pepper flakes

Peel the cabbage into individual leaves. Cut out the tough stem or midrib from each leaf. Boil in salted water for 15 minutes, until soft. Drain and let cool. Meanwhile saute the diced onions and minced garlic in vegetable oil over low heat, stirring frequently. Add the peppers and tomato and continue cooking for another 5 minutes. Add the pork or tempeh, the paprika, red pepper flakes and salt & pepper, to taste. Cook for about 5 minutes, stirring frequently, then pour in a ½ cup of water, cover and cook for another 15-20 minutes.

For the rice: in a pot heat 1 teaspoon of oil, add the rice and roast it for a minute or two, stirring frequently. Pour in 1 ½ cups of water, salt to taste, cover the pot and turn the heat down to low. Cook until all of the water is absorbed; about 15-20 minutes. Turn off the heat and leave the rice in the covered pot.

Grease a medium size baking dish. Put a double layer of savoy cabbage on the bottom, then spread half of the cooked rice and half of the cooked meat/tempeh/veggie mix. Add a new layer of savoy cabbage, rice and meat/tempeh/veggies and cover with the rest of the savoy cabbage. Spread 2 cups of sour cream on top and bake it in preheated oven, at 350, for about 30-35 minutes, until the sour cream browns a little bit. Enjoy!

	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
<b>ASIAN GREENS</b>	A bunch of beautiful red and green leaves.	In a plastic bag in the fridge for up to 5 days.	Check out the other side of this newsletters for ideas!
<b>BABY BOK CHOI</b>	A small bunch of VERY delicate leaves	Store in a plastic bag.	Roughly chop and throw into a stir fry towards the end. roasting it with a little garlic and oil.
<b>BROCCOLI</b>	Dark green florets with a thick, pale green stalk.	In a plastic bag in the fridge for up to a week.	Roasted with some oil and garlic. Or use in a stir fry.
<b>CILANTRO</b>	A bunch of small green frilly leaves & skinny stems.	In a plastic bag in the fridge for up to 5 days.	Use in salsas and sauces, as a garnish or topping.
<b>CIPPOLINI ONIONS</b>	Squat & slightly sweet onions.	Store on your counter top for up to two weeks.	Makes a great addition to pretty much any savory dish.
<b>DELICATA SQUASH</b>	The long pale squash with green stripes.	Store on your counter top for up to a week.	Cut in half lengthwise, cook and stuff with your favorite filling.
<b>GARLIC</b>	A head of cured garlic.	Keep on your counter for up to two weeks.	In pretty much everything!
<b>JALAPENOS</b>	Two, small dark green hot peppers.	Keep in the fridge for up to a week.	In anything you want to spice up! If you're sensitive to hot peppers wear gloves while chopping them.
<b>GREEN BEANS</b>	Look for a bag full of green beans.	Keep in your fridge for up to a week.	Sautee with a butter and salt...of course! Or stir fry them up with some other veggies.
<b>RED BEETS</b>	Around two pounds of red beets.	Store in your fridge for up to two weeks.	Roasted with some oil, garlic, salt & pepper. Or check out the recipe to the left.
<b>RED &amp; YELLOW ROASTER PEPPERS</b>	Long, sleek red & yellow peppers that look like kind of like bull horns	Keep them in your fridge for a week.	Try roasting them and putting on pizzas!
<b>SAVOY CABBAGE</b>	A BIG head of savoy cabbage. It will be hard to miss!	correctn your fridge, in a plastic bag for up to a week.	Great for salads, slaws, casseroles, taco fillings, and fermenting. Savoy cabbage leaves make great wraps too!
<b>SUNGOLD TOMATOES</b>	A green pint of orange cherry tomatoes.	On your counter where you can see them ripen and use up soon once they are deep orange.	Great in a whole lot of thngs: raw in salads or added to pasta sauces.
<b>SWEET MINI PEPPERS</b>	A pint of brightly colored little peppers.	In your fridge, in a plastic bag for up to a week.	Try stuffing them! They also make a great addition to a relish tray, sandwiches, and salads.
<b>SWEET POTATOES</b>	The orangey-brown potato-like tubers in your box.	Keep in a dark place at room temperature for up to two weeks.	Make a batch of sweet potato fries or check out the recipe to the left.
<b>TOMATOES</b>	A smaller brown paper bag of romas and slicers.	Store your tomatoes at room temperature so you can keep an eye on their ripeness.	Sadly, the tomatoes are winding down. Let's enjoy them while they are here.