



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**
- BABY BOK CHOI
 - BANANA PEPPERS
 - BROCCOLI
 - CILANTRO
 - CIPPOLINI ONIONS
 - DELICATA SQUASH
 - EGGPLANT
 - GARLIC
 - GREEN BEANS
 - GREEN SAVOY CABBAGE
 - JALAPENOS
 - RED BEETS
 - RED SWEET ROASTER PEPPER
 - 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 CIPPOLINI ONIONS?

What's the deal with cippolini onions anyway? We're here with the scoop! Cippolini onions (or "little onion" in Italian) are prized for their sweet, tender flesh. Sure, you can use them like you would any other onion, but why not capitalize on their unique flavor and bountiful sugars? Check out our of favorite ways to prepare them:

- 1.) Caramelizing: Because of the higher than normal sugar content, these onions are ideal for caramelizing. Slice thinly and sautee with butter on the lowest heat possible for at least 15 minutes, stirring until the onions become brown, but not burned. Top pizzas, toss with pasta or serve over a salad.
- 2.) Roasting: You can roast the whole onion; just peel and coat with butter or oil. Pop in a preheated 400 degree oven and cook until they are tender.
- 3.) Hummus: Use cipollini onions, either raw or roasted as an extra ingredient in your favorite hummus recipe. The subtle and sweeter flavor of this onion makes a really tasty hummus.
- 4.) Topping: When in doubt, cippolini onions make a fabulous topping for just about anything. Try topping a goat cheese tart, omelette, pizza, sandwich or steak with fresh, caramelized or roasted cippolini onions. You won't be disappointed!

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
 3/4 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?
BABY BOK CHOI	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.
BANANA PEPPERS	Long and very light greeny-yellow peppers.	Keep them in your fridge for a week.	These are SWEET banana peppers. Use in omlettes, stir fries or fresh for snacking.
BROCCOLI	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.
CILANTRO	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.
CIPPOLINI ONIONS	Squat & slightly sweet onions.	Store on your counter top for up to two weeks.	Makes a great addition to pretty much any savory dish.
DELICATA SQUASH	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.
EGGPLANT	Purple and shiney.	Keep on your counter if going to use within a couple of days. In the fridge if you're storing it for longer.	Cooked eggplant is great on pizza and sandwiches. Or make a batch of eggplant parmesan.
GARLIC	A head of cured garlic.	Keep on your counter for up to two weeks.	In pretty much everything!
JALAPENOS	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.
GREEN BEANS	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.
RED BEETS	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.
RED ROASTER PEPPERS	Long, sleek red peppers that look like kind of like bull horns	Keep them in your fridge for a week.	Try roasting them and putting on pizzas!
SAVOY CABBAGE	A BIG head of savoy cabbage. It will be hard to miss!	correctIn 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!
SWEET MINI PEPPERS	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.
SWEET POTATOES	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.
TOMATOES	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.