



# ONE POTATO TWO!

News from the Fields of Driftless Organics  
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## SPRING SHARE WEEK #2.

Happy May! What an exciting, busy month at Driftless Organics. I don't know about you, but we're over here like, nicer weather? Uh, yes please! Bring. It. On. With the weather warming up, the fields are starting to buzz with activity from transplanting, to mulching, to tilling, to harvesting for all of you! The greenhouse and

hoop house are about to explode with delicious food and beautiful starts that are patiently waiting their turn to get out into the sunshine. There's so much hope and anticipation this time of year for what an amazing season could be ahead of us. I hope you are all getting excited for this season too - these amazing spring share boxes should help! Enjoy all of your goodies this week. Happy Eating,  
--Annie

## WHAT'S IN THE BOX?

Blue Potatoes  
Bok Choi  
Chives  
Green Garlic  
Nettles  
Radish/Turnip Bunch  
Red Sorrel  
Rhubarb  
Romaine Lettuce  
Spinach  
Spring Onions  
Sunflower Sprouts

## YOU KNOW?

DID

Did you know that stinging nettles really do sting you?! Seriously. Use some caution when handling the nettle bunch in your box this week. When you touch fresh nettles, the plant's tiny, formic acid containing hairs pierce and break against your skin creating a stinging & itching sensation. We recommend wearing gloves, using tongs or using a plastic bag over your hand when handling fresh nettles. But don't let us scare you away from these guys! Trust us.. All of the precautions are worth it. Nettles are a delightful springtime green that you can easily transform from a seemingly fierce veggie into a delicious, healthy and SAFE TO EAT meal. It's simple to deactivate the compounds that make nettles sting, all you have to do is cook them! Just toss your nettle bunch into boiling water for two minutes and voila! No more itchy, stinging compounds. You can chop the cooked nettles up, stems and all, and add them to just about anything: omelettes, casseroles, stir fries, soups and dips. Substitute nettles for cooked spinach in your favorite recipes. Nettles have a wonderfully unique taste that is something like a mixture of really flavorful spinach and cucumbers. They're super versatile so get creative! Or check out the recipe on the back of this newsletter if you need a little inspiration.

## WHAT THE HECK DO I DO WITH SORREL!?

You are in for a treat this week! Sorrel is a refreshing, lemony & slightly sour springtime green that I want all of you to fall in love with. Check out these delish ideas to get you started on your love story:

- 1.) Pair it with fish! Trust me, you can't go wrong with this one. Either cook fish with sorrel, or serve fish over fresh sorrel.
- 2.) Pesto. That's right, use your favorite pesto recipe and sub out the basil for sorrel. Super tasty on sandwiches, crackers and in salads.
- 3.) Add it to your mashed potatoes. Just mash in at the end and if you're feel adventurous add it a little mustard.
- 4.) Simply sauté sorrel in butter with a little salt until it's just wilted... or bacon fat. Yeah. Bacon fat. Do it.
- 5.) Easy-peasy appetizers. Wrap sorrel leaves around pieces of goat cheese and serve on toothpicks. Or use to garnish a bloody mary.

	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
<b>BLUE POTATOES</b>	Look for the bigger brown paper bag.	Contrary to the norm, you'll want to store these in your fridge - they are going to want to sprout.	These potatoes are so sweet! Try some blue mashed potatoes or the recipe on the back.
<b>BOK CHOI</b>	Kind of like lettuce, with green leaves and greenish/white stems. There will be a red rubberband around it.	Store in a plastic bag in your fridge.	Chop up leaves and stems separately. Great in Asian stir fries (add leaves at the very end)
<b>CHIVES</b>	The tiny green grass-like herbs in your box.	Store in a plastic bag in your fridge.	Mix into sour cream for the best baked potato-topper!
<b>GREEN GARLIC</b>	A LOT like a bunch of scallions, but the leaves are flatter/wider and the tips are a little purple. It smells like garlic too.	Store in the same plastic bag as your chives and spring onions.	Use the white part and some of the greenish/white as you would garlic: chop up and add to any dish that calls for garlic.
<b>NETTLES</b>	The green stalks with lots of dark green, serrated leaves.	Store in your fridge for up to 5 days in their plastic bag.	See the otherside of this newsletter for more info about nettles. Remember to USE CAUTION when handling these raw.
<b>RADISHES &amp; TURNIPS</b>	A bunch of round red, purple & white roots.	Plastic bag in your fridge.	Salads, snacks, or scrambles.
<b>RED SORREL</b>	Green leaves with red stems.	Plastic bag in your fridge.	Try making a garlic sorrel sauce to top potatoes, meat or salads.
<b>RHUBARB</b>	Look kind of like wide stalks of celery, only red	Store in your fridge.	Check out the salad recipe - it's super tasty!
<b>ROMAINE LETTUCE</b>	A vibrant green head of lettuce.	Store in a plastic bag in your fridge with a paper towel to soak up excess moisture.	Use to top tacos, on sandwiches or of course use for salads.
<b>SPINACH</b>	A plastic bag with dark green leaves in it.	Store in a plastic bag in your fridge with a paper towel to soak up excess moisture.	Salads!
<b>SPRING ONIONS</b>	Check out the green garlic description so you don't get these confused :)	Keep in a plastic bag, in the fridge for up to a week.	Use in soups, sautes, casseroles, you name it!
<b>SUNFLOWER SPROUTS</b>	The large sprouts in your box in a plastic pint container.	Keep in their container, in the fridge for up to 3 days.	Toppings, toppings, toppings. But they also make a sweet snack all by themselves.

## BLUE POTATO SALAD WITH BOK CHOI

1 lb of blue potatoes, chopped  
 Your bok choi, chopped well  
 4 salad turnips and/or radishes, diced  
 2 green garlies, minced  
 1- 2 tsp. dried dill  
 2 tbsp. cider vinegar  
 ¼ cup Sunflower oil or olive oil  
 ½ bunch green garlic, chopped finely  
 1/2 tsp. salt  
 1/2 tsp. sugar

Bring a pot of water to a boil, add a little salt and turn down the heat to medium. Cover until the potatoes are cooked thru. Combine vinegar, garlic, salt, sugar, oil and dill and whisk together. Toss warm diced potatoes into a bowl with bok choi, radishes/turnips & garlic; re-whisk the dressing and pour over the warm potatoes and veggies. Stir well to mix, then refrigerate until completely cooled. Serve cold or room temperature. Store leftovers for up to 5 days in your fridge!

## NETTLE OMELETTE

3 packed cups trimmed and washed nettle leaves  
 ½ your bunch spring onion, chopped  
 3 Tbsp olive oil or Driftless Organics sunflower oil  
 ¼ cup grated Parmesan  
 4 eggs  
 Salt & black pepper  
 Butter

Heat oil in a pan over medium heat. Add nettle leaves and a pinch or two of salt. Use tongs to toss nettles in the oil. Cover the pan, continue to cook nettles for a few minutes on low until the leaves are wilted and tender. Roughly chop the nettles once they are cool enough to handle. Set a small to medium cast iron pan over medium heat to preheat. In the meantime, whisk eggs vigorously in a mixing bowl with a pinch of salt, a few grinds of black pepper, and a tiny splash of tap water. Place 1/2 tablespoon butter in the hot pan. Swirl it around to coat all sides and add the whisked eggs. Tilt the pan so the eggs evenly coat the bottom of the pan. Cover and cook for 3-5 minutes until the top of the eggs is almost solid. Add the nettles, onions and cheese. Slide the omelette from the pan onto a plate, letting it fold onto itself. Serves two.

## SPRINGTIME SALAD

½ of your rhubarb, chopped  
 1/4 cup honey  
 1/2 cup walnut halves  
 Your head of romaine lettuce  
 Your spinach  
 ½ bunch of your spring onions  
 Your sunflower sprouts  
 2 tablespoons Driftless Organics sunflower oil or olive oil  
 2 tablespoons balsamic vinegar  
 Salt  
 Pepper  
 ½ cup chevre

Preheat oven to 450 degrees. Line a baking sheet with tin foil. Toss rhubarb & walnuts with honey on the baking sheet and roast until the rhubarb begins to soften, but being careful not to burn the nuts... about 5 minutes. Let cool on the baking sheet. In a large bowl, whisk together oil and vinegar and season with salt and pepper. Add the greens to the oil mixture and toss to combine. Top with rhubarb, walnuts, and goat cheese. Enjoy!