



ONE POTATO TWO!

News from the Fields of Driftless Organics
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Week #9: Oh boy, we are in the thick of it now! Now that we have sweet corn and watermelons, we declare that summer can officially begin...yay! However, you might be asking yourselves... where are those darn tomatoes? Well - we are wondering the same thing. Not to worry - they will be here before we know it. The plants are looking AMAZING, with lots of green

fruits and healthy foliage to keep the tomatoes from sun-scalding. If the weather stays relatively dry for the next couple of months, the tomatoes should remain disease free (fingers crossed everyone!). Soon enough, we will have so many tomatoes, we won't know what to do with them all. I don't know about you, but I can't wait. At Driftless Organics, we love summer and we are so glad to be sharing it with you!!

Happy Eating, --Mike

WHAT'S IN THE BOX?

- Broccoli
- Carrots
- Cucumbers
- Eggplant (two kinds!)
- Garlic
- Green & Yellow Beans
- Green Zucchini
- Jalapeño Peppers
- Red Cabbage
- Red or Yellow Watermelon
- New Red Potatoes
- Sweet Corn
- White Onions
- Yellow Summer Squash

YOU KNOW?

DID

Did you know that blanching is an effective way to preserve a vegetables nutrients and color? Do you know how to do it? Well - it's pretty simple and probably something y'all have done before. But just to get us all on the same page: blanching is when you boil a vegetable for a short period of time and then cool it down really quick with cold or even ICE-cold water. It is good, if not essential, to blanch veggies before freezing them, but also is a great way to soften up things like broccoli and green beans before adding them to a salad. It also helps keep their vibrant color when chilled (like, for a salad).

It is best to put your chopped vegetables into boiling water (rather than heat water up with veggies already in pot). We like to use a colander, which we can then remove from the boiling water and place directly into a sink filled with clean ice and water. Cooking times vary - but is generally only a minute or 2. I'd keep it under a minute for things like green beans and maybe a minute and a half for broccoli and cauliflower.

If you are freezing - spread your veggies on a cookie sheet and freeze them on that before transferring them to a freezer bag. This helps prevent the veggies from all sticking together in a big glob.

WHAT THE HECK DO I DO WITH EGGPLANT?

For the second week in a row, there will be 2 types of eggplant in your box this week: the good 'ol "Italian" Eggplant (dark purple, "bulb-ish" with a green stem), and a new variety we are trying this year called "Fairy Tale", which is a mini eggplant that is nearly seed-free and super delicate in flavor and texture. So - I have been informed that not everyone is as crazy about eggplant as I am, and really have no idea of how to use it... so I suggest the following:

- 1) Cut into discs (for the Italian) or strips (for the mini) (no need to peel) and coat with olive oil, salt and pepper. Grill for a couple minutes each side. Eat as a side dish or put on burgers.
- 2) Peel and chop into chunks and add to your favorite pasta sauce recipe. Add after sautéing onions but before tomatoes.
- 3) Check out eggplant dip (or baba ghanoush) recipes on our website. Great for carrots and crackers. Or try the Eggplant Caviar recipe on the back...
- 4) Eggplant Parmesan - a classic with lots of variations, including adding zucchini (YES!) and banana peppers.
- 5) Stir fries and curries: eggplant makes a wonderful base and adds "meatiness" to curries; and it pairs well with broccoli in spicy dishes. *Don't worry about that whole salt and paper towel thing to remove the bitterness - it really isn't necessary with these super fresh, picked-yesterday eggplants!*

	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
BROCCOLI	We all know what broccoli looks like... right?	Store in a plastic bag for no more than 10 days.	Don't forget: broccoli freezes really well! Blanch and stuff into freezer bags for the winter.
CARROTS	A 2 pound bag of some of the nicest, sweetest spring carrots we've ever grown.	Store in their plastic bag for no more than 1 month.	Slice them into sticks and eat them with your eggplant caviar!
CUCUMBERS	A few cucumbers.	Keep in the fridge in a plastic bag for up to a week.	Put on sandwiches, in salads, or use to flavor your favorite beverages.
CURLY PARSLEY	A small frilly dark green bunch with a blue twist tie.	Store in a plastic bag in your fridge.	Chop up and sprinkle on eggs, potatoes or pasta dishes.
EGGPLANT	You'll find one large deep purple eggplant; and a couple of smaller white and purple striped "mini" eggplants.	Store on your counter for 2-3 days or in your fridge for 5-7 days.	If you're not into the curry recipe this week, check out our website for some other ideas!
GARLIC	A head or 2 of our Italian Red garlic.	the garlic is finally cured and ready to be stored on your counter.	Garlic is a great way to boost your immune system, so eat it up!
GREEN & YELLOW BEANS	About a half pound of green beans in a bag.	Keep in the fridge for up to a week.	Have you ever tried roasting these? There is a wonderful "Garlic Parmesan Green Bean" recipe on our website!
JALAPEÑO PEPPERS	Small, dark green peppers. There will be 2 of these floating around in your box	Store in your fridge.	If you are sensitive to spicy foods, then you may want to wear some kitchen gloves when chopping these up. Otherwise, wash your hands thoroughly when you are done.
NEW RED POTATOES	3 pounds of beautiful red potatoes with yellow flesh.	In their paper bag in the crisper drawer of your fridge.	Check out last week's newsletter to learn about "new" potatoes. These are a treat!
SWEET CORN	Duh.	Store in your fridge.	There's a chance that there will be a worm in your sweet corn! If you see evidence of this (a slightly chewed up tip), grab a knife before you shuck the corn and cut that tip off! This should do the trick.
WHITE ONIONS	A couple of white onions.	Store these uncured onions in the fridge, in plastic.	This will be the last week of these beauties.

EGGPLANT CAVIAR

Your eggplant - both varieties (peel the Italian but not the minis). Cut the Italian into chunks that are roughly the same size as those minis. For the minis, cut off the stem end.

1/2 white onion, finely chopped (about 1/4 cup)

1 clove garlic, finely chopped

1/2 of your bunch of curly parsley

2 tablespoon olive oil

1teaspoon red wine vinegar

1tablespoon mayonnaise (optional)

kosher salt and black pepper

Vegetables like carrots and banana peppers for serving
+ a dark bread like pumpernickel

Heat oven to 400° F. Place the eggplant baking sheet and drizzle with oil. Then, roast until very tender, 30-40 minutes (check and stir around after 15. When the eggplant is cool enough to handle, Finely chop and transfer to a large bowl. Add the onion, garlic, parsley, oil, vinegar, mayonnaise (if using), 1 teaspoon salt, and 1/4 teaspoon pepper and mix to combine. Sprinkle with additional parsley and serve with the bread and vegetables.

I-DON'T-NEED-NO-MAYO-FOR-THIS-KICKASS CREAMY CABBAGE BROCCOLI CARROT SALAD

1 head of broccoli, cut into small florets (include those stems, just peel and chop them)

2 cups chopped red cabbage

1 cup shredded carrots

1 cup blanched (if desired) and chopped green beans

1/2 cup chopped white onion

1/2 cup raisins or golden raisins

1/2 cup slivered almonds

For the Miso Orange Dressing:

1 cup orange juice

2 tablespoons almond or peanut butter

2 tablespoons miso (or just use extra almond/peanut butter + salt if you don't have miso)

2 tablespoons tahini (optional)

1/2 white onion, minced

3 tablespoons Driftless Sunflower Oil or olive oil

Toss all the salad ingredients together in a bowl. Pulse the dressing ingredients in a food processor until smooth. Pour over the salad ingredients and toss to combine. Serve immediately! Add more orange juice to add more moisture as needed. *If you like salads with a lot of dressing, be sure to double up on the dressing for this one.*