



ONE POTATO TWO!

News from the Fields of Driftless Organics
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Week #10: We've been happily enjoying some seriously mild August temperatures here on the farm - however, I can't say that all of our crops are feeling the same way. Our tomatoes, peppers and tomatillos are patiently waiting for some serious heat! Luckily, a few summertime fruits are pushing the envelope and starting to ripen up- like the melons and peppers in your box this week. Don't worry, the rest will be coming along soon

enough and in the meantime we get to enjoy a wide variety of delicious veggies. The cooler weather is so great for things like kale and salad mix - a real treat in August! Check out the super easy salad recipe on the back of the newsletter. And don't forget that we have lots of recipes on our website in case you're in search of some inspiration. Hope you enjoy your share this week!

Happy Eating, -- Annie

WHAT'S IN THE BOX?

Broccoli
Cantaloupe
Cucumbers
Eggplant
Garlic
Green Bell Pepper
Poblano Peppers
Purple or Yellow Carrots
Red Kale
Sweet Corn
Walla Walla Onions
Yellow Beans
Yellow Summer Squash
Zucchini

YOU KNOW?

DID Did you know that eggplants are actually berries?! It sounds strange, since we commonly think of eggplants as vegetables. But botanically speaking, eggplants are really berries. When you think about it, they even look like giant, shiny purple berries! Technically a berry is defined as a fleshy fruit without a stone or pit, produced from a single flower containing just one ovary, with seeds that are embedded in the fleshy interior of the berry. In addition to the fleshy inside (the white part in eggplant's case), berries also have an outer layer of skin that's edible - the purple part of the eggplant. Knowing this, can you think of other CSA veggies that are botanically berries? Okay, okay, I'll just tell you! Other berries that you'll find in your boxes this season include cucumbers, tomatoes and watermelons. Check out this berry-licious recipe:
1/4 cup extra-virgin olive oil, plus more for brushing
1/4 cup red wine vinegar
5 garlic cloves, minced
5 anchovy fillets, minced
Salt & Pepper
2 cucumbers, quartered lengthwise
2 zucchinis/yellow summer squashes, quartered
1 eggplant, halved lengthwise and cut into wedges
Light a grill or preheat a grill pan. In a large bowl, whisk the 1/4 cup of olive oil with the vinegar, garlic and anchovy; season with salt and pepper. In another large bowl, toss the cucumbers and eggplant with 3 tablespoons of the vinaigrette. Oil the grates and grill over moderate heat, turning, until the cucumbers are crisp-tender and the eggplant is tender, 3 to 5 minutes. Transfer the vegetables to the vinaigrette and toss to coat. Serve with bread.

WHAT THE HECK DO I DO WITH CARROT TOPS?

Those carrot tops on your carrot bunch are more than a frilly accessory to their more popular, root half. You can actually eat the tops in a variety of fun and delicious ways. Check it out:

- 1.) Carrot Top Pesto: Substitute carrot tops for basil in your favorite pesto recipe.
- 2.) Carrot & Top Soup: Separate carrot roots from their tops. Roughly chop the carrot roots and toss with a little oil and salt. Roast in the oven for 20-30 minutes until soft and starting to brown. In the meantime, sauté some garlic & oil in a pan. Add in the carrots tops. Combine the roots, tops and 2-3 cups broth in a blender. Blend until smooth.
- 3.) Add them to salads or salad dressings: Top salads with carrots tops or finely mince or blend them into salad dressings.
- 4.) Put them into homemade stocks: Anyone that froze those fennel fronds for stock? Carrot tops would make a great addition to any stock, but are a particularly tasty compliment to fennel. Blanch and freeze them for later use.
- 5.) Simply Sautéed: Sauté roughly chopped carrot tops with a generous amount of butter. Sprinkle with salt, pepper and gobble up. Yum!

	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.	The last of the broccoli for a couple/few weeks. Enjoy grilled, roasted or steamed.
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.
EGGPLANT	You'll find one large deep purple eggplant.	Store on your counter for 2-3 days or in your fridge for 5-7 days.	Check out the recipe on the other side of the newsletter.
GARLIC	A head or 2 of our Italian Red garlic.	This 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 BELL PEPPER	A shiny green bell pepper! Yay!	Store in the fridge for up to a week.	Add to salads, eggs or tacos.
MELON	A juicy cantaloupe waiting for you this week.	Store in your fridge for up to five days.	Just eat it!
POBLANOS	The dark green peppers that are more slender than the green bell pepper.	Store in the fridge for up to a week.	Poblanos are little bit spicy, making them the perfect addition to anything you want to add a kick to! Try stuffing them with cheese and baking.
PURPLE CARROTS	Pretty purple carrots with their tops.	Store in a plastic bag in the fridge for up to a week or for two weeks without the tops.	Not only can you eat the carrots, but remember: you can eat their tops too!
RED KALE	A bunch of red kale with frilly leaves.	Store in a plastic bag for up to a week.	Make a massaged kale salad, some kale chips, or a batch of kale artichoke dip.
SALAD MIX	A bag of yummy salad mix.	Store in it's bag for up to 5 days.	Try the salad recipe below!
SWEET CORN	Try the salad recipe below, or use in salsa, on tacos or in dips.	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.
WALLA WALLA ONIONS	A mesh bag of walla walla onions.	Store these at room temperature in the da	These were overwintered and are pretty special little guys! Try carmalizing them, or use as a substitute for regular onions in your favorite recipes.
YELLOW BEANS	A bag of yellow beans.	Store in their bag for up to a week.	Add to sautés, curries or cassaroles.
ZUCCHINI/SUMMER SQUASH	Green zucchini and yellow summer squash.	Store in your fridge for a week.	Is it time for zucchini bread already? You can sub zucchini out summer squash if you like!

GINGER VEGGIE STIR FRY

1 tablespoon cornstarch
 1 1/2 cloves garlic, crushed
 2 teaspoons chopped fresh ginger root, divided
 1/4 cup vegetable oil, divided
 1 small head broccoli, cut into florets
 Half your bunch red kale, chopped
 3/4 cup julienned carrots
 1/2 cup halved yellow beans
 2 tablespoons soy sauce
 2 1/2 tablespoons water
 1/4 cup chopped onion
 1/2 tablespoon salt

In a large bowl, blend cornstarch, garlic, 1 teaspoon ginger, and 2 tablespoons vegetable oil until cornstarch is dissolved. Mix in all of the veggies except the onion and kale and toss to lightly coat. Heat remaining oil in a large skillet or wok over medium heat. Cook vegetables in oil for 2 minutes, stirring constantly to prevent burning. Stir in soy sauce and water. Mix in onion and kale, salt, and remaining 1 teaspoon ginger. Cook until vegetables are tender but still crisp.

GRILLED CORN POBLANO SALAD

3 ears shucked corn
 2 tablespoons extra-virgin olive oil, divided
 2 walla walla onions, halved
 1 avocado, peeled, halved, and pitted
 3 poblano peppers
 3 tablespoons fresh lime juice
 1 teaspoon ground cumin
 1 (15-ounce) can black beans, rinsed and drained
 Brush corn with 2 tsp oil. Place onions, avocado, bell pepper, poblano, and corn on an oiled grill rack. Grill onions & avocado 2 min. on each side, the peppers for 6 min. on each side and the corn for 12 min. turning occasionally. Cut kernels from ears of corn & chop onion, peeled peppers. Combine all of the ingredients in a bowl and mix. Cut avocado into thin slices; place on top of salad.