



# ONE POTATO TWO!

News from the Fields of Driftless Organics  
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*Week 12: Get excited, because in your box this week we actually have some TOMATOES for you! Ok, ok, not a whole lot of tomatoes by any means, but something is better than nothing, right? We're still waiting for that warm weather - and with the highs only in the mid-seventies for this coming week, we may be waiting a little longer. Pretty nuts, considering we're starting to think about fall crops, our annual harvest*

*party and are sadly saying goodbye to some of our amazing summertime workers who are going to back college. I know it's still August, but farming takes lots of thinking ahead. We're planting fall greens, starting to do some bigtime potato harvests, topping brussels sprouts, and have transitioned our greenhouse to onion & garlic storage. There always seems to be a new project happening here at Driftless Organics! And with that, I'll wish you:*

*Happy Eating, --Annie*

## WHAT'S IN THE BOX?

Cantaloupe or Watermelon  
Carrots  
Cucumbers  
Dragon Tounge Beans  
Garlic  
Green Bell Peppers  
Green Kale  
Poblano Peppers  
Rosemary  
Summer Squash  
Sungold Tomatoes  
Tomato!  
Yellow Onions  
Yellow Potatoes  
Yellow Wax Beans  
Zucchini

## DID YOU KNOW?

Did you know that the beans in your box this week are able to produce their own usable nitrogen to fertilize the soil around them? Okay, so it's not really the beans themselves, but rather a soil-dwelling bacteria that is able to live symbiotically with the bean plants. It's in the small, round nodules on their roots that the Rhizobium bacteria call home, and it is here that they are able to fix nitrogen from the air into the soil, so the plant can use it. Why is this important? Because nitrogen is vital to plant life! Nitrogen allows plants to actually absorb more water and nutrients more efficiently. Most plants take up nitrogen that's already available in the soil, but plants like peas and beans that can make their own nitrogen is a huge advantage to the plants and soil around them. These nitrogen producing plants are beneficial to the farm too - when the season is over and these legumes die in the field, all of their remaining nitrogen is incorporated and released into the soil, making ample amounts of nitrogen available to future crops. It's a pretty cool cycle and one that we are super grateful for here on the farm! So savor those beans this week. They have added a lot to our farm, and we hope they add a lot to your plate as well!

## WHAT THE HECK DO I DO ON SEPTEMBER 23RD?

Come on down to the  
**DRIFTLESS ORGANICS  
HARVEST PARTY!**

Pizza  
Potluck  
Farm Tours  
Craft Soda & Beer  
Meet Your Farmers  
Meet Fellow CSA Members

## YOU'RE INVITED!

**1-5pm**

**(Open House - come when you can!)**

52450 McManus Rd.  
Soldiers Grove, WI 54655

Bring a dish to pass and some sturdy shoes/boots for walking around the farm.

	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
<b>CANTALOUPE/ WATERMELON</b>	A cantaloupe or a watermelon awaits you in your box.	If your melon even makes it to the fridge, you can store it there for a couple days.	What a silly question - just eat it!
<b>CARROTS</b>	Two pounds of farm fresh carrots.	Keep in their bag in the fridge for up to two weeks.	Use for dipping, snacking, or add to your favorite dishes.
<b>DRAGON TONGUE BEANS</b>	A bag of flat yellow and purple striped romano type beans	Store in their plastic bag in the fridge for no more than 10 days.	These will lose their color when cooked - but that's ok because their amazingly silky texture and deliciousness makes up for it.
<b>GREEN KALE</b>	A bunch of green kale.	Store in a plastic bag in your fridge for up to a week.	Check out the recipe below!
<b>POBLANO PEPPERS</b>	These peppers are like a stretched out green bell, but <b>much darker green</b> . There should be 2 of them in your box this week.	Store all of your peppers together, in a plastic bag, in your fridge.	These have a nice smoky/slightly spicy flavor to them that goes great with scrambled eggs or in fajitas. Or try stuffing with cheese and baking.
<b>ROSEMARY</b>	A few sprigs of pungent, delicious rosemary.	Loosely wrap in a slightly damp paper towel, and then again in plastic wrap and keep in the fridge.	Put into a jar of olive oil and let sit for a couple days. Use for dipping, drizzling and dunking.
<b>SUNGOLDS</b>	A pint of cute, sweet orange cherry tomatoes.	Store on your counter top.. that is, if you don't immediately gobble them up.	If you don't devour these immediately, try halving and serving over pasta.
<b>TOMATO!</b>	Either a roma or a slicer tomato! Finally!	Store on your counter top.	Put on a sandwich, in a salad or just slice and eat!
<b>YELLOW BEANS</b>	A bag of yellow beans.	Store in their bag for up to a week.	Steam for a few minutes and then sauté with garlic and butter. Transfer to a plate, squeeze some lemon juice, sprinkle with coarse salt and pepper.
<b>YELLOW ONIONS</b>	A couple of pretty yellow onions.	Store on your counter top.	Try carmalizing these.

## ROSEMARY GARLIC POTATOES CARROTS & KALE

1-2 tablespoons olive oil  
 1 medium onion, diced  
 1½ pounds potatoes, quartered  
 4 medium carrots, chopped  
 2-3 cloves garlic, minced  
 1 tablespoon chopped fresh rosemary  
 juice of ½ a small lemon  
 1 bunch kale, chopped  
 salt & pepper to taste

*Optional: Parmesean cheese for topping*

Heat olive oil in large skillet over medium-high heat until hot. Add the onion, potatoes, carrots and a generous sprinkling of salt. Cover with lid and cook for 6-12 minutes or until the potatoes and carrots are tender, making sure to toss occasionally throughout the cooking process. Once potatoes and carrots are tender, add garlic, rosemary, and half the lemon juice and saute for another minute or two, adding more olive oil if necessary. Add kale and remaining lemon juice, salt and pepper to taste, and toss well. Saute for about one more minute or just until kale is wilted and tender. If you like, grate Parmesean cheese on top and serve.

## MUSTARD MARINATED CUCUMBER AND WAX BEAN SALAD

1 cucumber, peeled  
 6 ounces yellow wax beans  
 1/2 cup onion, chopped  
 5 tablespoons cider vinegar (or use white wine vinegar)  
 3 tablespoons superfine sugar (castor sugar)  
 1 tablespoon Dijon mustard  
 Salt & Pepper to taste

First make the marinade by whisking together the vinegar, sugar, mustard, pepper. Don't add all the sugar at once: taste it first. We don't like it too acidic, so adjust to your taste. Top the washed beans, keep whole, and parboil for 30 seconds to 1 minute. Rinse under cold water. Slice the beans along their lengths. With a potato peeler, peel ribbons from the cucumber, on all sides, until you reach the inside seeds. Discard the centre seed part. Mix the vegetables plus the chopped onion in a bowl, and add the marinade and salt. Leave for 10 - 30 minutes, turning a few times. Lift the salad out of the marinade (the cucumber will have shed some water too), and leave in a fresh bowl and allow most of the marinade to be absorbed. Pile on a plate, sprinkle with coarse black pepper and enjoy!