



ONE POTATO TWO!

News from the Fields of Driftless Organics
Summer Share • Issue 17 • September 27-30, '17

Week 17: Happy Fall Everyone! That's right, fall is officially here and you can tell by some of the items making an appearance in your box this week, like sweet potatoes, purple cauliflower or romanesco, and carrots. Don't worry - we still have some summery crops in your box too, like tomatoes, peppers and eggplant. It's a fun time of year here

on the farm, with all of the big harvests going on and the wide variety of crops that we are packing into your CSA boxes. Plus, we just had our annual harvest party, which was a BLAST! Thank you all of you that made the trip out to farm. We had so. much. fun. We're already looking forward to next year's party!
Happy Eating, --Annie

WHAT'S IN THE BOX?

- Carrots
- Eggplant
- Garlic
- Italian Sweet Peppers
- Jalapenos
- Mini Peppers
- Mixed Tomatoes
- Purple Beans
- Purple Cauliflower or Romanesco
- Red Onion
- Red Radishes
- Salad Turnips
- Spinach
- Sungolds
- Sweet Potatoes
- Zucchini/Summer Squash

FALL & WINTER SHARES AVAILABLE!

Wondering what you're going to do when your CSA share ends? Head over to our website and check out our season extension shares for this fall and winter. They're a life saver!

<http://driftlessorganics.csasignup.com/members/types>

DID YOU KNOW?

Did you know that sweet potatoes aren't actually potatoes? While they're both delicious tubers, potatoes and sweet potatoes are botanically unrelated, belonging to completely different plant families! Potatoes are in the Solanaceae family along with tomatoes, peppers and eggplant. There are around 4,000 potato varieties! Sweet potatoes are in the Convolvulaceae family with flowering morning glory vines. There are roughly 7,000 sweet potato varieties! Holy potatoes! But just because sweet potatoes aren't related to potatoes doesn't mean they're not as nutritious. Sweet potatoes are an excellent source of vitamin A or beta-carotene. In fact, just one medium-sized, baked sweet potato contains 438% of the average daily-recommended value of vitamin A! They aren't lacking in other vitamins either. Eating the same medium-sized, baked sweet potato, you'll get 37% of the average daily-recommended value of vitamin C! Sweet potatoes are also chock-full of potassium, B-vitamins, manganese and fiber. With all of these nutritional benefits it seems like sweet potatoes couldn't get any healthier. But wait - they can! Here are a few secrets on how to get even more nutrients out of your average sweet potato: Try cooking or serving your sweet potatoes with a little bit of healthy fat and your body will be able to absorb more of the vitamin A in the sweet potato. Another easy way to increase the sweet potatoes' nutritional value is by simply steaming or boiling them. By steaming sweet potatoes, more of their antioxidants are preserved, and by boiling them you lower their glycemic index, which helps to regulate blood sugar levels. Not only are sweet potatoes good for you, they are super freaking delicious to boot!

WHAT THE HECK DO I DO WITH TOMATOES?

After a mild summer, these last few weeks of hot weather have made our tomatoes really pop! It's been a few weeks that you've been receiving these beauties in your share, and at this point maybe you're needing a little inspiration on what to do with all of these yummy tomatoes. Look no further! We've got you - check out these ideas:

- Make a fresh tomato salad. Simply chop up tomatoes, along with some of your other favorite veggies. We recommend cucumbers or zucchini. Then add some olive oil and your favorite herbs and spices.
- Bloody Marys! A fun way to use some of those juicy tomatoes in your box. Blanch a few tomatoes and peel. Then blend and strain out the solids. Add vodka, worcestershire and your favorite bloody mary seasoning mix.
- Make a batch of tomato soup. We have recipes ranging from creamy to cold to spicy on our website!
- Roast 'em. Coat in oil and salt and roast in the oven at 350F for 30-40 minutes. Use in pasta sauces, soups, or in casseroles.
- Freeze 'em! It's as easy as popping those fresh, unpeeled tomatoes into freezer bags. You can use them later in soups or sauces.
- If you're still wondering what the heck to do with your tomatoes, check out our website - it has lots of delicious tomato-filled recipes.

	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
EGGPLANT	A large shiny purple eggplant.	If you're planning to use in the next couple of days, store on your counter top. Otherwise, keep in the fridge.	Check out the recipe below for a tasty way to use your eggplant this week.
ITALIAN SWEET PEPPER	Look for the big dark yellow or red pepper that is pointy on one end.	Store in the fridge.	Use like you would a sweet red bell pepper. We love these peppers for their sweetness and versatility.
JALAPENOS	The small, dark green peppers - be careful not to confuse these with the mini peppers!	Keep in your fridge.	use caution when handling! It's great to have a couple of these guys around for batches of salsa or any Mexican type dish!
MINI PEPPERS	Small red, orange and yellow sweet peppers.	Keep in your fridge.	These little guys are perfect for stuffing.
MIXED BAG OF TOMATOES	Look for the brown bag. There's tomatoes in it!	Store on your counter top.	Check out the other side of this newsletter for some ideas!
PURPLE BEANS	A bag of purple beans are in your share this week.	Keep in their bag in your fridge.	Saute with some butter, garlic and salt. Or throw into a stir fry or saute.
PURPLE CAULIFLOWER OR ROMANESCO	Either a purple head of cauliflower or a lime green head of romanesco.	Keep in a bag in the fridge for up to a week.	You can use cauliflower and romanesco interchangeably in all of your favorite recipes.
RED RADISHES	A bundle of round red radishes.	Keep in a bag in the fridge for up to a week.	Slice these into rounds and use as crackers - top with your favorite spreads or cheeses.
SALAD TURNIPS	White salad turnips with their tops.	Keep in a bag in the fridge for up to a week.	Try quartering these and tossing with some oil, garlic and salt and roasting them in the oven.
SPINACH	A bag of spinach awaits you!	Store in the fridge and use within a few days.	Salads, sandwiches, or smoothies.
SWEET POTATOES	The first sweet potatoes of the season - we're so excited!	Store these in a dark, dry place at room temperature.	Mash 'em, roast 'em, fry 'em - trust me, they're gonna be good!

MORAGGAN QUINOA VEGGIE SALAD

Spice mix:

- 2 teaspoons sweet paprika
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon ground ginger
- 1 teaspoon ground coriander
- 1 teaspoon ground cinnamon
- 1/2 teaspoon cayenne pepper
- 1 tsp of each: salt & black pepper

Salad:

- 4 large carrots, thinly sliced lengthwise
- 1 medium sweet potato
- 1 eggplant, cut into 1-inch cubes
- olive oil
- 1/2 cup walnuts
- 1 cup red quinoa
- 2 or 3 handfuls of spinach

In a small bowl, whisk the spices. In a large bowl, toss the carrots, sweet potato and eggplant with and 2 tablespoons of the oil. Add 1 tablespoon of the spice mix and toss to coat. Spread the vegetables on a baking sheet and roast for 20 - 25 minutes, stirring once or twice, until tender. Toast the walnuts in the dry pan over a medium heat until golden. Let cool, then coarsely chop. In a medium saucepan, combine the quinoa with 2 teaspoons of the spice mix and the water and bring to a boil. Cover and simmer over low heat until the water is absorbed and the quinoa is tender, about 15 minutes. Uncover, fluff with a fork and let cool slightly. Combine the quinoa, walnuts, spinach and roasted vegetables and toss well.

PIZZA WITH CAULIFLOWER/ROMANESCO CRUST

- 1 medium cauliflower/romanesco - should yield 2 to 3 cups once processed
- 1/2 cup shredded Parmesan cheese
- 1 egg
- 1/4 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon basil or rosemary, minced (or dry)
- 1/2 teaspoon oregano, minced (or dry)

- 1 cup marinara sauce
- 1-2 cups mozzarella cheese
- 1 roaster pepper, chopped
- 1 zucchini or summer squash, thinly sliced

- Handful of spinach
- Sliced red onion, to taste

Preheat oven to 500. Remove the stems from the cauliflower/romanesco and cut into chunks, and put into a food processor and pulse until it resembles the texture of rice. Microwave or cook the processed cauliflower/romanesco uncovered for approximately 4-5 minutes. Allow it to cool for at least 5 minutes. After it's slightly cooled, place it on a kitchen towel and squeeze ALL of the liquid out of it. Combine the cooked cauliflower/romanesco, egg, garlic, parmesan cheese, and seasonings. Stir until a dough texture forms. Spread the cauliflower/romanesco mixture out onto lightly greased parchment paper or a pizza pan in the shape of a pizza crust. Bake the crust for approximately 10-15 minutes, or until the crust is golden and crispy, around 15 minutes. After the crust is golden remove it from the oven and add your toppings. Place the pizza back in the oven but this time turn on the broiler, bake for about 2-5 minutes until the cheese melts. Slice and serve warm & enjoy!