



ONE POTATO TWO!

News from the Fields of Driftless Organics
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Week 18: Fall has begun and it feels like there are a million and one things to do. Good thing we've been so lucky to have some seriously beautiful fall weather to work in! Everyone is loving being outside and working in the sunshine before colder temperatures set in. We still have a lot of summertime veggies to harvest, CSA boxes to pack, produce to be washed and sorted, and now we are also harvesting loads of root crops that we'll store in our coolers for the fall and winter. Wagon loads

of carrots, potatoes, sweet potatoes, beets and more are rolling into the pack shed. With all of the root crop harvests going on right now, it's kind of like uncovering buried treasure! What a treat it is to see how beautiful and plentiful the crops hiding underground this season have been. With all of excitement around harvests and the changing of seasons, the farm is a really fun place to be in October. I hope you all are having a wonderful start to October as well! Happy Eating! --Annie

WHAT'S IN THE BOX?

- Banana Peppers
- Broccoli
- Cucumbers or Zucchini
- Garlic
- Heart of Gold
- Winter Squash
- Italian Sweet Peppers
- Mini Peppers
- Mixed Tomatoes
- Purple Beans
- Cauliflower
- Red & Yellow Onion
- Salad Mix
- Spinach
- Sungold Tomatoes
- Sweet Potatoes

DID YOU KNOW?

Did you know that there are several ways to prevent tearing up from chopping onions? I know Driftless Organics onions are sometimes so good you want to cry out of sheer deliciousness, but chopping onions often causes involuntary tears by something entirely different. Onions form a kind of sulfuric gas that irritates your eyes, causing you to turn on the water works! Lucky for you, there are a few different ways of preventing this gas from becoming a tearjerker. Try lighting a candle or a lamp near the chopping board to avoid the tears. When a candle is lit near the chopping board the gas that is emitted from the onions get drawn towards the flame of the burning candle or lamp preventing it from reaching your eyes. Another tactic is to cut off the ends of an onion and peel it, then soak it in a bowl of water for about 15 minutes. The water draws the sulfuric compounds out of the onion and into the water. However, this also results in a milder-tasting onion. In a hurry? Instead of waiting around for the onion to soak in water, you can cut them in the sink under running water. Alternatively, if you're not in the mood to cut into a wet, slippery onion, (seriously, be careful not to cut yourself!) turn on your stove vent and cut the onion directly under it! This will draw the gas up into the vent, shortening the amount of time your eyes are exposed to the gas. Our last trick is to put the onion in the freezer for about 15 minutes before you chop it. The theory with this one is that the cold inhibits the onions' release of its eye-irritating chemicals. These tips work for shallots too. Good luck chopping!

WHAT THE HECK DO I DO WHEN MY CSA SEASON IS OVER?

It's October and there are only a few more weeks left in the regular season, leaving many of you wondering, what the heck am I going to do when my CSA share is over? Never fear, we have several options to extend your CSA season into the fall and even winter! That's right, we pack boxes all the way through January. We've already begun planting and planning for loads of delicious vegetables to pack into these shares. We are so excited to start harvesting all sorts of fall bounty for these fall and winter boxes, including items like spinach and kale, sweet potatoes and rutabaga, garlic and onions, and lots and lots of other goodies. Interested in learning more and signing up? Head on over to our website to check out the options and sign up today:

www.driftlessorganics.csasignup.com/members/types

	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
BANANA PEPPERS	The light greenish yellow long peppers in your share.	Store in the fridge.	These are a mild pepper that go great in egg dishes.
CAULIFLOWER OR ROMANESCO	Either a 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.
CUCUMBER OR ZUCCHINI	I'm sure by now you all can tell these two apart!	Keep in your fridge.	Our cucumbers and zucchinis are winding down on the farm, so savor them while they are here!
ITALIAN SWEET PEPPER	Look for the dark yellow or red peppers that are pointy on one end.	Store in the fridge for up to 2 weeks.	Use like you would a sweet red bell pepper. We love these peppers for their sweetness and versatility.
BROCCOLI	Like miniature green trees.	Store in a plastic bag in the fridge.	Try adding broccoli to your favorite soup while cooking just before it is done (boil about 5-8 minutes).
MIXED BAG OF TOMATOES	Look for the 2 brown bags. There's tomatoes in them!	Store on your counter top.	Make a batch of homemade tomato sauce or salsa!
PURPLE BEANS	A bag of purple beans are in your share this week.	Keep in their bag in your fridge.	Sauté with some butter, garlic and salt. Or throw into a stir fry or sauté. Sadly, they will turn green when cooked...
RED AND YELLOW ONION	A red and a yellow onion.	Store at room temperature on your counter.	Try making caramelized onions to put on your pizzas or pasta!
SALAD MIX	A bag of mixed greens.	Store in the fridge and use within a few days.	Get creative to make a delicious salad with this mix and other veggies in your share. Plus, you can use these greens to top your favorite meals
SPINACH	A bag big, beautiful, dark green leaves	Store in the fridge and use within a few days.	Salads, sandwiches, or smoothies.
SWEET POTATOES	Look for the red skinned tubes in the bottom of your box.	Store these in a dark, dry place at room temperature.	We like to cut them into fry-size pieces, coat w/ oil and bake until golden brown. Or try the recipe below!

VEGETABLE STIR FRY

- 1 tablespoon sesame seeds, toasted
- 2 tablespoons olive oil
- 1 teaspoon sesame seed oil
- 1 1/2 tablespoons garlic, minced
- 1 tablespoon fresh ginger, finely chopped
- 1 large onion, sliced
- 1 head broccoli, cut into bite sized pieces
- 1/2 head of cauliflower, cut into bite sized pieces
- Handful of purple beans, chopped in half
- Handful of mini peppers, thinly sliced
- Handful of spinach
- 1/3 cup chicken or veggie stock
- 3 teaspoons light soy sauce

In a wok or large skillet, heat oils over high heat. Stir fry the garlic and ginger for 30 seconds, remove garlic & ginger and discard. Make sure your wok or skillet is very hot and add the onions - stir fry for 1 minute. Add the broccoli and beans, and stir fry another minute. Add the peppers and stir fry for 1 minute more. Add the spinach, stock & soy sauce, bring to a simmer for about 1 minute or until the veggies are cooked to your liking. Sprinkle with sesame seeds and serve alone or with rice.

SWEET POTATO HASH

This recipe was given to us by long time CSA member, Edith and it is DELICIOUS! Give it a try!

- 3 strips of bacon (skip if you don't do bacon) and use some Driftless sunflower oil
- 1 - 1 1/2# sweet potatoes, peeled and cubed into 1/2# cubes
- 1 large Italian frying pepper
- 1 red onion diced, or whatever kind you have
- 1/2 t. chili powder
- 1/2 t. cumin
- 1/2 t. paprika
- 1/2 t. oregano
- 1/2 t. garlic powder (or just use some of the fresh garlic)
- 1/2 t. salt
- 1/2 t. black pepper
- 4 eggs
- 1 cup shredded cheese (Pepper Jack, cheddar or whatever you have)

Optional Topping: cilantro, diced avocado, diced tomatoes

Cook bacon. Remove from pan and crumble. Leave some of the grease in the pan. Cook the sweet potatoes for about 5 minutes, add peppers, onions and seasonings. Cook until veggies are tender--about 10 more minutes. Stir in bacon. Make hollows in hash and crack in eggs into each hollow. Put a lid on the pan and cook on low until eggs are almost cooked. Sprinkle with cheese. Turn off heat and let cheese melt. Eggs should be done by then. Serve with optional toppings. Enjoy. We did!