



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 7: This week is a busy week of first harvests! We have our first harvest of peppers, cauliflower, eggplant, melon and summer savory (herb) of the CSA season! It's always exciting to see that little seed grow into this plant. Then to see that plant go from flower to something edible. Nature is truly a miracle and we have the privilege to see it everyday. Happy Eating!
~Rachael

WHAT'S IN THE BOX
Bok Choy
Banana Peppers
Carrots
Cauliflower or Romanesco
Cucumbers
Eggplant
Fresh Garlic
Green Beans
Jalepeño Pepper
Kale Mix
Melon
Red Cabbage
Summer Savory
White Onions

Did You Know about Veg Peels?

While this is still a personal preference, many veggies like eggplant, cucumbers, zucchini, potatoes, beets, parsnips or carrots don't need to be peeled to use. Peels have nutrition! So here are some easy questions to ask if you should peel or not to peel.

1) *Is it organic or not?* Peels hold a lot of those nasty conventional pesticides. **EVERYTHING** that we grow is organic, so no worries there... but what about the other stuff in your fridge? If it's conventional - I'd probably peel it.

2) *How will the vegetable be prepared?* Pureed soup? Pshaw. No way am I peeling those carrots or potatoes. They add flavor! I may peel a roasted beet or sweet potato, but I'm not meticulous about it.

3) *How dirty are they?* Sometimes you might be better off just scrubbing, rather than peeling.

4) *Am I in a hurry?* Peeling takes time. Not peeling doesn't. Duh.

5) *Is it fresh?* Vegetables, like sweet potatoes will develop thicker skins as they get older. If it's starting to look wrinkly... you probably want to peel it.

So the real question remains... are there vital nutrients in the peel that you will lose by removing it?

According to Healthline, *Vegetable peels also contain significantly more fiber and antioxidants. For instance, up to 31% of the total amount of fiber in a vegetable can be found in its skin. What's more, antioxidant levels can be up to 328 times higher in fruit*

peels than in pulp.

If a dislike for skin is standing in the way of you eating certain types of produce, don't feel too guilty about removing it. But for me, to save time and keep nutrients.... I Don't Peel.

What the Heck Do I Do With Eggplant?

Eggplant is a vegetarian's delight mostly due to its meaty texture. It's white flesh has the capability of absorbing large amounts of cooking fats and sauces. However, if that is not your wish, try salting it, it will help cut down on it's capability to absorb. This vegetable, which is botanically considered a berry, is known world-wide. It has a long and interesting history: Early on it was thought of as poisonous due to the solanine, later, it was thought to cause mental instability (aka...insanity!) But despite it's hilarious history, cultures from around the world have seen it's assets and created a variety of ways to prepare this purple wonder. In East Asia it is often steamed, stir-fried or pan-fried and eaten as a side dish. In South Asian it's meaty texture is used to thicken up soups and curries as well as add richness to the dishes. In the Middle East and Mediterranean, it is battered and deep fried, baked, grilled, roasted, pickled and stuffed. Check out this week's recipe: *Moroccan Grilled Eggplant and Summer Squash Salad*.

*****Still looking for some recipes to use in the newsletters - if you have a great one, let me know at csainfo@driftlessorganics.com*****

Crop	What's it look like?	Storage?	How do I use it?
Baby Bok Choy	Similar to celery in looks, but with thick white stems and big round leaves	Gently take your bok choy out of your box and place in a plastic bag.	Chop up and put it in this week's recipe: <i>Honey and White Wine Braised Vegetable</i>
Banana Pepper	Greenish- yellow long pepper (sweet tasting)	Store in your fridge.	It is yummy as a pizza topping.
Carrots	A beautiful bunch of orange carrots, these beauties still have their tops	Remove the tops and store in plastic bag in your fridge..	Chop up and put it in this week's recipe: <i>Honey and White Wine Braised Vegetable</i>
Cauliflower or Romanesco	Cauliflower: A nice sized white head with green wrapper leaves Romanesco: lime green florets resembling an alien christmas tree	Store in the crisper drawer of your fridge. You can remove some of the green leaves if it will make it fit better.	Chop up and put it in this week's recipe: <i>Honey and White Wine Braised Vegetable</i>
Cucumbers	Skinny, shiny, long and green cylindrical veggie	Keep in the fridge for up to two weeks.	Cut up with some fresh cherry tomatoes, toss in feta and balsamic vinegar
Eggplant	White OR Purple oval shaped eggplants	Store on your counter for 2-3 days or in your fridge for 5-7 days.	Check out this week's Recipe : <i>Roasted Eggplant, Kale, Quinoa and Feta Salad</i>
Fresh Garlic	Two fresh garlics with their long stalks	This garlic isn't cured yet - so should be stored in the fridge.	Milder than cured garlic - so use more!
Green Beans	It's green. About as wide as a finger. Looks like a bean.	Keep in the fridge for up to a week.	Chop up and put it in this week's recipe: <i>Honey and White Wine Braised Vegetables</i>
Jalepeño Pepper	Small, dark green peppers. There will be 2 of them in your box. <i>Spicy.</i>	Store in your fridge.	It's not a sweet pepper, so remember it's a little spicy. Best in fresh salsa!
Kale Mix	A bag of sharply lobed green leaves, some with purple stems	Store in the plastic bag in the fridge.	Check out this week's Recipe : <i>Roasted Eggplant, Kale, Quinoa and Feta Salad</i>
Melon	Small green watermelon OR small tan cantaloupe	Store in your fridge	Just cut it up and eat it by itself or in any fruit salad
Red Cabbage	The head of red cabbage with pretty wrinkled leaves	Keep in the fridge in a plastic bag for up to a week.	Always good in slaws, egg rolls or potstickers!
Summer Savory	Looks like a bigger version of thyme	Store in a plastic bag in the fridge. Or bundle it together and hang it up to dry.	Similar flavor as thyme. Chop up and put it in this week's recipe: <i>Honey and White Wine Braised Vegetables</i>
White Onion	A couple of fresh white onions	These onions are not cured and should be stored in your fridge.	Chop up and put it in this week's recipe: <i>Honey and White Wine Braised Vegetables</i>

Roasted Eggplant, Kale, Quinoa and Feta Salad

1-2 eggplants, cut into 1" cubes
 2 Tbsp Driftless Sunflower Oil
 Salt and pepper
 2 cloves garlic, minced
 1 bag kale mix, coarsely chopped
 1½ c. Cooked quinoa
 ¼ c. feta cheese
 Preheat oven to 420 F. Toss eggplant, oil and salt and pepper together, spread onto a baking sheet. Roast for 20-25 min, flipping halfway. While eggplant is in the oven, take a skillet and heat 1 Tbsp of oil. Add kale and 1 minced garlic clove and cook for a few minutes, until wilted. Once eggplant is done, immediately remove it from baking sheet and into same skillet as kale (off heat). Add quinoa and 2nd minced clove of garlic. This will allow cooked eggplant to release some juices when mixed in with quinoa. Add feta and any more salt, if needed. Serve and enjoy!

Honey & White Wine Braised Vegetables

3 cups mixed summer vegetables, such as: carrots (*sliced cross-wise*), ½" thick zucchini (*cut in half lengthwise, then cross-wise*), green, yellow, or purple beans (*whole*), stems removed cauliflower or romanesco (*cut into ½" chunks*), onions (*cut into ½" thick strips*), bok choy (*chopped into 1" pieces*)
 2 Tbsp. butter or oil
 2 Tbsp. honey
 ½ c. white wine
 1 Tbsp. fresh summer savory OR thyme (optional)
 salt & pepper to taste
 Melt butter in a large skilled or heavy bottomed medium sauce pan over medium high heat. Add cut vegetables & saute for about a minute. Add honey & wine & bring to simmer. Lower to medium heat & cook until liquid has reduced (around 10 minutes). Season with thyme, salt, & pepper & serve.