



# DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • Issue 11 • August 15-18, 2018

**Week 11:** The nights are cool and the days have been hot. I walk outside to calm and stillness, even the birds sing softly as fog engulfs the landscape. Every morning the drive into work feels like I'm in a cloud. Each rise and fall of the road leads to cycles of sunshine and mist. It's wonderful to see the field of sunflowers, now fully in bloom, through the mist, stretching their heads towards the sun. I hope you can envision this and catch a glimpse of our "little bit of heaven".  
~Rachael

WHAT'S IN THE BOX
Baby Yellow Onions
Bok Choy
Cayenne Pepper
Cilantro
Cucumber
Eggplant
Garlic
Green Bell Peppers
Mini Peppers
Purple Beans
Purple Carrots with tops
Red and/or Yellow Roaster Peppers
Sungold Tomatoes
Sweet Corn
Tomatillos
Yellow Summer Squash/Zucchini

## Did You Know?

Did you know that purple vegetables, like the carrots and beans in your box this week, are packed full of powerful antioxidants and nutrients? According to the U.S. Department of Agriculture, purple foods contain important nutrients called anthocyanins. These antioxidants are responsible for the purple, blue and red colors in vegetables. The cool thing is that these nutrients protect against cell damage from free radicals as well. That means they are cancer fighting! And check this out: an analysis of the latest data from the National Health and Nutrition Examination Study (NHANES), a survey of eating and health habits, found that adults who eat purple and blue fruits and vegetables have reduced risk for both high blood pressure and low HDL cholesterol (the "good" kind); they are also less likely to be overweight. Each purple vegetable has its own storied history, including purple potatoes, which have been grown in Peru and Bolivia for over 8,000 years; and purple carrots, which were the original predecessor to the common orange carrots. It wasn't until the 17<sup>th</sup> century that farmers starting breeding carrots to be orange. We hope that all of the purple vegetables in your box this week will be all the rage for you and your family too!



## What the Heck Do I Do With Tomatillos?

Tomatillos looks a lot like a tomato, but more leggy with a very thick stalk. Like tomatoes, everywhere a tomatillo plant sprawls (if you don't tie it up to a trellis) it sends down roots at every bend that touches soil. Little yellow flowers form waiting for insects to pollinate them. Once pollinated, a little paper lantern forms, called a husk. At this point, the husk is empty, but fills with something that looks like a green cherry tomato...and that's your tomatillo. There are a few different varieties - mostly green but some are purple. Tomatillos are used for many latin dishes, and shines the brightest for salsa verde! The first thing to do when you want to use them is remove the paper husk and wash the sticky substance off of the tomatillo. There are several ways to use your tomatillos. You can use it raw for salsa and sauces or you can cook it. The best way too cook it is using a little blistering action under heat: roasted or grilled! To do that, cut the tomatillos in half. Toss in a little olive oil (just enough to lightly cover) Roast them under your broiler, until the skins blister and burst. Add a few peppers to pan to create more depth and to mellow the spice level of the sauce. You can make soups, salad dressings or even some cocktails from it. There is a great tomatillo page of recipes on our website for further inspiration and curiosity. You can also check out the recipes in this week's newsletter!

Crop	What's it look like?	Storage?	How do I use it?
Baby Yellow Onions	There will be about 1½ # small onions	These are cured and can be stored on the counter.	Check out this week's recipe: <i>Chicken Tomatillo Chili</i>
Bok Choy	Kind of like a head of lettuce, but with thick white stems.	Gently take your bok choy out of your box and place in a plastic bag.	Use it like celery in a potato salad or soup
Cilantro	A bunch of fresh cut cilantro plants with frilly green leaves.	Keep in the fridge in a plastic bag for up to a week.	Check out this week's recipe: <i>Chicken Tomatillo Chili</i>
Cayenne Pepper (hot)	There will be one red, skinny, <b>SPICY</b> cayenne pepper near the top of the box.	Store on the counter.	Add in small amounts to spice up a dish
Cucumbers	Skinny, shiny, long and green cylindrical veggie	Keep in the fridge for up to two weeks.	Try this week's recipe: <i>Refrigerated Pickles</i>
Eggplant	There will be one Italian eggplant in your box this week.	Store on your counter for 2-3 days or in your fridge for 5-7 days.	Check out this week's recipe: <i>Chicken Tomatillo Chili</i>
Green Bell Pepper (sweet)	2 shiny green bell peppers! Yay!	Store in the fridge for up to a week.	These are delicious cut up into strips and used for fajitas.
Mini Peppers (sweet)	Look for the small red, yellow and orange peppers. These are SWEET.	Keep in the fridge in a plastic bag for up to a week.	Salads or chopped up for some fresh salsa.
Purple Beans	Purple beans...that's what they look like.	Keep in the fridge in a plastic bag for up to a week.	Steamed with butter and salt. *Note: pods turn green when cooked*
Purple Carrots (with tops)	Pretty purple carrots with their tops.	Remove the tops and store in plastic bag in your fridge.	These are great when roasted.
Red and/or Yellow Roaster Peppers (sweet)	Look for the big dark yellow and/or red peppers that are pointy on one end.	Store all of your peppers together, in a plastic bag, in your fridge.	Snacks or use in this week's recipe: <i>Chicken Tomatillo Chili</i>
Sungold Tomatoes	Little orange cherry tomatoes	Store on counter and wait for them to turn a deep orange. They won't all ripen at once, so keep checking.	Can you say Snack time?
Sweet Corn	Duh.	Store in your fridge.	Grilled and add to potato salad
Tomatillos	2# Small green cherry tomato with husk around fruit	Store in husk on the counter for a few days, then refrigerate for up to a week.	Check out this week's recipe: <i>Chicken Tomatillo Chili</i>
Yellow Summer Squash/Zucchini	Skinny, shiny yellow summer squashes/ green, shiny and oblong	Store on your counter or crisper drawer of your fridge. Ideally, they like 50 degrees.	Grilled in kabobs

## Chicken Tomatillo Chili with Roasted Sweet Peppers and Eggplant

1 eggplant, sliced thickly  
 2 red or yellow roaster peppers  
 8 tomatillos (husks removed)  
 1 jalapeno pepper  
 2 lbs boneless, skinless chicken thighs  
 2 Tbsp Driftless Sunflower Oil  
 1 onion (red is recommended)  
 3 cloves garlic, minced  
 2 tsp. Ground cumin  
 1 tsp. Ground coriander  
 2 c. chicken broth  
 1 tsp. Salt  
 Tortilla chips or strips (optional)  
 Cilantro (optional)  
 Sour cream (optional)

Roast sweet peppers and eggplant in oven or grill until charred on the outside. When soft, remove from heat, let cool and remove skin of eggplant (and peppers if you want), cut into chunks. Now make the flavor paste: combine tomatillos and jalapeno in blender or food

processor. Blend until thick and smooth (about 1 min). Set aside. Brown chicken in a saute pan with the oil. Make chili: Add onions to dutch oven and saute until translucent (about 3 min). Add garlic, saute for 1 min, add chicken, cumin, coriander, roasted veggies, broth and flavor paste. Bring to a boil and reduce heat to low. Simmer uncovered for 45 min. Serve: Stir in cilantro, add a dollop of sour cream and pinch of salt. Serve hot with tortilla chips (if desired).

## Refrigerator Pickles

1 pound fresh cucumbers  
 4-5 c. water  
 1 c. vinegar  
 ½ - 1 Tbsp salt  
 Peeled garlic cloves (to taste)  
 3-5 Fresh dill flower tops (to taste)  
 Slice cucumbers into quarters the long way. Cut lengths in half if needed. Place cucumbers in brine of water, vinegar, garlic, salt and dill in crock or jar and store in refrigerator for at least 72 hours.  
 \*\*\*Recipe from CSA Member Jolana Bernhardt\*\*\*