



# DRIFTLESS ORGANICS CSA NEWSLETTER

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**Week 13:** This week's rain is giving out harvest crews a slightly more challenging workout with the heavy soil. Gr....Muscles! Despite this, all I see is smiles when they come in. We are really blessed to have some great people to work with, who love what they do. We are all huge veggie lovers here. It is so good to know these products are going to other veggie lovers, so again - Thanks for all the encouragement and support! Happy Eating. ~Rachael

## What the Heck Do I Do With Italian Roaster Peppers?

These Italian Roasters are new to me and I am loving them. This past week I roasted them with some onions and used it with the Salad Pizza recipe I posted in Week 12's newsletter. It was so good on Friday that my husband requested it to be Sunday night's meal at his parent's. I think it was better the second time! Obviously the name tells you the best way to eat these beautiful peppers - roast them! You can do that on a grill or oven. Since I am not a grillmaster, I'll tell you what I do: Slice off the top with the stem, then slice in half, deseed, place on jelly roll pan, drizzle some oil on it, rub it on there. Bake at 500 degrees for about 15-20 min. You are looking for them to blister and get a little black. I take them out and let them cool down - then you peel off the pepper skin. It isn't imperative to make sure all the skin comes off, just as much as you can. Then cut as desired....or eat as is. Another method I tried only works if you have a gas stovetop. Char the outside of the whole pepper, turning slowly until ALL of it is black and charred. Note it will crackle, pop and sizzle, leaking a little. Next, put into a bowl with a cover for 10+ min, this uses the steam to finish cooking. Next rub off the charring. The charring method is a little more precarious with 2 little ones, so I only do it while they are napping. Baking in the oven gives you a much more tender pepper, the charring keeps the flesh firmer. Either way, the result is deliciousness. There are many uses

for roasted peppers - an appetizer with a crostini (toasted bread), salads, sandwiches and pizza. Remember, food is fun!

## Did You Know?

Do you know the difference between hybrid and heirloom varieties of vegetables? Well, it's a mighty lengthy discussion, but the gist of it is this: A hybrid vegetable is created when plant breeders intentionally cross-pollinate two different varieties of a plant, aiming to produce an offspring, or hybrid, that contains the best traits of each of the parents. Heirloom vegetables are open-pollinated (pollinated by wind, insects, etc) and have traits that are hand selected by gardeners and farmers. The seed from these selected plants is saved and passed down through the generations. Most of what we grow here at Driftless Organics are hybrid varieties. We are a big enough farm that we need to rely on more consistency than what most heirloom varieties can produce. However, we do grow a few very special heirloom vegetables that we love so much. Dragon Tongue beans are one such heirloom variety. Originally cultivated in the late eighteenth and early nineteenth century in the Netherlands, Dragon Tongue beans have been naturalized in a wide range of climates throughout the Americas, including here in Wisconsin. They are so easy to grow and ultra delicious to eat. We love to snack on them raw to preserve their beautiful purple markings; but lightly steamed and drizzled with Driftless sunflower oil, lemon juice, salt & pepper is a treat as well.

WHAT'S IN THE BOX
Broccoli
Carrots
Cucumbers
Dragon Tongue Beans
Garlic
Kale
Leeks
Parsley, Curly
Poblano Pepper
Red Potatoes
Roaster Peppers
Salad Mix
Sungolds
Tomatoes: Mix

Crop	What's it look like?	Storage?	How do I use it?
Broccoli	Looks like a miniature dark green tree.	Store in a bag in the crisper, try to use it up within 2 weeks.	Roasted then topped with some butter at parmesan cheese while still warm.
Carrots	A couple pounds of our signature carrots	If stored in a plastic bag, these carrots should last for a month or more.	Try prepping carrot sticks on Sunday night for weekly midday snacks at work.
Cucumbers	Skinny, shiny, long and green cylindrical veggie	Keep in the fridge for up to two weeks.	Refrigerated pickles
Dragon Tongue Beans	Waxy yellow bean with purple striations on it.	Keep in the fridge for up to a week.	When cooked, bean will lose purple striations. Try out in this week's recipe!
Garlic	A head of garlic.	Store on your countertop and use within a couple weeks.	So good roasted or sauteed with your other veggies
Kale (Red)	A bunch of redish/purplish ruffly leaves	Keep in a bag in your fridge for up to a week.	Try braising this or making a marinated kale salad.
Leeks	Looks like a GIANT scallion	Store in the fridge for up to a week.	Use it like you would an onion.
Parsley (Curly)	A small bunch of unruly curly parsley (milder flavor than flat-leaf)	Keep in a bag in your fridge for up to a week with a paper towel to help with moisture.	Use it as a garnish, in your salads, you can even make tea or dry it to preserve it.
Poblano Peppers (mildly spicy)	Dark green peppers with pointy ends.	Store in the fridge for up to a week.	Really good roasted, mellows out the flavor and good in many dishes.
Red Potatoes	Look for the brown paper bag.	Keep in fridge.	Try in this week's recipe: Dijon Potato, Pepper and Bean Salad!
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.	These sweet peppers are a great substitute for red or yellow bell peppers. They are so sweet and tasty!
Salad Mix	Mixed bag of salad greens.	Store in the plastic bag it comes in and try to use up in a week.	Yummy on top of sandwiches or making up a quick healthy salad for side or entree
Sungold Tomatoes	Little orange cherry tomatoes in a green pulp pint (that you can compost!)	Store on the counter and wait until they are a deep orange.	Try them in a salad, on a veggie tray or sliced in half on your pasta!
Tomatoes: Mix	A bag of mixed varieties (and colors) of tomatoes.	Store on the counter - check their ripeness every day and use when ripe.	Marinara sauce, Margherita pizza, soup, salads or lasagna!

## Dijon Potato, Pepper & Bean Salad

4 eggs

Bag of Dragon Tongue Beans, stem snapped and cut into halves or thirds

2 lbs new potatoes, whole with peels

1 Italian Roaster Pepper, cut into bite-sized strips

½ c. thinly sliced onion (use the leeks!)

2 Tbsp. Dijon mustard

2 tsp. Honey

2 tsp. Sherry or white wine vinegar

1 Tbsp. fresh oregano, tarragon or thyme (or 1 tsp dried)

Salt and pepper, to taste

3 Tbsp Driftless Sunflower Oil

¼ c. fresh parsley, chopped

Hard boil eggs and let cool. Bring salted water to boil in a medium saucepan. Add beans and blanch for about 2 min. Using a slotted spoon, remove them and immediately plunge into a bowl of ice water to cool, then drain. Add new potatoes

to the saucepan and boil until just tender, about 15-20 min. Drain and fill with cold water to cool. Meanwhile, in a medium serving bowl, whisk together mustard, honey, vinegar, tarragon, salt and pepper. Continue whisking while adding oil. Slice potatoes and eggs. Gently toss beans and onions into dressing, then fold in potatoes and eggs. Serve with parsley.

## Peperonata

¼ c. Driftless sunflower oil

½ red onion, thinly sliced

2 Italian Roaster Peppers, thinly sliced

2-3 ripe tomatoes, thinly sliced (Romas work best)

1 Tbsp balsamic or red wine vinegar

Salt and Pepper, to taste

Heat oil in a heavy large skillet and add peppers, tomatoes and onions. Saute until very tender, about 30 minutes. Mix in vinegar. Season to taste with salt and pepper. \*\*\*Best served as a side or over pasta, chicken or as a spread for crusty bread.\*\*\*