



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 14: Hello Fellow Veggie Lovers! This week it seems the rain just keeps coming and coming and coming. It definitely makes things a little harder around the farm. Even getting here is a challenge this week with the roads. However, the trees have begun changing colors and there is something in the air. It is almost Fall. This is the season, when the weather cools, that seems perfect for fresh baked bread and homemade soups. Just a quick reminder - our harvest party is going to be here sooner than you think. Mark your calendars, we want to see you there! ~Rachael



Did You Know?

- Sage is a perennial, cultivated for its medicinal and culinary properties for thousands of years.
- Native to the Mediterranean.
- Part of the Lamiaceae (mint) family. "Salvia" is the Latin name for Sage and it translates to "To save"
- Historically used for treatment of snakebite, protection against evil and fertility.
- Scientifically has been proved to help with improving brain function, lowers inflammation, prevents chronic diseases by neutralizing free radicals, boosts immune system, regulates digestion, alleviates skin conditions, strengthens bones, slows onset of cognitive disorders and helps prevent type 2 diabetes or helps

regulate it if already present.

- Sage has been used as a meat preservative due to its antibacterial properties since Ancient Greece

- Has a strong scented odor and a warm bitter and somewhat astringent taste. Goes great with turkey. Essential ingredient for Italian sausages.

What the Heck Do I Do With Potatoes?

I know it seems odd to write about what to do with potatoes, but potatoes are so versatile and yet I am guilty of doing only 2 things with them: mashed and roasted. So what else can we do with potatoes? We can make gnocchi, a chewy little dumpling that goes well in a light tomato or cream sauce. Uncooked gnocchi freezes well. A simple recipe is 2 lbs whole potatoes, 2 beaten egg yolks, 1 1/2 cups flour, Pinch of salt, and Your favorite pasta sauce. Bake the potatoes at 350 for an hour. Make sure you prick them all over with a fork so it can vent as it cooks. Let cool, but it's best to do the next step while they are warm. Scoop out the potato from the skin, mash and fluff them up with a fork. A potato ricer comes in handy for this step if you have it. Add flour, egg and salt, Mix until you have a pliable dough. Be careful not to overwork the dough. Cut dough into 4 sections. Roll each section (with light pressure) into long snakes about 3/4" diameter, using flour as necessary. Cut into 1" pieces and form indentations, the tines of a fork work well. As you make them, place on a baking pan using wax paper. Now you can either freeze OR Cook. If you freeze, freeze on pan and when they are hard,

transfer to a freezer bag/container. If cooking, bring salted water to a boil, gently drop the gnocchi into the water. When they rise, they are done - remove them with a slotted spoon. Now serve with sauce. Another way to try something new is spice the potatoes differently. When I lived in India the potatoes there were SO FULL of flavor, my Indian neighbor didn't understand how we enjoyed eating plain garlic mashed potatoes. She tried it and said "No flavor". They load them up with spices and make things like samosas (which can be pretty spicy!) Hopefully these ideas help infuse your culinary aspirations with excitement!

WHAT'S IN THE BOX
Broccoli
Dragon Tongue Beans
Garlic
Jalapeno Pepper
Red Beets
Red Onions
Roaster Peppers
Sage
Salad Mix
Sungolds
Tomatoes: Mix
Tomatillos
Yellow Potatoes

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.	Stir Fry or fresh eating with a little ranch dip
Dragon Tongue Beans	Dragon: Waxy yellow bean with purple striations on it. Yellow: yellow	Keep in the fridge for up to a week.	When cooked, bean will lose purple striations. Try a bean salad!
Garlic	A head of garlic.	Store on your countertop and use within a couple weeks.	Try in this week's recipe: <i>Sage Garlic Butter Gnocchi</i>
Jalapeño Pepper (Spicy!)	Small, dark green peppers. There will be 2 of them in your box. <i>Spicy.</i>	Store in your fridge.	Make some fresh salsa!
Red Beets with green tops	A bunch of beautiful dark red roots with their leaves attached	Keep in your fridge in plastic for up to a week.	Try in this week's recipe: <i>Beet Salad with Goat Cheese</i>
Red Onions	Beautiful purplish red onion	Store on counter	Great roasted, minced in salsa or sauteed
Roaster Peppers (Sweet)	Look for the big dark yellow and/or red peppers that are pointy on one end.	Store 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!
Sage	A few stems of sage	Store in plastic bag in fridge	Try in this week's recipe: <i>Sage Garlic Butter Gnocchi</i>
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, lasagna, fresh salsa
Tomatillos	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.	Roasted tomatillos make excellent salsa verde
Yellow Potatoes	They are roundish with a brownish skin and yellow flesh and look like a potato.	Store in fridge	Try in this week's recipe: <i>Sage Garlic Butter Gnocchi</i>

Beet Salad with Goat Cheese

4 medium beets, scrubbed, trimmed and cut in half
 ½ red onion, rough chopped
 ⅓ c. walnuts, chopped
 3 Tbsp. Maple Syrup
 1 pkg of salad mix
 ½ c frozen orange juice concentrate
 ¼ c. Balsamic vinegar
 ½ c. Driftless Organics Sunflower Oil
 2 ounces goat cheese: feta or chevre

Place beets into a saucepan, fill with enough water to cover. Bring to a boil and cook for about 20-30 min, until tender. Drain, cool and cut into cubes. While beets are cooking, place the walnuts in a skillet over medium-low heat. Heat until warm and starting to toast, then stir in the maple syrup. Cook and stir until evenly coated, then remove from the heat and set aside to cool. In a small bowl, whisk together the orange juice, balsamic vinegar and olive oil to make the dressing. Place a large helping of salad mix onto 4 plates. Sprinkle red onion on top.

Divide candied walnuts evenly and sprinkle over greens. Place equal amounts of beets over the greens and top with dabs of goat cheese. Drizzle each plate with some of the dressing.

Gnocchi in Sage Garlic Butter

Gnocchi (recipe in article on front newsletter)
 4 Tbsp Butter
 3 sage leaves, cut into fine strips
 1 garlic clove, mashed or microplaned
 Pepper, to taste

Melt butter, add garlic. Now add the sage and gnocchi and saute for a few minutes, until the gnocchi takes on a golden color. Add pepper generously and serve.