



DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • Issue 10• Aug 7 - 10, 2019

Week 10: These days seem to be running together like a blur. I feel like I just got done with the newsletter and then boom - another one needs to be written! We are already halfway! 10 weeks down, 10 more to go for our regular season. August is definitely a time of plenty - check out all the goodness in this box: new potatoes mini peppers & tomatoes! If you are doing a seasonal eating challenge - you will NOT starve this week! Happy Eating! ~Rachael

WHAT'S IN THE BOX
Cantaloupe
Carrots with tops
Cucumbers
Eggplant
Fresh Garlic
Green Beans
Lettuce Mix
Onion: White
Peppers: Mini
Potatoes, Red (NEW!)
Sage
Sungolds
Sweet Corn
Tomatoes: Roma/Slicer Mix
Zucchini: Green and Yellow

Did you know: Potatoes at Driftless

Did you know that we grow more potatoes than any other vegetable? Yeah, You probably did (it IS what we're known for after all). We've been growing spuds since 1993, and haven't stopped since. Even when Josh and Noah were working or going to school away from the farm, they were still coming home on the weekends to tend to their potato fields.

Every year we get a tiny bit better at growing potatoes. Over the years, we've tried hundreds (honestly) of different varieties of spuds to find the ones that work the best for us and our soil conditions. We have a few mainstays, like German Butterballs (a yellow variety), Dark Red Norland (a red variety in your box this week), and Purple Majesty (an all blue variety that we just love - they are so pretty and have such a vibrant blue color!). And every year we try a new variety or two just to see if we can find an even better potato. We're just never satisfied until we reach potato perfection!

I feel like, as of late, potatoes have been getting a bum rap for being unhealthy or fattening. It turns out that spuds are loaded with potassium, vitamin B6 (good for the heart), iron and even vitamin C. A lot of those nutrients are right below the surface of the skin, so **don't** peel your potatoes. Remember - they're 100% organic, so there's really no reason to ditch those skins. Eat em up!

Potatoes are SO versatile - just check out our recipe page for some great potato recipes: www.driftlessorganics.com/potatoes

Getting Kids to Eat their Veggies....Green Bean Edition

When it comes to getting kids to eat green beans - it's all about how you cook them. Try these sure-fire recipes:

OVEN ROASTED GREEN BEANS

1 pound green beans
1 1/2 tablespoons Driftless Sunflower Oil (or extra-virgin olive oil)
1 teaspoon salt
1/2 teaspoon freshly ground black pepper

Preheat the oven to 425. Trim the ends of the green beans and add to a large bowl. Toss with oil, salt and pepper and spread out evenly on a parchment lined baking sheet. Roast, stirring once halfway through, until lightly caramelized and crisp tender, 12 to 15 minutes.

CRISPY PARMESAN BEAN-FRIES

1 pound green beans, ends snipped off
1/4 cup Parmesan cheese, grated
1/2 tsp Garlic powder
1/4 tsp Salt (or to taste)
1/8 tsp Pepper (or to taste)

Preheat oven to 425. Line a baking sheet with foil, and spray with non-stick cooking spray. Place beans on pan, making sure they are evenly spread out, and none are laying on top of each other, (this will ensure even crispiness!) Sprinkle seasonings and parmesan cheese evenly over green beans. Bake for 10-15 minutes, or until golden brown and crispy! (To make them extra crispy, broil for an extra 1-2 minutes before pulling them out of the oven). Enjoy immediately with ketchup or creamy dip...kids love dips. My daughter is sauce fiend. If you give her a sauce, many veggies get eaten!

Crop	What's it look like?	Storage?	How do I use it?
Cantaloupe	Tan colored sphere.	Store in your fridge.	Eat it with a fruit salad with grapes, strawberries, kiwi, etc...
Carrots with tops	A bunch of carrots with their green tops attached	Remove the tops and store in a plastic bag in your fridge..	Raw as a snack! Steamed, roasted, saute - carrots are good so many ways!
Cucumbers	Skinny, shiny, long and green cylindrical veggie	Keep in the fridge for up to two weeks.	Raw, pickled, salads, etc.
Eggplant	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>Moroccan Grilled Eggplant & Squash Salad</i>
Fresh Garlic	One fresh garlic head with long stalk	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.. Looks like a bean. There will be about 1# in a plastic bag.	Keep in the fridge for up to a week.	Check out the recipes in "Getting Kids to Eat Veggies"
Lettuce Mix	Green and Red Loose leaf lettuce bagged	Keep in a bag in your fridge for up to a week.	Make a BLT with some garlic aioli on toasted sourdough bread!
Onion	1 white bulb	Uncured. You can keep on counter (they will start to cure) or keep in fridge (they will stay moist)	A great base for many dishes - and recipes included in the newsletter
Peppers	Mini Peppers: This is a pint of sweet mini peppers	Store in your fridge.	Peppers are great raw, roasted, stuffed, or fried.
Potatoes	NEW red round potatoes	These are fresh, not cured, so best to store them in the refrigerator	New potatoes are amazing -the skin is tender and moist! Try these boiled and lightly fried and smashed using salt, herbs and butter!
Sage	Loose sprigs of a textured light/dusty green leaf	Store on the counter. (if you want it to dry) OR roll in damp papertowel & store in an airtight container/plastic bag.	Sage pairs well with fish, pork, apples, sweet winter squashes and makes a killer stuffing or breakfast sausage!
Sungold Tomatoes	A half pint of little orange cherry tomatoes	Store on the counter.	Pop them in your mouth or cut in half for salads. Try it with cucumber.
Sweet Corn	Green husks shucked away show some plump gorgeous kernels.	Store in your fridge.	Grilled or Boiled, then slathered with butter, salt & pepper
Tomatoes	A mix of Roma (smaller, oblong red fruit with more meat and less seeds) and Slicer (bigger red rounder fruit with lots of juice/seeds)	Store on the counter for a few days, then refrigerate for up to a week.	Salsa. Margherita Pizza. Bruschetta. Sliced on a sandwich. BLT. Sliced with a little salt for a snack.
Zucchini	Green AND Yellow, shiny and oblong	Store on your counter or crisper drawer of your fridge. Ideally, they like 50 F	Check out this week's recipe: <i>Moroccan Grilled Eggplant & Squash Salad</i>

Moroccan Grilled Eggplant & Squash Salad

1 medium eggplant, sliced into 1/3" thick rounds
 1 large (or 2 medium) summer squash, sliced lengthwise into 1/4" thick planks
 2 cloves garlic, minced
 1 Tbsp. Lemon Juice
 1 Tbsp. Driftless Sunflower Oil + some for brushing veggies
 1/4 tsp. Ground cumin
 1/4 tsp. Hot Paprika or 1/2 tsp. Sweet Paprika
 1 Tbsp each chopped fresh mint & parsley
 Salt & Pepper to taste
 Brush Eggplant & Zucchini slices with oil, sprinkle with salt & pepper. Grill over high heat until soft and grill marks appear. Let cool, chop coarsely and mix with rest of

ingredients. Serve warm or room temp with crusty bread or toasted pita.

Super Loaded Veggie Nachos

16 oz. Corn Chips
 1 1/2 c. grated Jack Cheese
 1/2 c. sweet peppers, chopped
 1/2 c. onion, chopped
 1/2 c. sungold tomatoes, cut in half
 2 ears of Sweet Corn, cut from cobs
 1/2 c. tomatillos, chopped (optional)
 1/4 c. Cilantro, chopped (optional)
 1/2 c. Sour Cream
 Preheat oven to 350 F. Pour chips into a 8.5" x 11" baking pan. Top with cheese and veggies of chose & bake for about 15 minutes. You want the cheese to melt & veggies to be soft &

starting to brown. Top with Cilantro and Sour Cream (and Salsa of your choice) and serve hot!