



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 11: Again, another week has gone by. We have tomatoes, however, there are WAY more on the vine that seem to be taking their sweet time ripening. Peppers too. Seems a little conspiracy by the Solanaceae family. Oh well, it will happen eventually. We just need a little more patience and more sun! We're going on day 6 with barely any sun. The garlic is curing nicely in our greenhouse for future fall and winter boxes. It smells like Garlic in an instant when the wind blows from the direction of the greenhouse. The weather looks wet this week, but we are happy for a little more rain and some cooler weather. The weather has actually been quite wonderful for field work. Early mornings are still the best with the mist hanging in the air over the fields and in the valleys. Happy Eating! ~Rachael

What the heck do I do with Cippo Onions?

What's the deal with cippolini onions anyway? We're here with the scoop! Cippolini onions (or "little onion" in Italian) are prized for their sweet, tender flesh. Sure, you can use them like you would any other onion, but why not capitalize on their unique flavor and bountiful sugars? Check out our favorite ways to prepare these:

1. **Caramelizing:** Because of the higher than normal sugar content, these onions are ideal for caramelizing. Slice thinly and saute with butter on the lowest heat possible for at least 15 minutes, stirring until the onions become brown, but not burned. Top pizzas, toss with pasta or serve over a salad.

2. **Roasting:** You can roast the whole onion; just peel and coat with butter or oil. Pop in a preheated 400 degree oven and cook until they are tender.
3. **Hummus:** Use cipollini onions, either raw or roasted as an extra ingredient in your favorite hummus recipe. The subtle and sweeter flavor of this onion makes a really tasty hummus.
4. **Topping:** When in doubt, cippolini onions make a fabulous topping for just about anything. Try topping a goat cheese tart, omelette, pizza, sandwich or steak with fresh, caramelized or roasted cippolini onions. You won't be disappointed!

Did you Know? Beets

Did you know that beets can be used for a whole lot more than just a tasty food source? It's true! Beets have historically been utilized for a myriad of purposes because of their pigments. Since the 16th century, beet juice has been used as a natural dye for textiles. The coolest part? You can still do this! Beet dye creates a lovely rose colored fabric. To try this for yourself: Chop a large, whole beet into tiny pieces and boil with 5 cups of water. Once boiling, reduce to a simmer for 20 minutes and add 2 tablespoons of vinegar. Then strain out the beet pieces and place the liquid back into the pot. Add *damp* fabric and simmer 10-20 minutes. Rinse, or leave in bath overnight and rinse with hot water until water runs clear. Dry. Heat set by ironing for 5 minutes. Beets aren't only used to dye fabric; in 19th century England the Victorians started using beets to temporarily dye their hair a pink to reddish color - a trend that is still around. You can find instructions on the internet if you're interested in trying this tradition on your own hair. Beets powerful pigments are also used in the food industry to color a

number of other things as well, they help to make the red redder in tomato pastes, various sauces, jams, and even ice cream. In addition to dyeing textiles, hair and other food products, a lot of nutritionists use beets and beet juice to test levels of stomach acid. If you consume beets and your urine turns pink, you have low stomach acid (which is typically a good thing!). If your urine is still clear, it means that you have high levels of stomach acid. Luckily, beets are good for so much more than a dye! They are a super healthy root veggie that is absolutely delicious when roasted with garlic and oil, grated over a salad or sauteed with greens.

| WHAT'S IN THE BOX |
|--------------------------------------|
| Beets: Red |
| Cabbage: Savoy |
| Cantaloupe |
| Cucumbers |
| Eggplant |
| Fresh Garlic |
| Green Beans |
| Lettuce: Green Loose Leaf |
| Onion: Cippo |
| Peppers: Jalapeno, Poblano & Roaster |
| Potatoes, Red (NEW!) |
| Sungolds |
| Thyme |
| Tomatoes: Mix |
| Zucchini: Green and Yellow |

| Crop | What does it look like? | Storage? | How do I use it? |
|------------------|---|---|--|
| Beets | Dark red, almost black looking bulbs | Keep in your fridge in plastic for up to a week. | Roasted, boiled or raw (grated) on salads. |
| Cabbage | Savoy: Lime green, wrinkly, medium head of cabbage | Keep in the fridge in a plastic bag for up to a week. | Cole slaw, Kimchi, Sauteed up with some pork (sausage is yummy!) |
| Cantaloupe | Tan colored sphere. | Store in your fridge. | Eat it with a fruit salad with grapes, strawberries, kiwi, etc... |
| 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 the recipe: <i>Hobo Meals</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. | Keep in the fridge for up to a week. | Check out the recipe: <i>Hobo Meals</i> |
| Lettuce | Green Loose leaf lettuce head | Keep in a bag in your fridge for up to a week. | BLT! Seriously, BLT. I know, I know, but it is the epitome of fresh gardeness! |
| Onion | cippolini: (flat, disc like) onions | 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 Check out the recipe: <i>Hobo Meals</i> |
| Peppers | Jalapeno: Small, dark green peppers, <i>spicy!</i> Poblano: Larger, Dark green peppers with pointy ends, <i>mildly spicy.</i> Roaster Pepper: yellow or orange large peppers with pointy ends, <i>sweet</i> | Store in your fridge. | Peppers are great raw, roasted, stuffed, or fried. Check out the recipe: <i>Hobo Meals</i> |
| 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! |
| Sungold Tomatoes | A half pint of little orange cherry tomatoes | Store on the counter. | These are like candy - just pop them in your mouth and taste the burst of yum! |
| Thyme | A few springs at the top of your box | Store loosely in a bag in the fridge. | Check out the recipe: <i>Hobo Meals</i> |
| Tomatoes | A mix of Heirloom (various colors/shapes), 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. | BLT! Seriously, BLT. I know, I know, but it is the epitome of fresh gardeness! Bruschetta is another favorite of mine this time of year. |
| Zucchini | Green AND Yellow, shiny and oblong | Store on your counter or crisper drawer of your fridge. Ideally, they like 50 F | Check out the recipe: <i>Hobo Meals</i> |

Hobo Meal (Campfire)

Oil/Butter - a drizzle or "pat" for each packet

½ c. protein of your choice (ground beef, sausage slices, fish, chicken (chopped or sliced into strips) or tofu)

½ c. chopped veggies - Possibilities: Beets, Cabbage, Carrots, Eggplant, Peppers, Potatoes, Sweet Corn (off the cob), Zucchini

Every packet should include a sprinkling of: minced garlic, chopped onions, salt & pepper to taste

Seasonings: Your choice - Mexican/Italian/Indian/Plain
Put all the ingredients onto a 18-24" piece of HEAVY duty aluminum foil. Take the long sides and put them together and start folding them down. Then take the short sides and fold them up to the packet contents. If you don't have the Heavy Duty Aluminum Foil, make sure you use 2 sheets of

the regular. You don't want ashes getting in your meal! Put the packets in hot coals or on the grill and Cook for 20-60 minutes (depending on what you put in it!)

***There are two things you want to remember about Hobo Meals. 1) Make sure meat and veggies are cut up in fairly equal in size, so your cooking time will be more even. 2) Realize what you are putting in, so you know a good cooking time. Potatoes, Beets, and Carrots will take longer (45-60 min), onions, green beans, peppers, squash, sweet corn, etc (about 20-30 min). If you are worried about getting it all done at the same time (meat and veggies) you can do a little precooking.

These packets are great for around the campfire or for a party - just put out the ingredients and they can make their own, you can also do an ALL veggie pack, just use 1 c. veggies! Label it with a sharpie and bury it in the coals!