



ONE POTATO TWO

NEWS FROM THE FIELDS OF DRIFTLESS ORGANICS

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Week TWO! For some of you - this is your first box and I bid you a hearty WELCOME ABOARD! The first week was a success and we're onto week two and things on the farm are going great. As I was saying last week, it has been a crazy spring with 'cold' and 'slow' being the primary themes. We are still seeing the affects of this weather, with lots of crops that are behind or smaller than what they should be by this time. I keep wondering where the bleepity-bleep are the strawberries and I keep hoping that by this time next week we'll be swimming in them.

Until then we have to suffice with a greens explosion! This is the time to

gobble up and enjoy those fresh greens like spinach and salad because as the weather gets hot, it is near impossible to grow them. And this, CSA members, is what eating seasonally is all about. In a way, we are at the whim and will of nature. We, as farmers, can only do so much within a crazy and befuddling framework that mother nature lays out for us. There are certain rules we must follow: no tomatoes in April, no spinach in August and so on. Alas, we, as eaters, learn to eat what is out there and what is ready. Spring means greens, and let's celebrate that with some interesting and exciting salads and stir fries!

Learning to eat seasonally is at the core of the CSA philosophy and something that is easier said than done. But, if you think about the fact that we are only the second or third generation ever that even has the *choice* to not eat seasonally, it kind of puts things into perspective.

Now, I am not saying that, you should ban tomatoes or peppers or whatever from your diet completely when they are not in season. I would have to say that eating *only* what is available in your

THIS WEEK'S BOX

- Baby Salad Turnips
- Broccoli
- Green Garlic
- Lacinato Kale
- Pea Vine
- Radishes
- Red Butterhead Lettuce
- Salad Mix
- Spinach
- Summer Savory

area at a specific time is pretty difficult and frankly not very much fun. But, I do believe that we should all take steps towards eating *more* seasonally and that is exactly what you are all doing by joining our CSA!

So, as we settle into week two here on the farm, we are starting to get into groove of the CSA season. I have to admit, the onset of the first box packing week kind of took me surprise this year. Last week, when we were neck deep in "things that needed to get done" I started to get that hair-pulling stressed-out feeling. As crazy-busy as spring can be before the boxes start going out, it is nothing compared to the 20 weeks of CSA. But this year, rather than get too stressed out about it all- we're going to try to take it in stride. After all, we LOVE the work and what could be more rewarding than growing food for wonderful folks like you?

We create our own realities, right? And if this is truly so, then the reality we want to create at Driftless Organics is a stress free farm, where your vegetables are harvested with patience, care and attention to detail by content folks that are enjoying the life. On a sunny day like today, with a gentle breeze blowing and the temperature just about perfect, this is a reality I can get used to. I hope you enjoy your box!

--Mike



Rachel and Kaleb, enjoying life in the lettuce field, harvesting this week's lettuce.

"Hello! For all of you CSA members starting this week, this here is Mike's wife, Dani. I write this back page of the newsletter that includes veggie descriptions, preparation & storage tips, some nutritional info, & recipes. For those of you who don't know me from previous years, I'm a self-described "produce nerd", long-time gardener, & just generally food obsessed. I just retired from 10 years as the produce manager at our local food co-op in Viroqua to start a catering company called Rooted Spoon Culinary. We specialize in local/seasonal menus & love to use Driftless Organics produce, oil, & occasionally a crew member or two to help cook & serve. I also get to cook lunch for the crew one day a week. I hope you enjoy the season, the newsletter, & all your great produce!"

This week's box is full of green things for salads & cooking. Great salad fixin's: salad mix, pea vine tops, radishes (& the greens - super yummy & peppery tasting, packed with nutrients) if you use them right away, otherwise you can cook them), butterhead lettuce, & spinach. Great for cooking: broccoli (don't forget the stem - just as tasty & nutritious as the florets), lacinato kale, pea vine (trim the bottom stems off - they can be tough), radish & turnip greens.

Baby Salad Turnips - Look for the bunch of all white round things. These are wonderful tasting - and are more sweet and crunchy than their fall counterparts. Best eaten raw on salads. The greens can be cooked and eaten too!

Broccoli - Facebook followers may remember when, on April 19th, I posted a picture of our first planting of broccoli under 3 inches of snow. Well, here is the broccoli from that planting. Perhaps because of the snow, or maybe due to the extreme temperature fluctuations of the past few weeks, this broccoli is relatively small. Alas, it tastes great though! Just a small amount - but no worries there is much much more to come.

Green Garlic - the white part & stem are a

great seasonal alternative to imported garlic cloves. The greens can be minced & used like garlic chives. Use about twice the volume as minced garlic in recipes. Store in an open plastic bag in fridge & wash it well right before using as there may be some sand or soil hiding where leaf meets stem.

Lacinato Kale - The champion of kales! You've really got to learn to love this kale if you don't already because it is so darn good for you. Try it in an egg scramble (saute green garlic and coarsely chopped kale first - transfer to a plate, then scramble the eggs and add the kale mixture near the end of the cooking along with some grated cheddar cheese). Don't forget to remove the stems before doing what you end up doing. Store in plastic for up to 2 weeks.

Pea Vine - These are best cooked, although the top inch - 2 inches are tender enough for salad. Otherwise, to prepare - cut everything below the twist tie off and discard. Roughly chop the remainder and add towards the end of a stir fry. Store in plastic in your fridge.

Radishes - These are the French Breakfast variety and are a great addition to salads or on a relish tray. Try in a cole slaw or potato salad. Discard greens and store in plastic, in the crisper drawer of your fridge.

Red Butterhead Lettuce - Mike's favorite type of lettuce - and I agree that this silky, buttery and super tender lettuce is one of the best out there. Simply use in a salad, or on a burger or other sandwich. Store your head of lettuce in a plastic bag. It should keep longer than your greens - so use those up first (or combine for a world class salad). Don't feel like you have to use up the whole head all at once. It will still keep if cut in half.

Salad Mix - A nice healthy bag of Asian greens that go great with that head lettuce. Otherwise, try them on their own with a raspberry vinaigrette dressing. This spicy mix pairs well with fruits like apples, pears and raisins and a honey mustard dressing.

Spinach - this spinach was big enough to bunch, but in our opinion, small enough for a salad. Try mixing with your salad mix for a beautiful mix worthy of the finest vinaigrette.

Summer Savory - has a distinct, somewhat pungent and peppery flavor that great in soups, stews, grilled meats, salad dressings, pasta dishes and so on. Store in a plastic bag in your fridge. Will store for a week to 10 days - or hang to dry and use as a dried herb later on in the season.

Quick & Easy Early Summer Greens Saute

4 cups mixed cooking greens, coarsely chopped (kale, chard, pea vine, radish or turnip greens, spinach, etc.)
1 Tbsp. oil
3 Tbsp. minced green garlic (white part & stem)
2 Tbsp. dried currants or chopped raisins
2 Tbsp. dry white wine
salt & black pepper to taste

Rinse greens in colander & let sit wet. Heat oil over medium-high heat in a saute pan with lid. Add green garlic, stir a few times, then add currants. Stir a few more times & add wet greens. Stir a couple times to coat greens with oil (you may have to add the greens in a couple batches if your pan is small) & cover for about 1 minute. Remove lid, add wine, stir a few more times, remove from heat. Season to taste & serve immediately. Serves 2-3.

Turnip Salad with Summer Savory Dressing

For salad:
Salad Mix/Lettuce (half the bag of your greens - half the head of lettuce, mixes)
2 salad turnip, sliced
2-3 medium radishes, sliced
2 green garlic stalks (white part + about a third of the green), chopped
4 hardboiled eggs, sliced (optional)

Mix all ingredients save the hardboiled eggs in a large salad bowl. Lay the eggs over the top of the mixed, dressed salad.

For vinaigrette:
1 part balsamic vinegar combined with 3 parts extra virgin olive oil
1 Tlbs. Fresh Summer savory, minced. Add more for a stronger herb flavor.

Whisk ingredients together and serve over salad. Serves 2-3.

Welcome to the Driftless Organics CSA Program!



As we begin this 2011 season, we have nothing but high hopes for a season of plentiful, and great tasting fruits and vegetables that continue to satisfy you week after week. Whether you are a first time member or a seasoned CSA veteran, we want you to get the most out of your vegetable boxes. Make no bones about it, learning to eat the contents of your box can be challenging at times. I mean, we all know what to do with strawberries (you stuff 'em in your face!!), but what do you do with a bunch of yukina savoy? (you'll find out...)

We aim to help you through this endeavour with a newsletter that includes tasty recipes and food tips that focus on the veggies in each week's box. And, as we all know, the internet is a great resource to find just the right recipe for what you crave. Our website alone has over 200 useful recipes and oodles of cooking tips for lots of different veggies and herbs. Most of all, what I find helps the most when you are faced with a box of vegetables that you are unsure of what to do with is to be creative. Don't let past preconceptions about certain vegetables hold you back. Try new things! I used to turn my nose up at brussel sprouts until Dani, my wife and newsletter recipe-writer, prepared a wonderful dressing for them and now I love them.

Throughout this entire CSA experience we hope you will remember that we are a part of a nationwide, no, a worldwide movement towards a more sustainable, healthy and just food system; one that exemplifies the things we care about, like treating the earth a little better and making our ecological footprint just a bit smaller. We, the farmers and you, the eaters, have joined forces to take steps towards positive change.

In addition, we want y'all to learn a bit more about how we grow your food. Through the newsletters, our web site, and our facebook page, we are going to try to show you some of what goes on here on the farm from day to day. We encourage and welcome farm visits and please, if you have any questions feel free to give Mike a call (608-624-3735) or e-mail (csainfo@driftlessorganics.com).

With these ideas in mind, we embark on the 2011 season with gusto. From the bottom of our plows to the tip top of the corn tassel, we wish you the most enjoyable CSA season you have ever experienced.

Some Important Things to Remember this Season :

Your pick up site, be it a garage or parking lot, co-op or cafe, has a designated site coordinator. This hardworking soul (or souls) help us out in ensuring that you all get your boxes. They are just another, albeit extremely important and valuable, piece of the puzzle of the CSA program. Let's all try our best to make their job as easy as can be by not forgetting your box!

One of the hardest things about belonging to a CSA farm is remembering to pick up your box. If you do indeed forget your box, the first thing to do is call your site coordinator and let them know. Arrangements can be made for a later pick up but just keep in mind that this can't become a habit. Your site coordinator is not responsible for your box after the pick up time and if arrangements haven't been made - your box will be redistributed so the food doesn't go to waste.

Your veggies and fruit come in a reusable food-grade wax box and we would love it if you could bring your box back to your pick up site so that we can reuse it. Better yet, bring your own bag along to transfer your goodies so that you can leave your box at your site. There will be a place for you to put your box and here are instructions on the back of this sheet on how to break down your box without ripping it. Please be careful, because a ripped bottom on a box is box wasted. Unfortunately, we can't reuse the pints that your berries and tomatoes will be coming in. However, the plastic pints can be recycled and the green pulpy pints we use can be composted!

Something that we encourage throughout the entire season is feedback. Of course we LOVE to hear the good stuff and we sure appreciate the compliments, but we want to hear the not-so-good stuff as well. Please feel free to e-mail us with any questions or concerns, complaints or desires. Anything! We are open to it all and we are constantly striving to improve our farm and one of the best ways to find out how is by listening to our members! You can e-mail us at csainfo@driftlessorganics.com or call the office at 608.624.3735.

REUSING THOSE WAX BOXES

As you see, we deliver your veggies in wax boxes. We like to reuse the boxes as many times as we can for obvious reasons like recycling and keeping our expenses down. It is up to you to return your box without ripping it and this can be tricky as they are a bit difficult to break down for the novice wax box-breaker-downer. Here's a few helpful tips:



STEP 1: Turn your box upside down. Grip flap with fingers and squeeze together allowing flap to fold along its manufactured fold line. Here's the key: **SQUEEZE** the flap together, don't **PULL**. Squeeze=yes. Pull=no. This is where the majority of the tears occur and when the box tears here, it is useless to us as it no longer is strong enough to hold your veggies.



STEP 2: Flip box and repeat step 1.



STEP 3: After both side flaps have been released, the two larger flaps should easily bend upwards until all four flaps are standing upright.



STEP 4: At this point, box should be loose and able to flatten easily. Like many things in life, **don't force it**. Gently break down box and flatten. Now you can stick it in the empty (larger) wax box provided at your site for empties.

Thank you for helping us reuse these boxes... every little bit helps keep costs down.