

**THIS WEEK'S BOX:**

- Arugula
- Blue Potatoes
- Bunched Spinach
- Garlic Chives
- German Butterball Potatoes
- Purple/Green Kohlrabi
- Purple Scallions
- Red Butterhead Lettuce
- Red Radishes

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**News from the Fields of Driftless Organics!**

I can't really even begin to explain how excited we are to be here once again, another CSA season in front of us, full of great vegetables and healthy eating. This marks year number four for us as a CSA farm and so far, we are off to an excellent start (best year so far, I would say).

It has been a near flawless spring, with just the right amount of rain, mixed in with plenty of sun and warm temperatures. This combination is just absolutely perfect for growing strong plants and bountiful harvests. (I am knocking on several pieces of wood right now, in hopes that this trend will continue...).

With about 2/3rds of the your veggies in the ground and growing, each day is a delicate balance between weeding, caretaking (staking, pruning, etc), harvesting, washing and packing. As long as nature continues to bless us, we are in for an awesome season.

So it begins - 20 weeks of a CSA season filled with all sorts of healthy, fresh and tasty vegetables. This is what we've been working so hard for - this is

what we live for. We hope you can make the most of each and every box, learning how to cook new items, and discovering loves for vegetables otherwise unknown to you. This is what seasonal eating is all about.

I just read a quote in a recent issue of *The Sun* magazine and I'd like to share it with you: *"Reviving local food production means letting of some of those tastes we've acquired through globalization and opening ourselves up to ingredients that we can grow easily wherever we are. The sign of a good cook is someone who can figure out how to make the most of what he or she has..."*

This about sums it up, really. We hope to help you

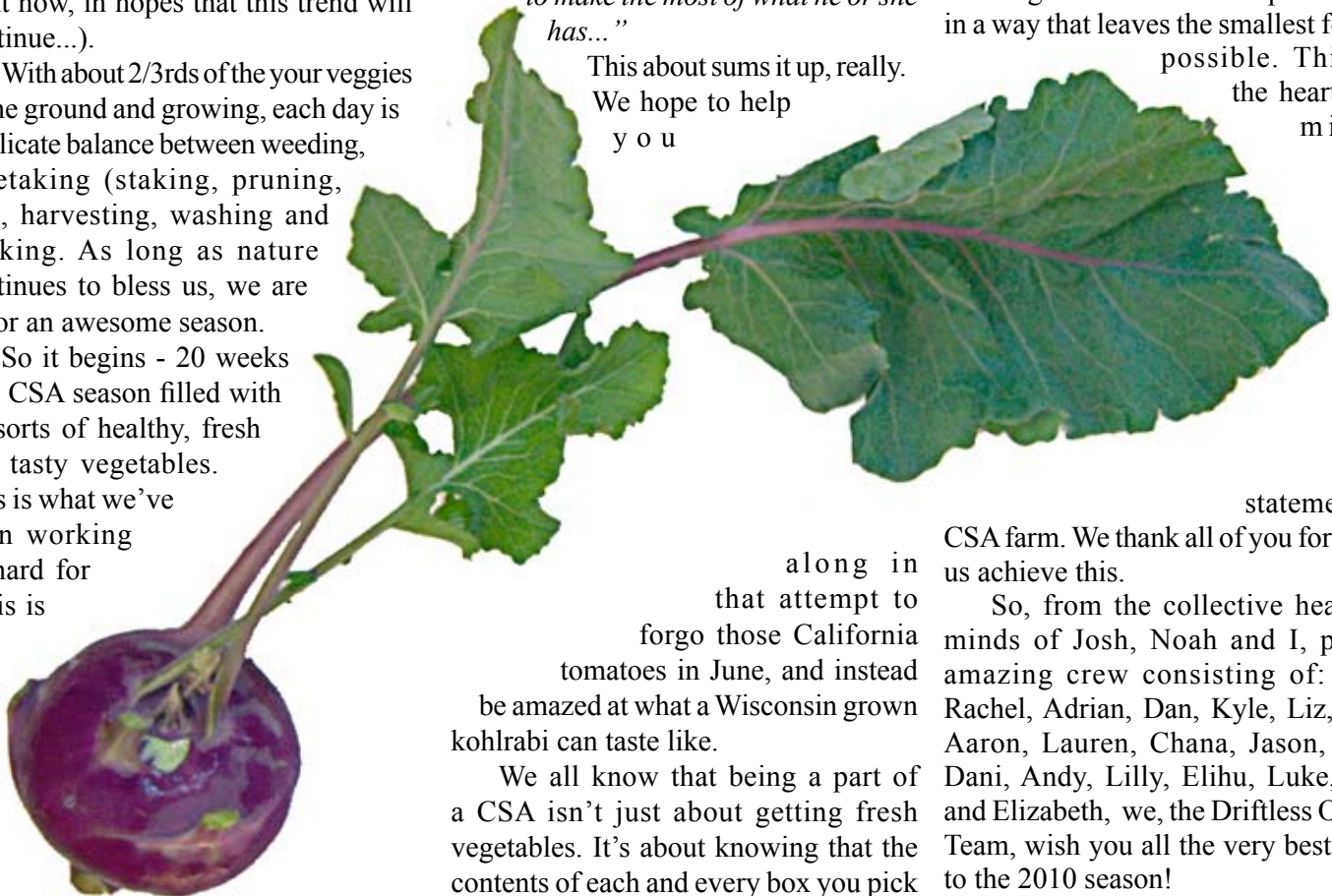
up is grown by really hard working, like minded and enthusiast folks that care a TON about what they are doing. From the very first minute we chose to become a CSA farm, our intention has remained the same: to grow great food for great people. We do this in the most sustainable, earth-friendly way possible. As cheesy and trite as this may sound, it's true! Every step along the way, from putting those first seeds into our greenhouse flats, to the final delivery of your box, we are always thinking about how we can produce food in a way that leaves the smallest footprint possible. This is at the heart of our mission

statement as a CSA farm. We thank all of you for helping us achieve this.

So, from the collective hearts and minds of Josh, Noah and I, plus the amazing crew consisting of: Keefe, Rachel, Adrian, Dan, Kyle, Liz, Kevin, Aaron, Lauren, Chana, Jason, Albert, Dani, Andy, Lilly, Elihu, Luke, Forest and Elizabeth, we, the Driftless Organics Team, wish you all the very best. Here's to the 2010 season!

along in that attempt to forgo those California tomatoes in June, and instead be amazed at what a Wisconsin grown kohlrabi can taste like.

We all know that being a part of a CSA isn't just about getting fresh vegetables. It's about knowing that the contents of each and every box you pick



**Arugula** – is by far my favorite leafy green. It doesn't keep super long, so try to use it within 5 days or so in salads, sandwiches, eggs, pizza, pasta, tacos... You name it, arugula adds zip & spice & color.

**Blue Potatoes** – can be used like any other waxy potato, but truly shine in any fried or roasted (versus boiled) potato applications: hash browns, oven fries, American fries, garlic roasted potatoes, etc. really lock in that purple-blue color. These are organic storage potatoes, hence care must be taken in their storage if you don't want them to sprout: store in a dark, cool, dry place if you're not going to use them right away.

**Garlic Chives** – can be used just like normal chives, with a bit more of a garlicky bite. Especially nice chopped up in scrambled eggs or used fresh as garnish on just about any savory dish. Try them chopped up in a homemade salad dressing (with balsamic vinegar and olive oil). Store in plastic or a cup with water in the fridge.

**German Butterball Potatoes** – are hands down our favorite potato here at Driftless, & the one we grow the most of. It knocks the socks off Yukon Golds with its slightly russeted skin, deep yellow flesh, flaky texture, & sweet buttery flavor. A great multi-purpose potato, use it for anything from mashed potatoes to the best dang baked potato ever, or in the Kohlrabi Potato Gratin recipe, below. As with the Blues, store in a dark cool place to prevent sprouting. If you do get some sprouts, simply cut them & any greening skin off before cooking.

**Purple Kohlrabi** – is one of those veggies that many people are intimidated by. Maybe because it looks like a flying saucer? Maybe because it's hard to classify: a cross between turnips and the cabbage family, the bulbous stem that's most commonly used is slightly sweet & a rich substitute for potatoes in cooked recipes. It's crunchy & delicious raw simply sliced, or grated onto salads or as coleslaw. Try it in the Kohlrabi Potato Gratin recipe, below.

**Purple Scallions** – are an oh-so-pretty variety of green onions.

Gorgeous used raw as a garnish or on a fresh veggie platter with kohlrabi & the baby red radishes... Otherwise, use it as you would green scallions.

**Red Butter head Lettuce** – is, as its name implies, a buttery & tender lettuce variety. Especially delicious with creamy dressings. Doesn't hold up as well in sandwiches as the leaf lettuce. Store in plastic or tupperware in the fridge & use within a few days.

**Baby Red Radishes** – are a wee bit on the small side - best to eat them whole. Greens can be cooked like any other leafy green & are super high in nutrients (but they don't keep well, so cut them off & use them or not within a couple days).

**Spinach** – is REALLY bountiful right now, so you're getting lots of it! Make sure to rinse it well before using, as we bunched it in the field. My two favorite spring spinach salads: purple scallions, & slivered almonds or maple-candied walnuts, blue cheese, & chopped green garlic. Yum. Or you could wilt it into eggs, pasta, pizza, stir-fries, panini sandwiches, etc. Store your bunches of spinach in plastic and they'll keep a lot longer.

## Kohlrabi Potato Gratin

3-4 medium german butterball potatoes, whole, un-peeled  
 2 medium kohlrabi bulbs, whole, peeled  
 green leaves from the 2 kohlrabi bulbs, stems removed  
 1 c. green garlic (white & green parts), rinsed well & coarsely chopped  
 1 c. half & half (or 1/2 cup heavy whipping cream + 1/2 cup milk)

2/3 cup shredded/crumbled cheese of choice (Parmesan or blue cheese are my favorites)  
 1/2 tsp. each salt, pepper, & nutmeg  
 2 Tbsp butter  
 1/4 c. bread crumbs

Preheat oven to 350 degrees.

In medium sauce pan with a lid, boil whole potatoes & peeled, whole kohlrabi bulbs for 7-8 minutes, until tender but not soft. Drain into a colander.

Chiffonade de-stemmed kohlrabi leaves (make a pile of flat leaves, roll them up into a log, & slice thinly) & place in the potato/kohlrabi pan with about an inch of water. Bring to boil with the lid & steam for about 2 minutes. Drain.

Cut potatoes & kohlrabi bulbs in half the long way & slice thinly.

Mix chopped green garlic, half & half, all but 3 Tbsp. of the cheese, salt, pepper, & nutmeg in a mixing bowl.

Put butter in pan & place in the hot oven for a couple minutes. Remove & swirl the melted butter to coat. Put half of the potato & kohlrabi slices in the bottom of the pan, lying flat. Spoon 1/3 of the seasoned cream & cheese mixture. Top with the kohlrabi greens & another 1/3 of the cream mixture. Add the remaining potato & kohlrabi slices, topped with the remaining cream mix. Sprinkle top with bread crumbs, cover with tin foil, & bake for 20 minutes. Remove foil & bake for another 20 minutes, until brown on top & bubbly around the edges. Let sit for about 10 minutes before serving.

Serves 3-4 people.

# Welcome to the Driftless Organics CSA Program!



As we begin this 2010 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 couple of kohlrabi? (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. Most of all, what 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 abhor 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. Yeah, it is just a drop in the bucket in the grand scheme of things, but it is something that we can all hopefully feel good about!

In addition, we want y'all to learn a bit more about how we grow your food. Through the newsletters, our web site, blog and 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](mailto:csainfo@driftlessorganics.com)).

With these ideas in mind, we embark on the 2010 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 as to not let the food 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](mailto: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, your box shouldn't be forced in any way. 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.