

ONE POTATO

NEWS FROM THE FIELDS OF
DRIFTLESS ORGANICS

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TWO

And we're off! Welcome one and all to the 2009 CSA season. I hope you've got your box by now and figured out the ins and outs of your pick-up site. Three cheers go out to all of our site coordinators for helping us get the boxes to you.

It has been one heck of a spring and we are super excited for the season that is upon us. Apart from being a bit

on the cool side, the weather has been great, the crew has been kicking butt, the vegetables are growing strong and we are just about caught (at least for the next ten minutes or so...).

My name is Mike, and I'll be writing the majority of these newsletters (although I hope to cajole a few others to write now and again). The purpose of this newsletter is to give you updates on the farm, the crew and even

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YOUR BOX

ARUGULA - is one of the nummiest greens around. As part of the mustard family, it packs a peppery punch that can be a bit intense on it's own for many people, while others can't get enough of it. Chop it up & add it fresh to salads, tacos, or pizzas (after baking), put it on sandwiches (they make the best panini sandwich with prosciutto & mozzarella, or added to a BLT or fried egg sandwich), wilt it in scrambled eggs, or add it at the very end of stir-fries, sautes, soups, or sauces. It makes a super zippy pesto! Arugula doesn't keep well, so keep it in a plastic bag in fridge & gobble it up within a couple of days.

GREEN GARLIC - is basically baby garlic. If left in the ground, these stems would mature into heads of garlic by August. Garlic is an amazing plant that provides for 3 different garlicky products spaced throughout the season - green garlic (now), scapes (the gracefully curved flowering stem, which you'll receive in several boxes starting in a few weeks), & bulb (uncured in August, cured the rest of the season). No need to buy imported bulbs of garlic when green garlic is around - simply substitute chopped green garlic (the white & green parts are edible) for garlic cloves in recipes. Green garlic is a bit milder than cured cloves, so go ahead & double or triple amount called for in a recipe calling for cloves. 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.

GREEN ONIONS - or scallions, are the first onions of the season. Use both white & green parts & store in plastic in fridge for several days.

PURPLE KOHLRABI - may be a botanical hybrid between the cabbage family & the turnip - it certainly tastes like it. It has the crunch of a baby turnip and flavor of a sweet cabbage. The round stem is the most commonly used part & can be eaten raw or cooked, but don't overlook the leaves - they are super nutritious (high in vitamins A, C, & K) and can be used like any other cooking green - steamed, sauteed, stir-fried or added to soups or sauces (or check out the Southern Greens recipe). The old-timer farmers in these parts simply peel & slice the kohlrabi bulb & eat it with a bit of salt. It's great on a fresh veggie platter with dip, shaved & added to salads, or shredded for coleslaw. It can be cooked in all sorts of ways (you can almost think of it as a potato substitute) - mashed or roasted or in cheesy gratins, in curries or soups. It's also great in stir-fries. Use the leaves up first, the bulbs will keep without them in the fridge for several weeks.

GREENLEAF LETTUCE - has really been enjoying the mild, cool spring we've had. Wash it well as there may be some grit hiding inside. It stores best clean & dry - remove outer leaves soak in a bowl of water and rinse thoroughly. Shake & dry on a clean kitchen towel or run through a salad spinner. Store in a plastic bag with a paper towel in fridge & use it up within a few days.

BLUE POTATOES - are not only GORGEOUS, but they make the best hashbrowns or fried potatoes ever. Try to use them some way that will use their vibrant color to its best advantage - don't waste them on mashed potatoes or soup, their color will fade in to a rather unattractive bluish gray. Instead, fry or roast them.

RADISHES - make such a lovely addition to early summer salads! Enjoy them now, because they don't grow well in the summer heat. If you think you don't like them, slice them thinly over salads instead of in big chunks or stir fry them with other vegetables. Don't toss the greens - they're loaded with nutrients (we grew these radishes under row cover cloth so the bugs wouldn't decimate them); try them in the Southern Greens recipe below or add them to stir-fries or soups.

SPINACH - when super fresh & grown in cool weather, knocks the socks off of bland California baby spinach. It's tender, dark green, & super tasty. Eat it fresh (!!!) in salads or on sandwiches. If you must cook it, just barely wilt it to preserve nutrients & flavor.

ROSEMARY -OR- OREGANO - either one goes great chopped & sprinkled over pasta or pizza right before serving. Rosemary is particularly good with potatoes, lamb, & chicken. Oregano goes great with many Italian, Mexican, or Greek dishes.

Hello! *Writing the “Your Box” part of the newsletter this week is me, Dani Lind, Mike’s wife. I’ve been writing this section for the last couple of years because I love fresh seasonal vegetables & obsess over what to do with them every day at my job as Produce Buyer at our local food co-op. I know eating seasonally can be a challenge when we are all so used to being able to go to the store & buy whatever we want whenever we want it, whether it’s red peppers imported from Holland in early June or grapes from South Africa in March. We see a recipe or get some inspiration for a dish & we want it followed to the letter NOW! Seasonal eating requires a bit of sacrifice & a bunch of creativity & openness to substitution, but I find that once you get used to it it becomes a challenge that is not only addicting but highly satisfying. (But don’t beat yourself up too much if you simply must give in to that irresistible red pepper in the store every once in awhile...)*

So, every week either I or Elizabeth, the fabulous Driftless Organics cook who makes lunch for the crew several days a week, will give you some nutritional & storage info, serving tips, & recipes for the veggies included in your box. Enjoy!

**KOHLRABI COLESLAW
WITH PAPRIKA DRESSING**

from fooddownunder.com

- 3 tablespoons white wine vinegar
- 1 tablespoon sweet Hungarian paprika
- 1/2 cup olive oil
- 2 teaspoons purchased cream-style white horseradish
- 1/2 teaspoon sugar
- 2 large kohlrabi bulbs, trimmed, peeled, cut into large pieces
- 1 bunch of radishes.

Combine vinegar and paprika in bowl. Whisk in oil. Mix in horseradish and sugar. Season with salt and pepper. With a cheese grater, grate kohlrabi and radish. Transfer vegetables to bowl. Thinly slice enough kohlrabi leaves to make 1 cup; add to bowl. Toss with dressing. Let stand at least 30 minutes before serving.

Serves 4.

SOUTHERN GREENS

- 6 c. mixed greens, coarsely chopped (kohlrabi, radish, turnip, mustard, collard greens, kale, etc.)
- 1/2 onions, finely chopped &/or garlic, minced (green garlic & green onions work great!)
- 1 Tbsp. canola or safflower oil
- 1 c. chicken/veggie broth or water
- Part of a ham hock, smoked turkey leg, or cured ham OR 2 strips bacon, chopped OR liquid smoke + 2 Tbsp. butter
- Salt & pepper to taste

In large pot, sauté onions/garlic (& bacon, if using) in oil for 2 minutes. Add broth/water & slowly add greens until wilted.

Add salt & pepper, ham/turkey if using, cover, & reduce heat to low. Simmer for 30 minutes, stirring occasionally. Take out meat if used, remove from bone, chop, & return to pot; otherwise add butter & liquid smoke.

Save liquid for soup. Serve up greens with Southern fare like sweet potatoes, black eyed peas, & corn bread.

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some stuff about the organic community as whole. Most importantly though, this newsletter is about the vegetables and what to do with them and that’s where Dani comes in.

This newsletter can also be found on our website in case you lose yours or are an EOW member and want one from the week previous.

So, as I mentioned before, things on the farm are great! With an inch of rain last Sunday, we are patiently waiting for the fields to dry out enough to get back in there to continue our work of weeding, seeding, transplanting, and more weeding. In the meantime, we harvest, wash and pack your veggies!

Thank you all for joining our CSA program and putting your faith in Driftless Organics to provide you with your summer’s produce. We promise we will do all that we can to fill those boxes up. Here’s to a great season!!

Next week....butterhead lettuce, broccoli and maybe even strawberries (hope, hope, hope....).



April - transplanting the onions that are now in your box...