

THIS WEEK'S BOX:

Asian Green Mix
Blue Potatoes
Broccoli
Bunched Spinach
Russian Banana
Fingerling Potatoes
Purple/Green Kohlrabi
Red Leaf Lettuce
Red Radishes
Rosemary or Oregano
Scallions
Strawberries



News from the Fields of Driftless Organics

As the rains continue and the farm resembles an Amazonian rainforest more and more every day, I welcome you to week #2 of the CSA season. For many of you this is your first week with a box, and I send out a wholehearted and enthusiastic welcome to you too.

Here on the farm, we slog forward in the mud, harvesting, weeding and carrying on in a farming like manner. We certainly can not bemoan the rain, and after a few very dry weeks prior to this wet spell, the showers do quench any worries that we previously had about any sort of drought this early-summer.

Nevertheless, it has put a damper on getting any field work done. We can't help but feel a bit helpless as our latest round of broccoli transplants become more and more root bound in their greenhouse trays, just waiting and wanting to be planted out in fields too wet to even think about getting a tractor into.

Alas, there are blue skies and dry fields in our future and we are all very optimistic that we can catch up where we have fallen behind. I am hopeful that soon enough, these 2 and 1/2 weeks of dreariness and mud will be nothing but a memory as we sweat through the dog days of August.

One avenue of solace for us during these wet times has been our ever so familiar and always satisfying companion: food. We'll admit it: WE LOVE FOOD and every aspect of it, from the growing, to the eating, to the

just plain talking about it.

As you get to know the CSA box routine and learn how to cook with lesser know veggies like kohlrabi, we want you to think of your CSA box, and the items in it, as a celebration of food. With new vegetables come new challenges and we hope that you can approach these challenges with excitement and gusto.

I'll admit, there was a time in my adult life where dinners didn't stray much past pasta with tomato sauce and gourmet was when I added a foreign sounding ingredient like Parmesan cheese. But after farming vegetables for a number of years and having the good fortune of marrying a foodie, I have come to appreciate how there really is no limit to the variety of different and delicious meals one can prepare.

And, with each CSA box, we hope that you can get excited about trying new things, broadening your dinner menu and in essence get geeked out on food. Once you've started down the road of culinary exploration, I think you'll be amazed at where it takes you.

There are countless resources out there to help you down this road, from cookbooks (like the *A to Z Foodbook*), to the internet, to magazines like *Edible Twin Cities* or *Madison*, all designed to appeal to the foodie in each one of us. So as we kick off another great CSA season, I say... "Let's EAT!"

--Mike



Luke and Kevin uncovering your Asian Green Mix for harvest.

Asian Green Mix – a mix of slightly spicy & bitter young greens; tasty additions to lettuce/spinach salads. They can also be sauteed briefly in a bit of oil with chopped green garlic or tossed into stir-fries at the last minute. Store in plastic in the fridge & use within 5 days or so.

Broccoli – the first of what we hope will be a lot of broccoli this season. Try the recipe to the right - it's a winner. Store your broccoli in the fridge, in a plastic bag.

Blue Potatoes – are best roasted or fried to preserve their rich color. Try them in the Middle Eastern roasted potatoes with lemon & cumin recipe, below. They need to be kept in a cool, dark, dry place to prevent sprouting. An easy and tasty way to prepare these spuds is to make oven fries: cut into strips, toss with oil and bake until crispy.

Green and/or Purple Kohlrabi – also dubbed the 'octopus onion' by a CSA member's 5 year-old, is mostly known for it's bulbous base, but the leaves are also edible & very nutritious. Cook them as you would kale or collards - steamed, sauteed, braised, boiled, or stir-fried. Don't be afraid of greens - they are super good for you! Remove them from the bulb & store in plastic for 5 days or so in the fridge. The bulbs will keep longer & should be peeled with a paring knife before using raw

or cooked.

Scallions (green onions) – are early summer's onions. You can use the entire onion - from the white to base to the green tops. Will keep in plastic in fridge for about 5 days.

Red or Green Leaf Lettuce – should be stored in plastic in the fridge. If it's pretty wet, sticking a paper towel in the bag will keep it better.

Red Radishes – have edible leaves, too! Cook them up with the kohlrabi greens (they don't keep long & should be washed very carefully to avoid grit).

Rosemary or Oregano – can both be used in a variety of different recipes and both keep well in the fridge in a plastic bag.

Russian Banana Fingerling Potatoes – also known as Fingerlings, are the Top Shelf of the potato world. Steam or boil them whole & serve with butter, sour cream or creme fraiche, & green garlic or scallion tops, salt & pepper & dig in!

Spinach – bunches should be washed well before hitting the salad bowl. Keep in fridge & try to use it up within 4 days or so.

Strawberries – have been slow coming because of all the rain we've been getting. Wetness also means they won't keep long, so eat them all on the way home!

Southwestern Chipotle Slaw

3 Tbsp. mayo
 2 Tbsp. lemon/lime juice or apple cider vinegar
 1 tsp. dijon mustard
 1/2 tsp. chipotle powder
 1/4 tsp. each ground cumin & coriander salt & pepper to taste
 1 Tbsp. minced garlic OR 2 Tbsp. minced green garlic bottoms
 1/4 c. chives or green onion or green garlic tops
 5 c. shredded veggies of choice (peeled kohlrabi or broccoli stems, carrots, cabbage, Napa, fennel, beets, etc.)

In medium bowl, whisk together everything but the shredded veggies. Add veggies & toss to coat. Let sit at least 15 minutes before serving. Store leftovers in refrigerator up to 5 days.
 Serves 6-8

Sweet Thai Chili Broccoli

1 Tbsp. water or lime juice
 2 Tbsp. white or rice vinegar
 4 Tbsp. sugar
 1 Tbsp. garlic, minced (or 2 Tbsp. green garlic)
 2 tsp. hot sauce (Asian garlic chili Rooster sauce or similar)
 salt to taste

6 cups broccoli, cut into long pieces of stem with florets (about the amount in your box)
 2 Tbsp. peanut, sunflower, or sesame oil

In a small sauce pan, combine 1st 6 ingredients. Over low heat, bring to a boil, stir, & reduce to simmer for 10-15 minutes, until sauce becomes syrupy.

Rinse broccoli florets in a collander. In a wok or skillet with a lid, heat oil. When hot, add broccoli, stir-fry for a couple minutes, until bright. Add sauce, cover, & cook for another minute or two. Serve immediately.