

# ONE POTATO

NEWS FROM THE FIELDS OF  
DRIFTLESS ORGANICS

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# TWO

## THE BOX

**W** eek #2 is upon us and we are cruising right along. For many of you, it is your first box of the season and to get up to speed, I highly recommend going online and checking out last week's newsletter (just go to [driftlessorganics.com](http://driftlessorganics.com) and follow the newsletter link...).

I hope you all have gotten your box and are happy with its contents and preparing yourself some mighty fine meals. As the guinea pig for many of Dani's recipes, I will attest that this week's is a good one. And don't forget to try last week's "Southern Greens" recipe if you haven't already.

As I say, week #2 is in full swing and as we enter full-tilt into our third CSA season, I pause and reflect upon this unique relationship that we are beginning to develop. The farmers and the eaters: one just as important as the next. As spring turns into summer and into fall and the contents of your box shift from spring lettuce to fall squash, I hope you all get to know us, the crew and the farm more and more. I will speak of us often because I feel like if you have even just a shred of an idea of who the people are that grow your food, it makes this CSA relationship that much more special. This goes both ways too - I love to hear from you, about some meal you've cooked that your kids loved or your new favorite veggie, or other such stories.

We may never know each other very well, but I have to tell you, we think of you all often and your happiness and satisfaction weigh greatly on our minds. Ok, I will admit, I even can get pretty stressed out it all; but that's just the way I am.

Josh, Noah and I each bring different attributes to the management of Driftless Organics. One of the things I am particularly good is worrying. As I run around, pulling my hair out, I look to Josh and Noah, who, with the wisdom of two guys who have been farming since before they were in middle school, just smile and reassure me that everything is going to be OK. The CSA boxes will get packed and we'll all be satisfied.

At the end of the day, as much as the stress of the farm, the condition of the crops, the weather, the weeds, the bugs, your satisfaction; and everything else weighs on us, we wouldn't trade any of it for anything. We love what we're doing! I think this must be true for any farmer, but I think it is extra-true for us and all other CSA farmers because we have the opportunity to cultivate this amazing relationship with people like you. People that appreciate what we do and why we do it and we appreciate them!

With what amounts to the majority of the season still ahead of us and 18 more boxes to go, we go forth with

ARUGULA  
BROCCOLI  
GREEN BUTTER  
LETTUCE  
GREEN GARLIC  
GREEN ONIONS  
MINT  
POTATOES  
PURPLE KOHLRABI  
RADISHES  
SPINACH

gusto. We work with an AMAZING crew, the weather has been just about perfect (knock on wood), the crops are looking great and the weeds are more or less under control (& no flood yet!). We are feeling good and extremely fortunate for everything.

We are mighty thankful to all of you for supporting us and making it possible for us to do what we do. Thank YOU and (I have to say it), I sure hope you enjoy your box...

--Mike

Next week....peas, red leaf lettuce and strawberries!!



Three ugly-looking dudes: Mike, Josh and Noah

# YOUR BOX

**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. 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!*

## ASIAN SESAME SPRING VEGETABLE SALAD

### SALAD:

- 2 cups broccoli in 1" florettes
- 1 c. kohlrabi, peeled, quartered, & thinly sliced
- 1 bunch radishes, thinly sliced
- 1/4 c. green onions, sliced diagonally
- 3 tsp. sesame seeds, toasted
- 2 c. spinach and/or arugula

### DRESSING:

- 1/4 c. orange juice
- 1 Tbsp. rice vinegar
- 1 Tbsp. tamari/soy sauce
- 1 tsp. toasted sesame oil
- 1 tsp. sesame or peanut oil
- 1 tsp. brown sugar
- 1 tsp. hot chile sauce

Blanch broccoli in salted, boiling water for 3 - 4 minutes. Run under cold water & drain. Mix broccoli with remaining salad ingredients EXCEPT spinach/arugula and 1 tsp. of the sesame seeds in medium sized bowl. Serve over spinach/arugula & garnish with remaining sesame seeds.

**ARUGULA** - is so lively & peppery & unique! Personally, I really cannot get enough of it... Add it to salads, tacos, pizza, sandwiches, stir-fries, pasta - you name it! It doesn't keep well, so eat it within a couple of days, please.

**BROCCOLI** - thrives in the cool weather we've been having this spring. It's full of calcium & vitamins A & C & when prepared correctly (not overcooked & mushy, please) totally delicious! Lightly steam or blanch florets with their stems for a few minutes & then cool in ice water to use in cold salads. For a quick & easy side dish, steam & toss in either olive oil & lemon juice or tamari & toasted sesame oil. Or stir fry it, roast it, or saute it with garlic & add it to scrambled eggs or omelettes. Store in a plastic bag in the fridge for a few 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 staring 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** - otherwise known as red scallions, these can be used as a substitute for onions in many recipes, but really have a subtle fresh flavor all their own. If cooking with them, it's best cook the white parts first & save the greens for adding just at the end or as a garnish. Store in the fridge

for several days; if the outer layer starts to brown, simply peel it off.

**PURPLE KOHLRABI** - This particular kohlrabi is some of the sweetest I've ever had. It's great cooked in stir-fries or soups, but you should really try to eat it fresh! Just peel & slice it & eat it with salt or your favorite dip, or grate it onto salads or make it into coleslaw (there was a recipe in last week's newsletter).

**GREEN BUTTER LETTUCE** - has also appreciated the cool weather. These lovely heads are tender & sweet, but don't keep as long as leaf lettuce - so use it up within a couple of days. Make sure to wash it well to get rid of any soil hiding in it's depths.

**MIXED POTATOES** - There are a few purple potatoes (called "Caribe") thrown in with your bag of russet potatoes. Those purple guys make GREAT hashbrowns, and the russets work well for roasting. Sorry they aren't the big kinds we all use for baked potatoes - they still taste great. Store all your potatoes in a cool and DARK place, out of the light.

**RADISHES** - are another crop that doesn't do well in the heat, so enjoy it while it lasts - soon it'll be gone until Fall. Try them in the Asian Spring Vegetable Salad recipe, below. You can also eat the greens as you would any other cooking green - braised, stir-fried, etc.

**SPINACH** - is yet another crop that doesn't stand the heat, so there'll maybe be one more harvest until Fall. Add to salads or sandwiches or lightly cook - otherwise you'll destroy its nutrient content.

**MINT** - goes great with Mediterranean food... Mint is delicious in yogurt with a bit of lemon juice, salt, pepper, & scallions. Or if you're sick of eating, make a batch of tea, mint juleps or mojitos... Mint should be stored in plastic in the fridge & enjoyed within a few days.