

# ONE POTATO

NEWS FROM THE FIELDS OF  
DRIFTLESS ORGANICS  
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# TWO

## THE BOX

**I**t's a good week to be a CSA member and I hope your box can attest to that. It seems like it is all coming at us at once and we are doing our best to direct the produce from the fields to people's plates. So far, so good.

Yet, amidst the glory of all of this summer bounty, I can't help but worry about the weeks to come... With no rain for the last 2 weeks and none in the forecast, we are starting to bite our nails a little bit. This is a very crucial time to have some water, as it is when we begin seeding a lot of the crops that you will see in your fall time boxes. Veggies like fall carrots, beets, radishes and turnips need that shot of water to germinate in these hot temperatures.

We will see what mother nature has in store. In the meantime, we continue on with gusto. Garlic harvest, which is always a great couple of days' work, is just around the corner and today Noah picked his first, ripe, sungold tomato. The watermelons are flowering like crazy and the peppers have tiny fruit on them. It is a glorious thing to behold!

This is the time of year when things seem to jump into light speed and the days just fly past. Before we know it, the snow will be flying.

If you are feeling this way too and need to sit down and surf the net a little bit to calm down, here's some great blogs and web sites to check out...

## The Driftless Organics' Online Community

**W**hether we realize it or not we, as a CSA group, are making our mark in cyberspace. Earlier this week, when I had requested from you all any Driftless-related blogs that I could share with everyone, I had no idea I would get so many links to so many different blogs and web sites that talk about the CSA experience! It has been wonderful discovering that as the season progresses, you are all participating in something more than just eating some veggies from a box. The numerous blogs out there reaffirms to me that CSA eating is an experience that is worthy of noting and worthy of sharing with others. In a way, we are using food and eating (something we all apparently LOVE to do) as a platform to learn a little bit about one another, about other aspects of our lives and about how food ties into it all. Thanks to all of you and keep up the great work!

Here's some blogs that have touched on or are dedicated to the experience of being a member of the Driftless Organics CSA. They are a great way to relive past boxes' glories or check out other people's recipes and food ideas:

- <http://csate.blogspot.com/>
- [www.tastebudtart.com](http://www.tastebudtart.com).
- <http://www.septemberkitchen.blogspot.com/>
- <http://erinkristine.blogspot.com>
- <http://lyda222.livejournal.com/>
- [www.mnveggiemama.blogspot.com](http://www.mnveggiemama.blogspot.com)
- [www.goodgreenness.com](http://www.goodgreenness.com).
- <http://driftlessinthecity.tumblr.com/>
- <http://www.eatlocalamerica.coop/blog/257>
- [www.driftlessorganics.blogspot.com](http://www.driftlessorganics.blogspot.com) - the farm's page, which is updated somewhat infrequently

And here are some links to different sites/blogs that talk about food and CSAs in general. Lots of great recipes found amongst these pages...

- <http://www.localharvest.org/csa/> - lots of CSA info and tons of links...
- <http://eatlocaljustfood.wordpress.com/> - about eating locally.
- [www.epicurious.com](http://www.epicurious.com) - GREAT source for recipes.
- [101cookbooks.com](http://101cookbooks.com) - more great recipes.
- <http://www.notsodirtyhippies.blogspot.com/>

## A QUICK REMINDER TO OUR CSA MEMBERS:

Please try to bring back you empty boxes the next time you pick up your box. We love to reuse them over and over again. There will be an empty (larger) box at your pick-up site for you to stow your old box when you come to pick up your new box. The boxes are a bit tricky to get apart - just remember, don't force it because it may rip and once its ripped, they are no good!  
**THANK YOU** to everyone for your help in keeping costs (and resource usage) down!

- BROCCOLI
- CAULIFLOWER
- CUCUMBERS
- CURLY PARSLEY
- FRESH GARLIC
- FRESH YELLOW ONIONS
- GREEN BEANS
- GREEN SAVOY CABBAGE
- GREENTOP BEETS
- GREEN ZUCCHINI
- PICKLING CUKES
- ROMAINE LETTUCE
- YELLOW SQUASH

# YOUR BOX

**BROCCOLI** - Just a wee bit this week, as our old patch is about done and our new patch hasn't quite started yet. Just enough to throw into a stir fry!

**CAULIFLOWER** - like its close relative broccoli, is loaded with antioxidant phytonutrients, as well as vitamins C & K. It has a rich, nutty flavor when cooked that blends deliciously with milk/cream & butter to make mock-mashed potatoes or creamy soups. Or steam it & top with peanut sauce. Or simmer in your favorite curry.

**CUCUMBERS** - A surprise harvest that we threw (placed) in your box at that last minute. Cucumbers this fresh should be destined for a salad.

**CURLY PARSLEY** - adds a nice finishing touch to many a meal. Do a lot of juicing? I love it in fresh carrot juice blends.

**FRESH GARLIC** - this is the first harvest of this year's garlic bulb crop! Unlike cured garlic (which is laid out on tables in the greenhouse with the fans going until it's dry), fresh stuff doesn't keep long - use it up in a day or two on the counter or within a couple of weeks

in the fridge. Use it just like regular garlic, only it's way easier to peel!

**GREEN SAVOY CABBAGE** - is hands down the most lovely cabbage ever. In flavor & texture it's like a cross between green cabbage & Napa - use it accordingly. It makes beautiful & tender coleslaw or a lovely addition to salads or stir-fries. Store in a plastic bag or vegetable crisper in the fridge. If the outer leaves start to wilt, just strip them off.

**GREENTOP RED BEETS** - yummy yum! Greentop beets are like two veggies for the price of one! Don't you dare toss those greens - they are packed with vitamins & minerals & tasty to boot, cooked like any other leafy green. It is, however, best to store them separately from the beetroots if you don't plan on using them right away (in plastic in the fridge). The beetroots can be grated or thinly sliced on salads (no need to peel when eating them fresh), or roasted or steamed whole (then slip off the skins & slice). Or try them my favorite way - cut in thin half-moons (with the skin), tossed with olive oil, chopped garlic, & rosemary (& a splash of water) & roasted at 400 degrees until slightly caramelized.

**GREEN ZUCCHINI** - is super delicious sliced length-wise, tossed with oil & salt & pepper & laid out on the grill. Do some extra & save it for a delightful addition to sandwiches & pasta salads... Stores fine on the counter for a couple of days or in the fridge for a few more.

**PICKLING CUKES** - Another surprise harvest. Great for making "quick pickles" with vinegar and dill.

**ROMAINE LETTUCE** - holds up in the mid-summer heat better than most. It's also the most nutritious & crunchy (& tasty, if you ask me) of the lettuces. Make sure to wash & dry it well before serving. Store in plastic in fridge & use up within a few days.

**GREEN BEANS** - are another first of the season! Nothing means July to me like green beans! Enjoy them fresh or lightly steamed or stir-fried with fresh garlic.

**YELLOW SUMMER SQUASH** - like the zucchini, is awesome grilled. Toss grilled zukes & yellow squash with pasta, olive oil, fresh garlic, thyme & asiago cheese for a simple summer meal.

## SWEET & SOUR BRAISED CABBAGE

- | 2 Tablespoons olive oil
- | 1/2 cup vegetable broth
- | 1/2 head fresh garlic, minced
- | 1/2 fresh yellow onion, sliced
- | 1/2 head Savoy cabbage; thinly sliced
- | 2 Tablespoons red wine vinegar
- | 1 Tablespoon sugar

| Heat the oil in a large saucepan over medium-high heat. Add the garlic and onion and cook for 1 minute. Add the cabbage, increase the heat to high and cook, stirring occasionally, until the cabbage is wilted and starting to brown, about 3 minutes.

| Add the broth and cook until the vegetables are tender and the broth has evaporated, about 4 minutes. Stir in the vinegar and sugar and cook until the vinegar has evaporated, 1 minute. Season with salt and pepper to taste.

## CAULIFLOWER WITH BROWN BUTTER

- | 1 head of cauliflower broken into small florets
- | 1/4 cup butter
- | 3 tbsp fresh bread crumbs
- | 2 teaspoons lemon juice
- | 2 tablespoons minced parsley
- | salt & pepper to taste

| Bring a pot of salt water to a boil. Add cauliflower and boil until tender (5 minutes). Drain in colander

| Meanwhile, heat large skillet over medium heat. Add butter and move pan in circular motion as it melts. Add bread crumbs once butter has melted. Continue cooking and swirling until butter and crumbs have browned nicely. Remove pan from heat and stir in lemon juice to stop cooking. add cauliflower and parsley to skillet. Season with salt and pepper and toss until evenly coated with the brown butter. serve immediately.