



ONE POTATO TWO

NEWS FROM THE FIELDS OF DRIFTLESS ORGANICS

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Week SEVEN! We will survive this heat and without a doubt it will be because of our swimming hole. That gloriously refreshing swimming spot, only 100 yards from our packing shed is so inviting and tantalizing. Just a widening in small stream really, but deep enough so that you can completely immerse yourself in the cool, dare I say it, COLD, life-giving water... Oh dear sweet swimming hole, please heal us and help us make it through this week....



THE DRIFTLESS ORGANICS ONLINE COMMUNITY

Let's face it, when it comes to what the heck to do with some of the things in the CSA box each week, we could all use a little inspiration and guidance sometimes. I'll be the first to admit that there will be days where I'll stare at those veggies in the fridge with a hungry belly and a blank stare on my face with absolutely no idea of what to prepare or what I am in the mood for.

If you are like me and need some inspiration in the kitchen from time to time, than you are in luck! We are so fortunate to have fellow CSA members who are eating the same produce that we are and then writing about it on internet

blogs. Within these cyber pages are the experiences of people just like you who are figuring out what to do with their box contents. So, log in and check 'em out!

Some of our members blogs are more or less just about the food. Within the pages you can find some pretty amazing recipes and really helpful cooking tips and ideas.

<http://thayerinthekitchen.blogspot.com/>

<http://www.mikeyskitchen.com/>

<http://drdotto.blogspot.com/>

<http://www.mnveggiemama.blogspot.com/>

<http://www.forkbastard.com>

A lot of members have "life blogs" or words and stories from their lives and about themselves and the people they share their time with; and most importantly (for us), the food that they eat! After perusing each one of these, it is pretty obvious that eating good food is an important core value or them all. Now these are the kind of people I'd like to learn more about.

<http://artista.blogspot.com/>

www.organizedmctatty.blogspot.com

<http://www.purposefulchaos.com/>

<http://www.imhungryforsomething.blogspot.com/>

<http://www.jenandcoblog.com/>

CSA member Lindsay wanted to share the following, which isn't necessarily a personal blog about a CSA experience, but is about efforts by farmers, residents, nonprofits and others working to rebuild to local food system in the Driftless Region. The project is sponsored by the UW - Madison Center for Integrated Agricultural Systems. This is a super interesting read and well worth

THIS WEEK'S BOX

Broccoli
Celery
Cippolini Onions
Cucumbers
Curly Parsley
Fresh Garlic
Green Top Carrots
Green Zucchini
Sweet Corn
Sweetheart Cabbage
White or Cheddar Cauliflower

checking out:

http://www.driftless.wisc.edu/?page_id=2

And then there is the just plain wacky ones like Marcos' blog. CSA member Marcos delights his readers with different beverages he has made with various box items. I am still waiting for the perfect recipe for Driftless Organics' German Butterball Potato Vodka. :)

<http://drinkinabox.org>

One particularly interesting member blog to check out, inspired by the *Julie-Julia Project* is the following:

<http://curessa.wordpress.com/>

Oh, and don't forget about the Driftless Organics' Facebook page. Visit us and become a member if you haven't already! Although my updates are far too infrequent, it has turned out to be a great page to see what some other people are cooking or doing with their food. And the picture gallery is getting quite extensive.

I really love to see and be a part of all that is going on in the cyber world with our CSA members. By sharing our words and thoughts, our trials and tribulations, recipes and whatnot, we are helping to strengthen that first word of CSA: **Community**. Keep it up everyone.

Now is the hot time of year that salad greens don't like. Unfortunately for us, it's also the time when we want cold food & we don't want to cook & hence crave salads! Well, with this in mind, I'll be offering some non-lettuce salad suggestions for your box contents.

Broccoli - cut into bite sized pieces (florets & peeled stem) & blanch in boiling, salted water for about 2 minutes (or steam) then immediately dunk them in ice water to cool. Drain. Toss in your favorite vinaigrette or add to pasta salads, or you can freeze it for later.

Celery - slightly smaller & stronger in flavor than the California celery we are all used to. This is our first time growing it and we hope that you agree that it is a welcome addition to our repertoire. Add to chicken or tuna salad, coleslaw, or broccoli & green bean salads.

Cippolini Onion - (pronounced chip-o-leeny). The onions are finally coming in! These flat onions are an Italian heirloom onion with thick walls and a sweet crunch. They are uncured onions, so store in your fridge. You can use them on just about anything that

calls for an onions, but they are particularly tasty caramelized.

Cucumbers - delicious & cooling in salads, mixed with yogurt & lemon juice in tzatziki, diced in tabouli, on sandwiches, dipped in hummus...

Curly Parsley - combine with cucumbers for tabouli or add to coleslaw, pasta salads, egg salad, etc. Store in a plastic bag in your fridge.

Fresh Garlic - a bit less strong than regular cured garlic, but so much easier to peel! Will keep on the counter for a few days or the fridge for a couple weeks.

Green Top Carrots - We decided to chop those tops for ya, as they weren't looking so pretty after all of this heat. No matter, the carrots are what we are after. Store in plastic in the fridge and use for just about any salad you can think of!

Green Zucchini - you can slice these into 1/4" long slabs, brush with oil, salt & pepper, & grill or roast them. They will keep in the fridge for several days & make great additions to sandwiches or salads. Another way to use them in salads: simply steam slices of them for a minute or two to soften just slightly. Then they are salad-ready!

Sweet Corn - The first of the season! It is quite a feat for us to have sweet corn so early. We, unfortunately can't guarantee there won't be signs of worm damage as we did not spray this sweet corn with anything and the bugs have been out this year like never before. If you do see some damage, simply wash away/cut around. It won't affect the rest of the ear. What to do with sweet corn? Well duh, shuck it, clean it up, boil it very briefly and slather in butter and salt. Only 4 ears this week but no worries, there'll be more to come!

Sweetheart Cabbage - the tastiest cabbage we have ever met, & gorgeous to boot. Super tender yet crispy, sweet & delicious. The perfect cabbage for eating fresh in coleslaw or on tacos. Yum. Another new thing we are growing this year

White or Cheddar Cauliflower - some people think orange cauliflower, tastes "butterier" than white, but I think it's the color playing tricks on their taste buds. They both taste awesome. If you are getting sick of cauliflower simply freeze and use this winter in a nice warming cheddar cauliflower soup. Also - they make great refrigerator pickles (see recipe below).

Carolina Coleslaw	Cauliflower & Carrot Quick Pickles
<p><i>perfect for BBQs</i></p> <p>6 cups green cabbage, shredded 1 cup purple cabbage, carrots, kohlrabi, or other similar vegetable, shredded 1/4 c. parsley, minced</p> <p>3/4 cup apple cider vinegar 1/4 c. ketchup 2 Tbsp. brown sugar 1 1/2 Tbsp. grainy mustard 2 tsp. salt 2 tsp. hot red pepper flakes freshly ground black pepper</p> <p>Place shredded vegetables & parsley in a large bowl. In a small saucepan, combine remaining ingredients & bring to a boil, stirring, until sugar & salt are dissolved. Let cool & stir into vegetables. Serve immediately. Serves 4-6.</p>	<p>1 1/2 cups water 3-4 cloves fresh garlic 1/2 teaspoon coriander seed 1/2 teaspoon mustard seed 1/2 teaspoon black peppercorns 1/2 cups white vinegar 3 teaspoons salt 3 medium carrots, cut in half & then 1/2" sticks 1/2 of a cippolini onion cut into thick chunks 1 1/2 cups cauliflower, cut into bite sized chunks (may need more or less to fill your jar) 4 hot red chiles or 1 tsp red pepper flakes (optional)</p> <p>In a medium saucepan, bring water to a boil, reduce heat to a simmer, and add garlic. Cook for five minutes. Add next five ingredients, bring to boil, and stir until salt dissolves. Reduce heat to simmer for five minutes. Remove from heat. Into a clean, 1-quart mason jar: Using tongs, remove garlic from the brine and place into jar. Then, using a spoon, ladle up and add the coriander, mustard, and peppercorns.</p> <p>Then, pack the jars full of cauliflower, carrots, beans or whatever other vegetables you're using. You want them to be tightly stuffed. Pour hot brine over the vegetables to completely cover, let cool, and refrigerate. Pickles will taste good in just a few hours, better after a couple of days. And they'll keep for a few months.</p>