

THIS WEEK'S BOX:

Arugula
 Broccoli
 Carrots
 Cucumbers
 Garlic
 Fresh Sweet Onion
 Green Beans
 Green Iceberg Lettuce
 Green or Red Kale
 Green Zucchini
 Mint
 Mixed Tomatoes
 Patty Pan Squash
 Red or Green Savoy
 Cabbage
 Sweet Onion



News from the Fields of Driftless Organics

Week #7! With sweat on our brows, we continue forward on the farm, planning, planting and even putting some fields to rest. Fields that had your spring broccoli, cauliflower and cabbage are now going into cover crops to get them fed and ready for next season. I love the cyclical nature of farming, and how there is never an end to the process, just different seasons with different stages and degrees of activity.

In the present, activity is focusing on harvest and weeding; and we are keeping the fields clean and the produce coming in.

All the while, we plant and seed fall crops like carrots, beets, turnips and winter radishes (like daikon and beauty heart). One thing's for certain, we are keeping busy on the farm.

Another busy-body, Julie Kesti agreed to write this week's news about a really exciting project she's working on...

Hey Driftless People!

I'm Julie, the hostess for the Seward Neighborhood pick-up site. I'm visiting the newsletter to tell you about a fun project I've got going right now, all about CSAs and FOOD!

The project is called CSALove, and it grew out of a Cultural Studies class I took at the U of MN this spring. CSALove is a web site, art exhibit and series of events that explore the unique experiential benefits of eating through a CSA membership and other "farm-to-fork" systems. Our class was an extended dialogue about interactions of science and culture--and what better

blend of science and culture is there than EATING?

A CSA is truly of-the-people. Growing your own food is certainly of-the-people, too, but it is not likely that most of us (in the city especially) are yet ready to grow it all ourselves. So we put our trust in farmers to take on the task of feeding the masses. Things can be pretty bleak for farmers these days, with many of them barely surviving, despite working their tails off all the time. So the CSA tries to mediate this difficulty, giving the farmers a skeleton of guaranteed income that they can begin their work with. In exchange, the CSA members benefit not only from knowing they've done something helpful, but they

also gain even more in the experience of meeting their neighbors at pick-up, and opening the box each week and figuring out what to do with it, and reading their

farmers' stories--this is what the art exhibit and events explore.

The art exhibit, which is hanging up at the Chakra Khan Asian Bodywork and Massage studio in Minneapolis, is a varied mix of work from 12 artists--mostly from the Twin Cities, but one from North Dakota and one from Indiana, with work ranging from drawings, to prints to oil paint to papier mache. The celebration Friday was so much fun--we were graced with a few songs from the Picnic Operetta (check them out in a community garden near you in August! <mixedprecipitation.com> - amazing!), the music of Karen Townsend and her accordian, the 3Bs, and the powerful voices of The Ukeladies! We had a Wall of Food where people wrote where they get their food and why..and all-in-all it was a great night!

Check out our final events on August 29th--We have a fantastic Pickling & Canning Workshop with Liz McMann in the afternoon, and a closing Poetry & Potluck event from 5:30-7:30pm. You can read about all of this (and more!) at CSALove. tumblr.com. Hope to see you!

CSALove is more than just an art exhibit though, it is an interactive online experience. So, you folks in Madison - don't feel left out! Feel free to go online and submit YOUR CSA stories and pics!

-- Julie

CHECK IT OUT:

www.csalove.tumblr.com



A Farmer's Offering: Watercolor, graphite. 8x10 by Margot Ann Hanson

THIS WEEK'S BOX by Dani & Mike

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. Keep it in a plastic bag in fridge & gobble it up within a couple of days.

Broccoli – At the co-op, Dani says that broccoli is one of the all-time best sellers. We hope it is as popular with you! Stores best in the fridge, in plastic.

Carrots – Try grating them into a salad! Store in plastic in the fridge to prevent them from getting limp.

Cucumbers – Cucumbers are slowing down for a while here, so enjoy them while we've got them. Sliced into rounds they make for great dippers into hummus or baba ghanoush.

Fresh Sweet Onion – A nice mild,

sweet onion, perfect for a lettuce salad, on a burger or with the cucumber recipe below. Best to stick in the fridge.

Garlic – This spanish style garlic is still yet to be completely cured, so it is mild and easy to peel. It won't keep for very long though, so try to use up right within the week.

Green Beans – If you just don't want to deal with this week's beans, blanch them and freeze them for a winter treat. Otherwise, try the tasty green bean recipe below.

Green Kale – As Dani says, kale should be in EVERY box! We love kale and think that if you don't, it's worth the effort to keep trying ways to cook it until you do! It is so good for you! Stores best in plastic, in your fridge.

Green Iceberg Lettuce – The last of the lettuce for a while. This lettuce is crunchy and sweet and best eaten within a few days. Unlike it's California counterpart, this lettuce bruises easily and should be handled gently.

Green Zucchini/Yellow Patty Pan Squash – Another small helping to give your stirfries or scrambles some color. Store in the crisper drawer.

Mint – Fresh mint such a treat! Delicious with lamb, yogurt, fruit salads or as a Morroccoan style tea. For tea for two: put a handful of fresh mint with sugar or honey into a tea pot and bruise with a a spoon. Add loose green tea and hot water to steep. Pour into small cups and enjoy!

Mixed Tomatoes – Just a sampling here, as it is still early in the season. In your box, there is a smaller darker tomato - that is a 'black prince' Then, the red one is either a roma or red slicer. All are great on sandwiches. Store on counter.

Red or Green Savoy Cabbage – try a simple coleslaw with shredded cabbage, carrots, and sweet onion mixed together with a dressing of apple cider vinegar, sugar and salt. Nothing fancy but it is quick and tastes really good! If you are getting sick of cabbage (don't worry, it is the last for a while) - it will store for a week or so.

Green Bean Refrigerator Pickles

5 oz. green beans
1 pint jar with lid
2 cloves garlic, peeled & quartered
1/2 tsp. coriander seeds
1/8 tsp. black peppercorns
1 bay leaf
1 1/2 cup cider/white wine vinegar
1 Tbsp. sugar
1 tsp. salt
2 strips of fresh lemon rind (optional)

Arrange beans vertically in pint jar to see how many fit. Remove & trim to fit lengthwise in jars, leaving at least 1/2 inch empty space at top of jar. Arrange trimmed beans in jar. Stuff garlic, coriander seeds, peppercorns, lemon rind & bay leaf around beans.
Bring vinegar, wine, sugar, & salt to a boil & boil for 2 minutes. Pour mixture over beans. Screw on lid & let sit until cooled to room temperature. Refrigerate for 2 days or up to 6 months before eating.

Sauteed Broccoli and Kale

1/8 cup extra virgin olive oil
7 cloves garlic, sliced
1 chile pepper, chopped (optional)
1 head fresh broccoli, chopped
1 bunch kale, stems removed and chopped
1/4 cup sun-dried tomatoes, cut in thin strips
juice of 1 lemon
salt and pepper (to taste)

Heat olive oil in a large wok or skillet over high heat. Stir in garlic and chile pepper; cook for 2 minutes, stirring frequently. Stir in broccoli; cook 1 minute. Add kale, and cook 2 minutes, stirring frequently. Stir in sun-dried tomatoes. Pour in lemon juice, and season with salt to taste. Toss well.
Serves 4.

Cucumber Yogurt Mint Salad

2 cups whole-milk yogurt
1 teaspoon minced garlic
1/2 thinly sliced sweet onion
2 tablespoons olive oil
1/2 teaspoon salt
1 long cucumber, peeled, halved lengthwise and sliced crosswise 1/4 inch thick
12 mint leaves, cut in thin ribbons.

In a bowl, mix yogurt, garlic, onion, oil and salt together until smooth. Chill until ready to serve. Just before serving, mix in cucumber and sliced mint. Add salt to taste if necessary, garnish with mint leaves and serve.
Serves 2-4.