

ONE POTATO

NEWS FROM THE FIELDS OF
DRIFTLESS ORGANICS

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TWO

THE BOX

My dad jokes that here in the Upper Midwest, there's 9 months of winter and 3 months of bad sledding. Waking up to temperatures in the low 50s this week makes me think he's right. What the heck is going on here?!? Simply crazy; and today, as I write this newsletter, the chilly 68 degree air blows in through the window. The brassicas, like broccoli and cauliflower sure like this weather, but our peppers and sweet potatoes are in need of some serious heat if we hope to ever get a substantial crop.

With long johns and parkas, we continue our way through week 7! Irrigation has been one of this week's themes as it hasn't rained in quite some time and we're seeing crops just sort of take some time off from growing.

We hope that you aren't taking some time off from eating healthy and that you are still enjoying those veggies!

INTRODUCING: SUNFLOWER OIL!

Written by Keefe Keeley

Driftless Sunflower Oil. A treat for anybody who likes tasty and healthy food grown locally. We figured that since you chose to become a member of this season's CSA, that may well be you. So we've included a sample bottle of a cooking oil, and we couldn't be prouder of this stuff. Because as far as we can see, it doesn't get any better than food like this.

This is the third year we have been growing sunflowers to make cooking oil, and it might be the most beautiful crop we grow (with some stiff competition from rainbow chard). The oil in your box is from seeds we harvested in 2008. To make oil from the seeds, we found a processor in Spooner, Wisconsin who cold-expeller presses our seeds in a controlled environment to protect the integrity of the oil. The result of this simple process is pure sunflower oil, with all the delicious flavor a season in the sun and rich Driftless soil has given to our seeds.

Never used sunflower oil before? Don't worry, there's dozens of easy ways to cook with it, from simply dipping fresh bread in it to making hashbrowns. The main thing to remember is that because this oil is unrefined, the tiny particles that make up the flavor profile will smoke at high frying heats. So this sunflower oil is best used for low temperature frying (less than 300 F) if you want to use it on the stove top

A REMINDER TO YOU:

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 it's ripped, they are no good!

THANK YOU to everyone for your help in keeping costs (and resource usage) down!

ALL BLUE POTATOES
BROCCOLI
CILANTRO
CUCUMBERS
FRESH RED ONION
GARLIC
GREEN BEANS
GREEN ZUCCHINI
HON TSAI TAI
ICEBERG LETTUCE
RED KALE
SUNFLOWER OIL
BONUS ITEM:
PICKLING CUKES &
DILL

(though one farmhand here swears this oil makes the best popcorn if you don't mind a little smoke). But don't limit yourself to the stovetop! Try this oil in a salad dressing with various vinegars and cooking wines. Try it in baked goods; you will love the rich flavor the oil provides. Try substituting sunflower oil anywhere you would use olive oil.

There are a few other things you should know about sunflower oil. It is considered to be among the most healthy of cooking oils. It is low in saturated fats and high in polyunsaturated fats (the "good" fats that do not raise cholesterol like saturated fats). It is also high in Vitamin E, which is involved in the prevention of a wide host of diseases, from cancer to cardiovascular disease to cataracts. It is also healthy for our soils, since it rotates well with a number of the vegetables we grow. And it is healthy for the atmosphere, since using a local cooking oil instead of imported oils means less fossil-fueled transport.

Right now a field of this year's sunflower crop is coming up just across the road from the farm. The sunflower fields are brilliant, and they represent one more way we are working hard to sustainably grow you delicious and healthy food. Enjoy!



YOUR BOX

ALL BLUE POTATOES - **FRESH RED ONION** - hasn't been Truly stunning when its vibrant color is highlighted, bake or roast them whole to preserve color, or fry them up in hash-browns or oven-fries.

BROCCOLI - Light cooking actually improves the ability of your body to absorb broccoli's amazing amount of nutrients. The very best way to cook broccoli to preserve its nutrition is to lightly steam or saute it (for no more than 3-5 minutes!). Try to use it up within a few days, storing it in open plastic in crisper drawer of fridge.

CILANTRO - is key to ever so many dishes. Store in plastic in fridge & use within a few days. If you're not going to get to it before it goes yucky, try throwing it in the food processor with garlic, a green chile, a handful of walnuts, the juice from one lemon, salt & pepper for a delicious Afghani chutney.

CUCUMBERS - Try mixing them thinly sliced with fresh red onion, crushed garlic, plain yogurt, lemon juice & cilantro (& fresh mint if you have some) for a delicious side salad to an Indian or Middle Eastern meal.

GARLIC - This "porcelain" variety of garlic is still in it's "fresh" state, meaning it hasn't yet been cured. It is milder than your regular garlic and should be stored in the fridge. Otherwise, treat it as you would normal garlic.

GREEN BEANS - Try steaming them & topping with olive oil whisked with fresh lemon juice & crushed fresh garlic. Store in plastic in fridge & use up within a week. They freeze well either raw (use within 4 months) or blanched (good for almost a year).

GREENTOP CARROTS - these are the first carrots of the year! Remove the leaves before storing carrots in plastic in fridge. These carrots will go well stir-fried with your Asian greens.

HON TSAI TAI - our first foray into the wild world of Asian greens. These greens are best used in a stir fry and I highly recommend using your sunflower oil to saute

them in. Chop coarsley (including stem up to the point of the red twist-tie, leaving about 3-4 of stem out) and throw into your pan with some tamari or soy sauce at the end of a stir fry just enough to wilt.

ICEBERG LETTUCE - OK, I can hear some of you groan, but this is NOT the pale watery flavored iceberg of your childhood & mediocre salad bars. Fresh, local iceberg is delightfully crunchy & sweet. It's quite hard to grow lettuce in the middle of summer in Wisconsin and one of the results is lettuce with small amounts of "rust" or brown spots on the outer leaves. This doesn't affect the taste and can just be cut around. We apologize for this, but it was either give it to you or throw away the crop. We think it's definitely worth eating, especially with the sunflower salad dressing (below).

RED KALE - Check out the recipe below. Kale stores best in a plastic bag in the fridge.

YELLOW SUMMER SQUASH OR GREEN ZUCCHINI - Both will work wonderfully in zucchini bread, along with your sunflower oil.

WOULD YOU LIKE SOME MORE SUNFLOWER OIL?:

Your in luck! We can get you signed up for our sunflower share, which has 3 bottles left in the season. We deliver one - 17 oz bottle, once a month. Your next bottle will be the first or second week of August. The 3 bottle-share is \$27. Just email me at csainfo@driftlessorganics.com and I can

give you more details! Thanks and enjoy!



ROASTED RED KALE

Here's a recipe from fellow CSA member, Sue Meger. Thanks, Sue!

1 bunch of red kale
Olive oil
Salt & pepper to taste

Preheat oven to 425. Wash and dry and roughly chop the kale. Toss with a drizzle of olive oil and a little bit of salt and pepper. (Not too much salt - the kale shrinks up a lot.) Spread kale on a cooling rack on top of a cookie sheet. Place in oven. Check after 7-8 minutes. Remove from oven when the kale just turns brown.

Eat as a snack or side dish or garnish. You will be amazed. The kale turns into a light crispy treat.

YOUR SUNFLOWER OIL:

Here are a few ideas for your sunflower oil:

- Use in place of your normal oil/melted butter in zucchini bread, banana nut muffins or granola!
- Use to lightly saute your Hon Tsai Tai.
- Mix with balsamic vinegar and use to dip bread in.
- A salad dressing to put on that head of iceberg in your box:

SUNFLOWER OIL VINAIGRETTE

1 teaspoon dijon mustard
2 teaspoons pure maple syrup or honey
3 tablespoons apple cider vinegar or white wine vinegar
4 oz sunflower oil
salt & pepper to taste

Combine mustard, vinegar and maple syrup/honey in a small bowl or half pint jar. Mix with a fork. Slowly add sunflower oil while whisking with your fork until emulsified. Add salt & pepper to taste. Serve immediately or store in refrigerator for a couple of weeks.

This is just a basic recipe. Feel free to add fresh herbs, chopped red onion, etc.