



News from the Fields of Driftless Organics

Week #9! It is the first dry week since the first week of June. Wow! And now I'm going to stop playing that broken record of "rain, wet fields and so on and so forth...". Time to move on and talk about how glorious the farm is right now when everything is just POPPING out of the ground. We are very excited about all of the farm's bounty and we are working really hard to get everything harvested, washed and packed.

*In the long days under the hot sun, the crew is like a well-oiled machine, and like any machine, we need fuel to run. That's why it is a very wonderful thing to have Dani and Elizabeth feeding us such amazing lunches. They keep us chugging along through the never-ending afternoons (Dani cooks on Mondays and Elizabeth, Tue - Thur.). *

A few years back, we decided that cooked lunches were something our crew deserves and we are so happy that all 21 of us are eating the same food that all of you are. Here's a couple of words from each of our amazing chefs:



Elizabeth says:

I've always enjoyed cooking for myself and for others, so when I landed this job cooking for the Driftless Organics Farm Crew it was like I'd died and

gone to heaven. That was three summers ago when I would go milk cows at Dave and Marta Engel's barn and then come down to the farm and make lunch. These days I bring my just one year old son to the kitchen to "help" me make lunch. The biggest help of course is when he naps till the cooking is done!

This experience puts seasonal cooking on a whole new level - like over the top! From the early times in late May where there is just A LOT of asparagus and spinach to one of my favorite seasons, the green garlic season and now when the tomatoes and the corn start pouring in, what I call High Season (which I capitalize because it is special); there is never really a lack of food. Sometimes you need to have a new idea about cooking for that season of food and I am always grateful when one comes! This year I've gotten the crew to fall in love with polenta and I can't WAIT for the day when we start growing our own. It is a real joy to be able to bring this awesome crew lunch week after week and be provided with this amazing bounty to do it with. I wish I could cook you all lunch just so you could see how lucky we are... BUT WAIT! You are the ones who get this food every week! You know what I'm talking about!

-- Elizabeth

Dani says:

As I've been schlepping local produce (including Driftless', of course!) at our food co-op as the produce manager/buyer for many years, I've often daydreamed of being a lunch cook at the farm. How fun would that be? Taking whatever seasonal produce is available and turning it into tasty and nutritious meals for an incredibly captive and appreciative audience? What a delicious challenge! And get to see my husband Mike more in the process? Win, win! Well, my dream came true this summer when Mike proposed I come and cook on my

THIS WEEK'S BOX:

- Asian Green Mix
- Banana Pepper
- Cilantro
- Cauliflower
- Cucumber
- Garlic
- Green Savoy or Napa Cabbage
- Green Zucchini or Patty Pan Squash
- Jalapeno Peppers
- Mixed Tomatoes
- Purple Beans
- Sungold Tomatoes
- Sweet Corn
- Thyme
- Yellow Potatoes
- Yellow Onion



day off from the co-op instead of growing a big garden myself this year. Let me tell you, cooking for this sweet hungry crew is way more fun than sweating in the garden! I've always loved cooking for large groups and cooking with limitations like budget and what's in season. In this case, on Mondays, the limitation is whatever came back from market is what I have to cook with, as the crew hasn't yet harvested for the CSA boxes yet. It's kind of nerve-wracking having 2 hours to come up with a balanced meal for 18 people not knowing what ingredients you have to work with and not being able to just run to town and buy something you need (it's 20 minutes away), but it's nerve-wracking in a super fun food channel cooking show challenge sort of way, and I love it.

-- Dani

Honey & White Wine Braised Vegetables *by Dani Lind*

3 cups mixed or single summer vegetables, such as:

carrots, sliced cross-wise 1/2" thick
zucchini, cut in half lengthwise, then cross-wise 1/2" thick
green, yellow, or purple beans, whole, stems removed
cauliflower, cut into 1/2" chunks
onions, cut into 1/2" thick strips
2 Tbsp. butter or oil
2 Tbsp. honey
1/2 c. white wine
1 Tbsp. fresh thyme leaves (optional)
salt & pepper to taste

Melt butter in a large skilled or heavy bottomed medium sauce pan over medium-high heat. Add cut vegetables & saute for about a minute. Add honey & wine & bring to simmer. Lower to medium heat & cook until liquid has reduced (around 10 minutes). Season with thyme, salt, & pepper & serve. 4-5 servings.

Fresh Asian Greens Salad *by Elizabeth Tigan*

1 bag of Asian greens
2 carrots – use vegetable peeler to make peels
1 cucumber – thinly sliced
1/2 head of cabbage – shredded
2 ears of corn – taken off the cob
Handful of beans – trimmed and chopped diagonally to 1/2 inch
1 banana pepper – sliced thinly, but not too thin!
Toss everything but the greens together and place on top of greens and ladle on this dressing:
1/3 c. sunflower oil
1/3 c. soy sauce
2 T. sesame oil
2 T. rice wine vinegar
2 T. honey
2 garlic cloves crushed and minced
1 to 2 inch piece of ginger – part grated part minced
1 t. crushed red pepper – or to taste
Place all ingredients in a jar. Shake.
Chop up some cilantro and sprinkle liberally on salad. Enjoy!

Roasted Salsa on the Grill *by Dani Lind*

1 onion, quartered
2 or 3 cloves of garlic, left whole
1 or two jalapeno peppers, left whole
4-5 tomatoes, left whole
1/2 a bunch of cilantro, chopped
juice of a lime or two
salt to taste
one ear roasted corn

On a hot grill, place onions, garlic, & jalapeno(s). After a minute or two (check for scorching - you want a bit of blackness, but not total charring), turn all of the above & add romas. After another minute, turn anything that's getting black & carefully turn the tomatoes. With a spatula, remove all ingredients to a heat-proof bowl & let them sit until cooled a bit. Stem & de-seed the jalapeno(s) (you might want to wear gloves) & throw it all in your food processor with the cilantro, lime juice, & salt. Pulse to desired consistency. Stir in corn if desired. Over the summer, make this often as it freezes super well.

THIS WEEK'S BOX *by Dani Lind*

Asian Green Mix – A small bag's worth, ideal for mixing in with any salad. These greens are small enough to be eaten raw. Store in their plastic bag and use up quick.

Cauliflower – Most likely the last of the cauliflower until the fall, (dang tough to grow cauli in the heat of the summer). Great in the recipe below. Store in plastic in the fridge for almost a week.

Cilantro – A small bunch, perfect for a batch of salsa.

Cucumbers – Store in your fridge's crisper drawer.

Garlic – more of that spanish style that as it cures, gets more pungent, aromatic and just plain better. It is cured enough to be stored on your counter like you would any ol head of garlic.

Jalapeno Peppers – the heat resides in the white ribs and seeds, so remove those if you're a lightweight. For a simple fresh salsa, mince them and garlic and add to chopped tomatoes, onions, and fresh lime juice. Serve with chips or grilled fish. Fine on the counter for a few days.

Mixed Carrots – these are your carrots on drugs! This is the first time we've grown the purply-yellow ones (known as 'deep purple')

and after tasting them, we are not sure we'll grown them again. Definitely not a carrot to be eaten by itself raw - But go well in the recipe below or grated into a salad. There's some regular orange guys mixed in the box as well.

Mixed Tomatoes – You will be getting an assortment of different tomatoes in a brown bag. As for the heirlooms: the purply ones are cherokee purple or black prince, the green and yellow stripeys are green zebra and the pale yellow fuzzy ones are garden peach. Never store tomatoes in the fridge for prolonged periods of time, as it will ruin their texture. Your tomatoes may be a bit on the green side - they will ripen nicely on your counter top.

Napa or Green Savoy Cabbage – this time of year - a head of cabbage like this is great shredded into salads (like the one in the recipe above). Store in the crisper drawer of your fridge.

Purple Beans – unfortunately turn green when cooked, but look stunning on a fresh veggie platter! Store in plastic and try to use up quickly, as the purple color tends to fade to green after a few days.

Sungold Tomatoes – the orange 'cherry' tomatoes in your box - they are the candy of tomatoes. If you're actually getting sick of them or have to get on a plane or something, you can freeze them whole in a ziplock.

Thyme – one of my favorite fresh herbs! To remove the leaves, grab the top with one hand & strip downward with your other hand's pinkie & pointer finger. Try it in the Honey & White Wine Braised Vegetables Recipe, above, or on pizza, eggs, beans, pasta, chicken... Or in Jamaican coconut rice: Rinse 1 part white rice, set aside. In a medium pan, saute some minced onions in oil, add a bunch of fresh thyme leaves, add the rinsed rice & some salt. Next mix 1 part canned coconut milk with 1 part water. Bring rice to a boil, reduce heat, & simmer lidded, stirring a couple times, until rice is cooked. Yum.

Sweet Corn – Well, another embarrassing crop at Driftless - only 2 or 3 ears of corn in your box and this has everything to do with half of the patch being underwater for part of that wet spell. The good news is that we have another very nice planting on the horizon. For your two ears, I would highly recommend the roasted salsa or Elizabeth's salad recipe above.

Yellow Onions – the classic yellow storage onion - great in just about anything.

Yellow Potatoes – still considered 'new' potatoes, these beauties are very tasty but also very perishable. I'd keep these guys in the fridge and use them up in hashbrowns, roasted on the grill (in tinfoil with olive oil), or cut into discs, parboiled (for 'bout 5 minutes) and then pan fried with onions, whole garlic cloves, the jalapenos and a banana pepper (papas a lo pobre).