



News FROM THE FIELDS of  
Driftless Organics!  
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# ONE POTATO TWO



*Happy first CSA BOX!!! Once again, I welcome you aboard the Driftless Organics CSA program. This newsletter is the first of many that you will be getting this season - and it is a great tool to help you learn a little bit about the farm, about how we grow your food and most importantly, about how to use the veggies inside your boxes.*

**L**et's hear it for another wacky spring! Completely opposite to last season, winter held on into the middle of April this time around. When spring finally did come, it was in the form of cold rainy days interspersed now and again with very beautiful, albeit short, sunny moments.

In spite of this rainy cold weather, we've really managed to stay on top of things so far - and I can't tell you how wonderful it feels to be off to such a great start. We love spring with all of the planting and seeding and positive attitudes and excitement about starting the cycle all over again. It's hard not to be remain positive, even with the challenging conditions that we've been facing.

One thing we've noticed out in the fields, and what you will notice in your boxes this week is that everything is just taking *longer* to grow. A lot of the vegetables that we normally are able to harvest this week just aren't ready to be picked. No worries though - those veggies are out there and we'll just have to find room in the following weeks' boxes to make up for this smaller-than-normal sized offering. And this kind of sums up one of the main concepts of the CSA model. Yes, we do share the bounties that we hope will come, but we also share the lean springs and everything else that mother nature hurls our way.

Being a CSA member is more than just about the eating - it is as much about learning as well! It is about learning where those veggies of yours come from, who actually grows them and how weather affects the whole process. You see - being a CSA member isn't just about getting a box of veggies every or every other week. It is about opening your minds (and mouths) to new foods,

## THIS WEEK'S BOX

Bok Choi  
Cilantro  
Garlic Chives  
Green Garlic  
Purple Potatoes  
Radishes  
Red Chili Dry Beans  
Spring Onions  
Spinach

new recipes and new ways to prepare foods that you may not think you like. I am not going to lie - a CSA box can be challenging for those (like me) who haven't spent a ton of time in the kitchen. All I can say is: the work is worth it and I do believe that we'll all be healthier come fall after a season of eating "from the box".

And finally, I have to once again thank you all for signing up this season. It is your dollars and your faith in us as farmers that has enabled us, and I mean all of us: Josh, Noah and I; but also our fabulous crew consisting of: Rachel, Patrick, Paul, Lilly, Marnie, Amanda, Nathaniel, James, Carrie, Sarah, Forest, RL, Liz, Chris and Susan to do what we love and that is grow great vegetables for folks like you.

And that's the news for the week. Remember, if you have any questions, comments, complaints or whatever, feel free to give me a jingle. I would love to help you out in anyway I can to make this 2013 CSA season an enjoyable and educational one for you. Here's to another year, may it be the best yet!

--Mike, your CSA go-to guy.



Here's Paul, cultivating the first round of broccoli... we're hoping we'll have some for week 3's box!

*Hi there CSA folks – My name's Dani Lind. For all you newbies, this is the part of the newsletter where we give you descriptions of each of the items in your box along with storage tips & cooking suggestions plus a couple recipes.*

*A quick note about the wet weather and how it will affect your produce: all the rain we've been having means that your produce, especially the fresh greens, are a bit waterlogged and won't keep quite as well as they normally would. Try to eat them up within a few days & store in plastic in the fridge with a dry paper towel to soak up any excess moisture.*

**Red Chili Beans** - Josh did some dry bean trials last year so here's a little sample of our "red chili" beans. Soak them for 8-12 hours in cold water, then drain & rinse. Cover with water & cook plain or try the recipe, below.

**Garlic Chives** – Look for the "grassy" looking bunch in your box. They have flavor along with mild garlic bite to anything you add it to, either cooked in or fresh as garnish. Try it stirred into eggs, biscuit dough or soups that are done cooking. Blend it into creamy salad

dressings or vinaigrettes. Make sure to chop it carefully with a very sharp knife for a fresh & pretty garnish for salads, grilled meats/vegetables, rice, couscous, potatoes, or pasta. Store in plastic with a bit of paper towel & use within a few days.

**Cilantro** – this tender young cilantro will add zing to any Latin American or Caribbean, Asian, or Middle Eastern dish. The stems are every bit as edible as the leaf – chop them up fine & use them along with the greens or save them for soup stocks or cooking with your dry beans like in the recipe below. Store in plastic with a paper towel in the fridge.

**Green Garlic** - Look for the green onion - looking stalks that **aren't bunched**. You should have 3 - 4 of them in your box. Use your green garlic like you would a green onion, but where you want more garlic flavor. I mince up the white part & use it as I would minced cloves of garlic – just use a bit more as it's milder. The stems & greens can be chopped up really fine & used in soups/stocks, beans, or simmered in sauces. Store in plastic in the fridge.

**Spring Onions** - a nice bunch – this is a perennial form of green onions/

scallions that we're really excited about. Use them as you would scallions – in salads, soups, dips, sauces, soups, eggs, etc. Store in plastic in the fridge.

**"Peter Wilcox" Potatoes** - this is a really unusual & beautiful waxy potato. Best steamed, boiled, or roasted. Top with butter, sour cream, & fresh garlic chives! Store in a dark, cool place & use within a week or two - these are last year's potatoes we saved in perfect storage condition all winter for this first box & once they're out of that storage they're going to want to sprout eyes & grow.

**Radishes** - Pretty radishes to eat raw on a relish tray or on salads or as relish & their spicy greens to add to salads or stir-fries or to wilt in soups, especially Asian inspired ones. Store in plastic in the fridge with a paper towel & use the greens within a couple days & the radishes within a week.

**Spinach** – enjoy fresh in salads or on sandwiches. Store in a plastic bag with a paper towel in it to soak up excess moisture.

## Beans with Fresh Herbs & Radish Relish

### Beans:

½ pound dry beans (like the Red Chili beans in your box), soaked overnight, rinsed, & drained  
1 Tbsp. oil  
1 green garlic stalk, minced  
1 spring onion, white part minced, green part reserved & chopped  
½ bunch cilantro, stems chopped, leaves reserved & chopped  
1 quart water or chicken/vegetable stock  
1 bunch radish greens, washed carefully & coarsely chopped  
Salt & pepper to taste

### Radish Relish:

1 bunch radishes bulbs  
2 spring onions, chopped  
Zest & juice of 1 lime  
Salt & pepper to taste

In a heavy bottomed medium saucepan with lid, heat oil. Add minced green garlic & white part of spring onion & sauté for a couple minutes until just starting to brown. Add cilantro stems, soaked & rinsed beans, & water/stock. Bring to a boil, reduce heat, cover, & simmer for 50-60 minutes, until beans are just tender, stirring occasionally. Meanwhile, trim & thinly slice radish bulbs & toss with chopped spring onion, lime juice/zest, & salt/pepper & let sit at room temperature while beans cook. When beans are tender, add radish greens & salt/pepper to taste & cook a few minutes more. Top with reserved spring onion greens & cilantro leaves & serve with rice or quinoa & radish relish. Serves 3-4

## Ever-Alterable Vinaigrette

You can make vinaigrettes easily low-tech by shaking them in a jar – just make sure to mince up your aromatics well first... But if you have one, I much prefer using my immersion blender in a wide-mouth pint jar (or the plastic jar the blender came with) to really emulsify the dressing & release the flavor of the aromatics (& then you only have to coarsely chop your aromatics & the blender will do the rest)... The cool thing about homemade vinaigrettes is that they're super easy, cheap, keep well, & fun to experiment with – with this basic rough formula, you can change your vinaigrette up with whatever fresh aromatics you have in your box throughout the season or whatever mood you're in. Latin American food? Try lime juice, sunflower oil, agave, spring onion & cilantro. Italian? Try balsamic, honey, olive oil, & rosemary. Asian? How about green garlic, rice vinegar, & a mix of sunflower & toasted sesame oil? It's Ever-Alterable!!

2 to 4 Tbsp. aromatics (green garlic, chives, spring onions, herbs, etc.)  
1/3 c. acid (vinegar [apple cider, balsamic, red/white wine, rice, etc.], lemon, &/or lime juice)  
2 to 3 tsp. sweetener (sugar, honey, maple syrup, agave, etc.)  
2 tsp. grainy mustard (optional but recommended)  
Salt & pepper to taste  
2/3 to 1 cup oil (Driftless Sunflower Oil, of course, but also olive, sesame, peanut, canola, etc.)

Combine all ingredients in a jar & shake, or combine all but oil in a jar for an immersion blender or a food processor & blend while slowly adding oil until emulsified. Store in fridge for up to a couple weeks.

# Welcome to the Driftless Organics CSA Program!

As we begin this 2013 season, we have nothing but high hopes for a season of plentiful, and great tasting fruits and vegetables that continue to satisfy you week after week. Whether you are a first time member or a seasoned CSA veteran, we want you to get the most out of your vegetable boxes. We hope that the following information will help you get the most out of your box:

## CSA Member Responsibilities:

Driftless Organics CSA members share in the bounty as well as risks of small scale vegetable farming. Due to weather and other uncontrollable factors, you may receive more or less veggies than expected.

If you can not finish the season as a member, for whatever reason, you may reassign your share to another household, but I'm sorry, we do not issue refunds for shares.

It is your responsibility to know when and where your share will be delivered and to pick it up within your site's open hours on delivery day. If you are unable to pickup your box, you are responsible to make alternate arrangements ahead of time – have someone else pickup your box for you, ask us not to make a box for you, or ask your site coordinator to hold your box for you for a later pickup. We will not issue credit or refunds for unclaimed or forgotten boxes.

With each box comes a printed newsletter. We'll also post this newsletter online on our webpage on the same day that we deliver your box. It's a really good idea to read your newsletter! Dani creates some amazing recipes and has tips on how to use the variety of veggies in your box.

Feel free to take your box with you, but please bring it back the next time you pick up a box. Better yet, bring some bags or boxes to transfer your produce into. Either way **PLEASE** take care in breaking down your box. It's kind of tricky, but we've provided pictures on the next page to guide you.

Our main method of communicating with you is email. To ensure that you receive our emails, please add [csainfo@driftlessorganics.com](mailto:csainfo@driftlessorganics.com) to your list of safe addresses in your SPAM filter.

## What Else?

One of our primary goals is to help you get the most out of your box. We've got the newsletter (which I've talked about), but did you know that we also have all of our past recipes online? That's right! Visit our website and follow the links to "Recipes & Storage Tips". Our website has over 200 useful recipes and oodles of cooking tips for lots of different veggies and herbs. Most of all, what I find helps the most when you are faced with a box of vegetables that you are unsure of what to do with is to **BE CREATIVE**. Don't let past preconceptions about certain vegetables hold you back. Try new things!

Throughout this entire CSA experience we hope you will remember that we are a part of a nationwide movement towards a more sustainable, healthy and just food system; one that exemplifies the things we care about, like treating the earth a little better and making our ecological footprint just a bit smaller. We, the farmers and you, the eaters, have joined forces to take steps towards positive change.

Something that we encourage throughout the entire season is feedback. Of course we LOVE to hear the good stuff and we sure appreciate the compliments, but we want to hear the not-so-good stuff as well. Please feel free to e-mail us with any questions or concerns, complaints or desires. Anything! We are open to it all and we are constantly striving to improve our farm and one of the best ways to find out how is by listening to our members! You can e-mail us at [csainfo@driftlessorganics.com](mailto:csainfo@driftlessorganics.com) or call the office at 608.624.3735.

# REUSING THOSE WAX BOXES

As you see, we deliver your veggies in wax boxes. We like to reuse the boxes as many times as we can for obvious reasons like recycling and keeping our expenses down. It is up to you to return your box without ripping it and this can be tricky as they are a bit difficult to break down for the novice wax box-breaker-downer. Here's a few helpful tips:



**STEP 1:** Turn your box upside down. Grip flap with fingers and squeeze together allowing flap to fold along its manufactured fold line. Here's the key: **SQUEEZE** the flap together, don't **PULL**. Squeeze=YES. Pull=NO. This is where the majority of the tears occur and when the box tears here, it is useless to us as it no longer is strong enough to hold your veggies.



**STEP 2:** Flip box and repeat step 1.



**STEP 3:** After both side flaps have been released, the two larger flaps should easily bend upwards until all four flaps are standing upright.



**STEP 4:** At this point, box should be loose and able to flatten easily. Like many things in life, **don't force it**. Gently break down box and flatten. Now you can stick it in the empty (larger) wax box provided at your site for empties.

**Thank you for helping us reuse these boxes... every little bit helps keep costs down.**