



News FROM THE FIELDS of
 Driftless Organics!
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ONE POTATO TWO

Here we are: week #2 of the CSA season! For all of you Every-Other-Week members, welcome to your first box. We're happy to have everyone aboard for what is already turning out to be a spectacular season. It has been a slow start to say the least but things are finally starting to dry out and with temps into the high 80s, I think we can safely say summer is here!

We can't wait to see what this heat does to the crops in the ground. The ground is certainly wet enough and with these long summer solstice days and hot temperatures I can imagine we'll see crops doubling in size overnight. I swear that first round of sweet corn has grown in inch since I started writing this...

Every year about this time, I feel like I need to give you all a pep talk or some fatherly advice or have some sort of discussion about being a CSA member. You see, eating from your CSA box takes a little getting used to. I know because my wife and I are members who get a box once a week too!

I remember one of the hardest things for us when we first started picking up a box was using everything up! I mean, we love to cook (well, OK, my wife Dani LOVES to cook and I just love to eat what she cooks), but forcing yourself to prepare a meal after a hard day's work can be challenging on some days.

I do think though that there are some certain things that you can do as an eater and food-preparer that will help you all season long.

1) BE OPEN: even though you don't *think* you like something... you just might never have had it cooked right! I remember not liking beets until trying Dani's amazing "Beet Salad with Walnuts and Spiced Sour Cream" dish. It was insanelly delicious and now I love beets!

2) Prep your Veg: a CSA member suggested this last season: upon receiving your box, take it home and lay everything out. Chop up lettuce and bag it up, maybe separate bunched items from their leaves and bag them up separately. Perhaps chop up carrots into sticks to take to work for a snack. Maybe even prepare dressing-less salads with lettuce, chopped up scallions and other accoutrements like nuts and seeds all in one container for easy access. The idea behind all of this is to make your veggies more accessible when you are in a hurry, busy, or just plain tired after a day of work.

3) Use the Newsletter (and website): I do think there are a lot of good tips in each newsletter and Dani tries really hard to come up with simple and easy to make recipes that are truly tasty. If one doesn't look good, check out our website - there are TONS of recipes under the "Recipes and Storage Tips" section of the site. A world of recipes await you at: www.driftlessorganics.com

I hope I'm not sounding too preachy here - I just want you all to really enjoy your boxes this season. Our goal,

THIS WEEK'S BOX

- Basil Plant
- Bok Choi
- Cilantro
- Green Garlic
- Green Kohlrabi
- French Fingerling Potatoes
- Rainbow Chard
- Red OR Green Leaf Lettuce
- Rosemary
- Salad Turnips
- Scallions

throughout the year, is not just to grow the very best produce that we can, but also to help you have the very best CSA experience ever.

--Mike, your CSA go-to guy



Here's Amanda and Carrie, harvesting your Bok Choi.

IMPORTANT REMINDER!!

We will be delivering CSA boxes on
 Wednesday, July 3rd instead of
 Thursday, July 4th.

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.

Basil Plant - You can plant it in your herb garden or simply leave in it's pot. Water often and pinch of leaves to ensure continued growth. Don't forget to name it your plant!

Bok Choi - You've gotta try this in the recipe below! Store in a plastic bag in your fridge.

Cilantro - Keeps best in plastic with a paper towel in the bottom in the fridge, but even so try to use it within a few days or it'll rot. If you're going out of town or something just chop it up & freeze it to pull out for emergencies. Use the leaf & upper parts of stem. Cilantro is such a versatile herb - equally at home in Mexican & Caribbean dishes as it is in Indian, Thai, or Chinese ones. An essential component of any salsa, fresh or cooked.

Green Garlic - is basically baby garlic. If left in the ground, these stems would mature into heads of garlic by August. No need to buy imported bulbs of garlic when green garlic is around - simply substitute chopped green garlic (the white & green parts are edible) for garlic cloves in recipes. Green garlic is a bit milder than cured cloves, so go ahead & double or triple amount called for in a recipe calling for cloves. Store in an open plastic bag in fridge & wash it well right before using as there may be some sand or soil hiding where leaf meets stem.

Green Kohlrabi - just one this time, but many more to come! Kohlrabi is one of those veggies that many people are intimidated by. Maybe because it looks like a flying saucer? Maybe because it's hard to classify: a cross between turnips and the cabbage family, the bulbous stem that's most commonly used is slightly sweet & a rich substitute for potatoes in cooked recipes. It's crunchy & delicious raw simply sliced, or grated onto salads or as coleslaw. Try it in the recipe below.

French Fingerling Potatoes - one of my favorite potato varieties, french fingerlings are so rich and creamy! The best way to cook: American fry style, tossed in Driftless sunflower oil and rosemary and baked at

400 degrees until golden brown. Turn after about 10-15 minutes. Store in paper in a cool spot or even in your fridge.

Rainbow Chard - Look for the bunch of leave with the brightly colored stems. These beautiful gems are full of nutrients & flavor! I like to cook the greens & stems as separate vegetables, personally, or at least saute the stems for a few minutes before adding the greens so they're not too crunchy. I also like these with butter. If you're not so crazy about the flavor all by themselves, try adding them at the end of soups or sauces instead.

Red or Green Leaf Lettuce - small heads this week, but they are getting bigger and bigger... Store in a plastic bag with a paper towel in it to soak up moisture.

Rosemary - Amazing with chicken or lamb, perfect with potatoes, especially mashed or roasted. Add it to salad dressings, biscuits, garlic bread, sauces, soups... Will store in plastic bag in refrigerator for a week or more.

Salad Turnips - don't mistake these for radishes! Your bunch will have mostly white turnips, but there may be a pink one thrown in for fun. They're both delicious and a great addition to salads of course! Remove tops (which can be used in stir fries like in the recipe to your left) and store both separately, in plastic.

Scallions - are somewhere between an onion & garlic with something subtle added in. Delicious raw shaved thinly onto salads or sandwiches or blended into dressings. Or saute with mushrooms & minced red peppers & toss into pasta with fresh basil.

Bok Choi & Chard Stir Fry with Cashews

- 3 scallions, whites chopped & greens separated & sliced
- 1 green garlic, whole thing minced
- 1" piece fresh ginger, minced
- 1 bok choy, stems 1/2# sliced, greens separated & coarsely chopped
- 1 bu. chard, stems 1/2# sliced, greens separated & coarsely chopped
- 1 Tbsp. oil
- 1 Tbsp. each tamari & rice wine/vinegar or white wine
- 2 tsp. sugar
- 1/2 tsp. Chinese 5 spice powder (optional)
- 1 tsp. toasted sesame oil (optional)
- 1/4 c. cashews
- 2 Tbsp. cilantro, chopped

Heat oil in large skillet or wok over medium/high heat. Add scallions, green garlic, & ginger & stir until fragrant (1 minute). Add bok choy & chard stems & stir until starting to brown (2-3 minutes). Add tamari, rice wine or vinegar, sugar, 5 spice, & toasted sesame oil & stir another minute. Add bok choy & chard greens & stir until wilted. Serve with rice or noodles & top with cashews & cilantro. Serves 4.

Roasted Kohlrabi & French Fingerling Potatoes with Rosemary

- 1 kohlrabi, bulb peeled & cut into wedges, greens reserved & coarsely chopped
- 1# fingerling potatoes, small ones left whole & large ones cut in half lengthwise
- 2 Tbsp. Driftless sunflower or olive oil
- Salt & pepper to taste
- 1 Tbsp. green garlic, minced
- 3 Tbsp. fresh rosemary leaves, coarsely chopped

Heat oven to 400 degrees with a baking pan in it to pre-heat. Toss kohlrabi bulb wedges & fingerling potatoes in oil with salt & pepper. Pour onto heated baking pan & roast for 25-35 minutes, stirring occasionally, until vegetables are just soft & starting to brown. Stir in green garlic & rosemary & roast another few minutes. Serves 4 as a side.

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 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 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.