



News FROM THE FIELDS of
Driftless Organics!
Volume 7 - Issue 4
July 3 - 6, 2013



ONE POTATO TWO

What a beautiful week on the farm! The weather couldn't be more perfect as our fields dry out and crops really start taking off. The flooding from two Saturdays ago is becoming a distant memory as we finish the cleanup and replant as much stuff as we think will mature in time. It has been dry now for enough days in a row for us to get back in the fields with the cultivating tractors, seeders and hoes, to weed, plant, replant and otherwise continue moving the farm onwards towards absolute greatness.

It is a big week on the farm because not only are we finishing the last of the transplanting for the year, but also seeding the majority of our fall storage crops like carrots, beets, etc. These are the crops that you will see in your last couple of boxes

DID YOU KNOW?

Did you know that over the course of a CSA season, we plant 7 rounds of broccoli? That's right - from the beginning of March until about now, we either seed in the greenhouse or out in the field, SEVEN or sometimes even eight different "plantings" of broccoli! We love the veggie so much (and hope you do too) that we want to ensure that you have a steady supply of it for most of the season. We are harvesting from planting number one right now and the plan is, by the time this planting starts to diminish, the next will be coming on strong. Go broccoli, go!

and then in the storage boxes in November & December (which are still available by the way).

It's kind of hard to believe that we planting these veggies already, as it just sort of feels like the season is finally *beginning*. That's the way it goes I guess, it's just one long continuous, glorious and altogether amazing cycle of planting, weeding, watering, harvesting, washing packing delivering and most importantly of all, EATING!!

We've only got a week or two left of the lettuce and salad type greens. They are really hard to grow in the heat of high summer so we take a break from them until fall. Looking ahead, it is looking like we're about to have an explosion of cauliflower, broccoli and cabbage, followed soon enough by our first round of sweet corn and hopefully, before too long, some tomatoes and peppers. All of these crops look great, just a little behind schedule is all.

With weather like this, it won't be long

THIS WEEK'S BOX

- Broccoli
- Cucumbers
- Curly Parsley
- Garlic Scapes
- Green Zucchini
- Napa Cabbage
- Red Kale
- Red Lettuce
- Salad Turnips
- Scallions
- Strawberries
- Yellow Summer Squash

before things catch up and before we know it, we'll be swimming in all of the bounty of summer in the Midwest. I don't know about you, but I can't wait.

Take care everyone and Happy Independence Day!

--Mike



Party time in the field: from left to right (foreground): Amanda, Sarah and Shawn harvesting parsley for your box. In the background: Marlene, Liz and Ximena harvesting kale!

Grilled Kale, Salad Turnips & Scallions

½ cup oil (Driftless sunflower, sesame, safflower, or peanut)

Juice & zest of 1 lime

1 Tbsp. toasted sesame oil (optional)

1 Tbsp. rice or white wine vinegar

1 Tbsp. sugar/honey

1 Tbsp. soy sauce/tamari

1-3 tsp. hot sauce (optional)

1 garlic scape, finely minced

1 bunch kale, leaves whole with stems

1 bunch salad turnips with greens, cut in half lengthwise through turnip & greens

1 bunch scallions, roots & tops trimmed

Get your grill going – you’ll want it pretty hot. Whisk together oil through garlic scapes in a large bowl. Make sure veggies are dry & toss in oil mixture until well coated (you kinda got to get in there & get dirty with your hands). Lay vegetables in single layer on hot grill (in batches if necessary) & flip after a minute or two – you’re looking to get them just wilted but a bit charred on the edges. Stack up on a plate & repeat until done & serve as is or chop them up a bit first. Serves 4-6 as a side dish.

Mediterranean Grilled Broccoli, Napa Cabbage & Zucchini

¾ c. oil (Driftless sunflower or olive)

Juice & zest of 1 lemon

1 Tbsp. balsamic vinegar

2 Tbsp. fresh or 2 tsp. dry Mediterranean herbs (like rosemary, oregano, thyme, etc.)

1 garlic scape, finely minced

Salt & pepper to taste

2 heads broccoli, carefully cut lengthwise through stem & florets into ¼” slabs

1 head napa cabbage, outer leaves removed, cut lengthwise through core in half & then each half lengthwise into quarters

2 zucchini (or summer squash) cut lengthwise into ¼” slabs

2 lemons, cut in half

¼ c. parsley, coarsely chopped (for garnish)

Heat grill. Whisk together oil through salt/pepper in a large bowl. Make sure veggies are dry & toss in oil mixture until well coated. Rub cut side of lemon in oil mix. Grill in a single layer about 2 minutes on each side, until just starting to char a bit. Grill lemons cut side down. Serve on a large platter topped with parsley & grilled lemons to squeeze over veggies while serving. Serves 4-6 as a side.

THIS WEEK'S BOX

Broccoli - the broccoli is finally coming on! Great in so many things, including the recipe above. Store in plastic in your fridge.

Cucumbers - these are coming from our hoop house and from the field now as well. They are wonderfully tasty on salads or sliced and used with dips. Store in the crisper drawer of your fridge.

Curly Parsley - store in plastic in your fridge. Great addition to salads, eggs, potato salad, pasta salad, etc.

Garlic Scapes - are the gorgeously swirled flowering stem of hard-neck garlic. Scapes can be used as a substitute for garlic cloves, fresh

or cooked, or cooked as a vegetable in their own right. Their flavor is slightly milder than garlic; their a & shape are similar to asparagus when cooked. Store them in plastic in fridge for a week or two.

Indian Yellow Cucumbers - a new variety for us, also grown in our hoop house. The skins are a bit more tough and the meat a little “crunchier”, but still a delicious additions to salads or just eaten raw. Only one of these in your box.

Napa Cabbage - look for the big head of white and light green cabbage with the red rubber band. Napa is such a wonderfully light cabbage - and great in Asian stir fries or try in coleslaw - it’s awesome. Store in plastic in your fridge.

Red Kale - Haven’t tried red kale yet? Wonderful steamed with lemon juice, olive oil, salt and pepper. Or in the recipe above.

Salad Turnips - There will be both WHITE and PINK turnips rolling around the bottom of your box this week. They are without tops this week - still a wonderful salad addition. Store in plastic bag in the fridge.

Scallions - Delicious raw or cooked (cook the white parts first & the green parts at the end or as garnish). They go great in stir fries, salads or anywhere else you would be using an onion. Try grilling them! Store in plastic in the fridge & use up within a week.

Strawberries - So easy to freeze! Cut off tops, cut in half, place on cookie sheet, freeze, transfer to freezer bags. Done!