



News FROM THE FIELDS of
 Driftless Organics!
 Volume 7 - Issue 6
 July 18 - 20, 2013

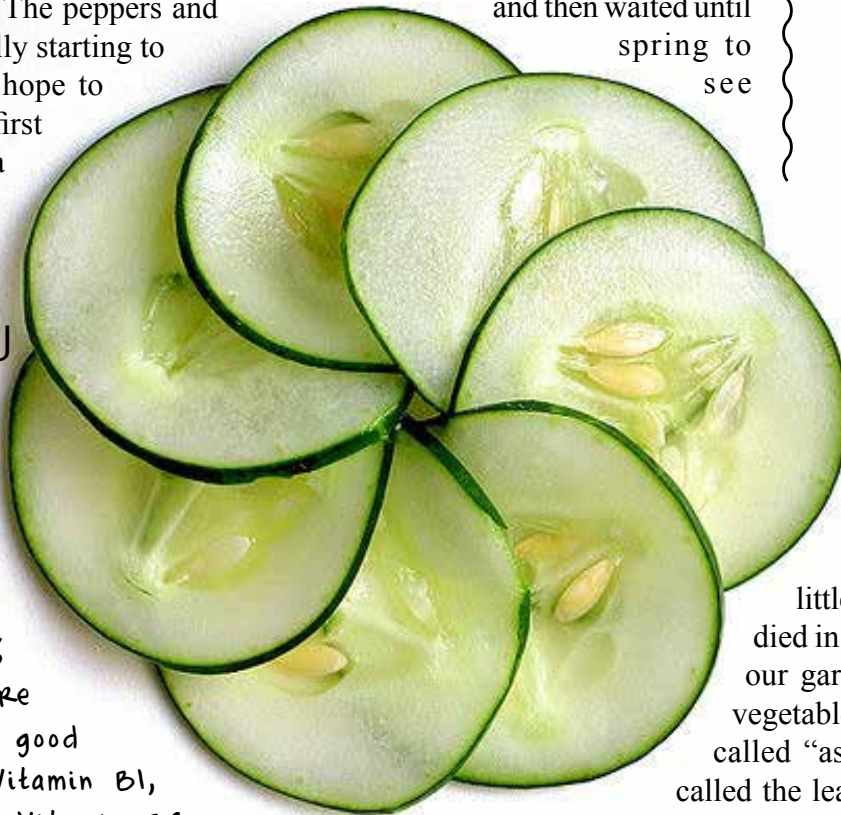


ONE POTATO TWO

It has been a hot and muggy one this week and we're all trying to keep our cool and ride out this mini heat wave. We're starting early, when the air is cooler and that burning ball known as the sun is just starting to pop up over the horizon.

Most of the crops are just loving this heat though! The peppers and tomatoes are finally starting to take off and we hope to start picking the first round of banana peppers in the next week or so.

Garlic harvest begins this week, which will mark the end of an 8 month journey that started at the beginning of LAST November! It was then that we planted those garlic cloves into some freshly prepared and very cold ground. We mulched the field with straw before the snow and freezing temperatures hit and then waited until spring to see



DID YOU KNOW?

Did you know that even though cucumbers are 95% water, they are loaded with good things like Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc?! They're also great for eliminating bad breath, helping with wrinkles (around the eyes), relieving stress (it's true!), preventing hangovers and even shining your shoes. Cucumbers originated in India nearly 3,000 years ago and were used by European trappers and fur traders to thwart off starvation. We love the almighty cucumber!

THIS WEEK'S BOX

- Basil
- Broccoli
- Cauliflower
- Cucumbers
- Fennel
- Fresh Garlic
- Green Zucchini
- Romaine Lettuce or
- Sweetheart Cabbage
- Salad Mix
- Scallions
- Snap Peas
- Snow Peas
- Yellow Summer Squash

those wee garlic shoots pop up out of the ground. And pop they did this April. So, as we start pulling them out this week, we were happy with the sizes of a lot of the bulbs (which you'll see in your box this week), but a little disappointed at how many plants died in that 8 month period. It seems that our garlic crop, like most of the area's vegetable farmers', was hit by a disease called "aster yellow". Spread by a bug called the leafhopper, this disease has caused some major damage to garlic crops in Wisconsin, Iowa and Minnesota.

As I say though, the garlic that *did* survive looks great and we have slated it all to our beloved CSA members in hopes that we can make it stretch for most of the season. There may be a week or two here and there that you don't get garlic in your box and we're sorry about that.

And, hopefully we can start getting some answers about what to do about that nasty leafhopper so that we can, either by varietal selection or changing up our growing methods, have a better crop next season! Stay COOL everyone!!

-- Mike

Basil - ah, fresh basil IS summer, & it's not just for pesto. Put whole leaves on sandwiches, salads, pizzas or make a stack of leaves, roll them into a cigar & slice into very thin ribbons = "chiffonade" to use as a tasty & beautiful garnish for just about anything. Muddle a few leaves for iced tea or lemonade or cocktails.

If you have a juicer, try cucumber-lime-fennel-basil.

Baby Bok Choi - great for stir fry, steaming, or blanching for an asian noodle salad like the recipe below.

Broccoli - don't forget to eat the stems! Simply peel them & throw them in with the florets or shred them on salads or slaws or sliced with dip. Store in plastic in the fridge.

Romaine Lettuce OR Sweetheart Cabbage - either one can be used in salad. Grilled romaine salads are all the rage these days - just slice the head in half lengthwise through the stem, brush with oil, & grill cut side down for about 2 minutes. Let cool & drizzle on dressing of choice (Cesar!). Sweetheart cabbage is a deliciously sweet teardrop shaped cabbage that we love in

slaws & on fish tacos. Both should be stored in plastic in the crisper drawer of your fridge.

Cauliflower - another fun one to grill - slice it into 1/2" slabs lengthwise through the stem (you'll be left with some leftover florets that fall off - perfect for the Asian Peanut Noodle Salad below or a stir fry), brush on oil & sprinkle with salt & pepper, & grill for 2-3 minutes per side. Drizzle with lemon juice & Parmesan to serve. Store in plastic in the fridge

Swiss Chard - leaves can be cooked like you would spinach, stems should be cooked a little longer. Store in plastic in the fridge. A good one to juice, or you can even sneak it into a smoothie if you've got a good blender.

Cucumbers - Cucumbers are just the best in this heat! Sliced onto sandwiches or salads or in dip, juiced, chopped into salsa, or even cooked in stir-fry (I know, weird, but really quite good!). Or try it in one of the quick refrigerator pickle recipes on our website. Store on the counter for a day or two or in the fridge in your crisper drawer for longer.

Fennel - a deliciously versatile vegetable, all of which is edible. I love it raw on salads or with dip or in slaw, or cooked as you would celery in stir fries, pasta, or soup - it makes a lovely simple soup with potatoes or in minestrone. Try the stems & leaves in the cucumber fennel relish recipe, below. Store in plastic in the fridge.

Fresh Garlic - the first of the fresh garlic - the skins come off so easily from fresh garlic that you'll get spoiled. Keep on the counter for up to a week (it's not cured yet so it won't keep long) or in the fridge longer.

Snap Peas - eat like candy or chop up on salads or just barely blanch them for salad or stir-fry them. Keep in plastic in the fridge.

Salad Mix - a nice mix for salads, sandwiches, or taco/burritos. Keep in fridge & use within a few days.

Scallions - the last of them - and then onto real onions... FINALLY!

Zucchini & Yellow Summer Squash - for stir-fries, eggs, pasta, pizza, nachos, or grilling. Or zucchini bread or cake. Keep in the fridge's crisper drawer for 7-10 days.

Asian Peanut Noodle Salad

- 1 lb. flat rice noodles (or fettucini noodles)
- 1/3 c. chunky peanut butter
- 1/2 c. coconut milk
- 1/4 c. chopped tomato
- 3 Tbsp. fish sauce or tamari
- 2 minced whole scallions
- 1 Tbsp. minced fresh garlic
- 1 Tbsp. minced fresh ginger
- 1 minced jalapeno pepper OR 1-3 tsp. hot sauce, to taste
- 1 Tbsp. sugar/honey
- Juice & zest from 1 lime
- 4-6 cups vegetables cut into bite sized pieces, blanched appropriately & ice bath cooled*
- 1/4 c. basil chiffonade &/or chopped cilantro (garnish)
- 3 Tbsp. chopped peanuts (garnish)

Boil noodles according to package's directions, run under cold water & drain. Bring a large pot of salted water to a boil. Combine sauce ingredients peanut butter through lime in a heavy bottomed sauce pan & slowly bring to a simmer uncovered, stirring frequently. Simmer for about 5 minutes & remove from heat. Meanwhile, blanch vegetables of choice in separate batches with like vegetables until au dente & immediately cool in an ice water bath (broccoli, cauliflower, & fennel bulb/stems - 2-3 minutes; bok choy stems, chard stems, summer squash, & peas - 1-2 minutes; bok choy or chard leaves - 30 seconds). Drain vegetables & toss with noodles & slightly cooled peanut sauce. Garnish with herbs & peanuts & serve warm or at room temperature. Serves 4-5.

Cucumber, Fennel & Green Olive Relish

- 2 cups cucumbers, seeded (& peeled if you wish) & cut into small dice (1/4" or less)
 - 1/2 cup fennel stems, peeled & cut into small dice
 - 1/3 c. green olives, coarsely chopped
 - 1/4 c. green onions, coarsely chopped
 - 1/4 c. fennel leaves, chopped
 - 2 Tbsp. basil chiffonade
 - juice & zest of 1 lemon
 - 1 tsp. honey
 - salt & pepper to taste
 - 1 tsp. olive or sunflower oil
- Combine lemon juice/zest, honey, salt & pepper in a medium bowl & whisk until honey & salt are dissolved. Add oil while whisking. Toss in remaining ingredients & serve or refrigerate. Serve with grilled chicken, crackers, or combine with salad greens, chickpeas, & feta cheese for a main course salad.