



News FROM THE FIELDS of
 Driftless Organics!
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ONE POTATO TWO

A CSA member asked me the other day: "Hey Mike, how are the cows doing?" And I replied "they're doing great!", and then I got to wondering, maybe many of you CSA members don't know about my side business? Well, about 6 or so years ago I decided, in what must have been some sort of heat-induced delirium, that being a full time veggie farmer just wasn't

enough work and that I wanted to be a cowboy as well. So a friend of mine (John Danforth's his name) and I started a very small-business called Big River Beef. John

keeps the momma cows and the little calves at his farm and every spring, we bring anywhere from 5 - 12 steers (the dude-cows) over to my wife's and my 80 acre farm (which is separated from the veggie farm by about 5 miles and is too hilly for vegetable production). We raise this organic, grass fed AND grass finished beef for friends, family, restaurants and mostly, for Driftless Organics CSA members like you.

I absolutely love raising these cattle! I enjoy working with them and seeing my pastures become healthier and more lush with each passing year. You see, I rotate the cattle through the pastures on small 2 - 3 acre "paddocks" so that they're only in one single area for a few

days each month. This helps to keep the animals from overgrazing the land and ultimately protects the soil, the plants, the watershed that our land is a part of and I swear, it helps put pounds on those animals FAST (they're constantly eating fresh grass after all).

We raise these steers all spring and summer long, and then when the grass starts to wane and the temperatures plummet, they are ready for slaughter.

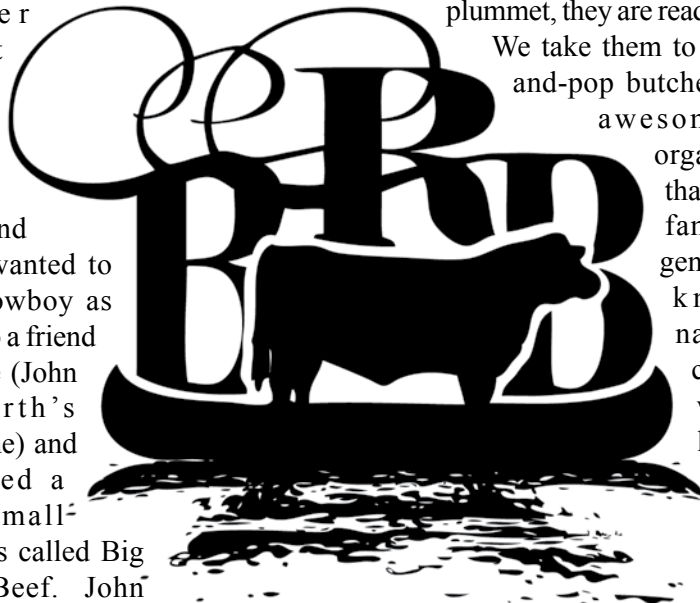
We take them to a small mom-and-pop butcher who run an awesome certified organic operation that's been in the family for three generations! They know us by name and they care about their work - just like us. Once the meat is ready to go, we deliver it straight

from the butcher to our CSA members (this is in November and December).

I firmly believe that our kind of beef - beef that comes from animals raised on grass and no grain is so much better for you. It's lean, organic and it tastes amazing! OK - so now I'm starting to sound like a commercial (sorry about that). If you want to learn more about my beef operation, feel free to visit my website at: www.bigriverbeef.com. Oh, and there's still time to order some beef for this fall's delivery!

--Mike

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THIS WEEK'S BOX

- Carrots with Tops
- Celery
- Dragon Tongue Beans
- Eggplant
- Green Beans
- Green Zucchini
- Lacinato or Red Curly Kale
- Lettuce or Red Cabbage
- New Red Potatoes
- Sweetheart Cabbage
- Sweet Corn
- Sweet Onions
- Yellow Summer Squash

DID YOU KNOW?

Did you know that you can grill your sweetheart cabbage? It's totally delicious! Just cut up your cabbage head into 4-6 "hunks". Skewer each hunk with grill safe skewers. Drizzle with olive oil (or better yet, our sunflower oil) and place on the grill. Cook until edges are blackened and crispy. Try to carefully turn them so you get all sides cooked. If you're really adventurous, you can make the cabbage hunks part of a larger shish kebob with your sweet onion, zucchini, summer squash and eggplant.

Bunching Leeks - mild, tender baby leeks. Use as you would full sized leeks or green onions. Make sure you wash them super well, as grit likes to hide in their many layers, especially around the area where white meets green.

Carrots with Tops - Remove tops from carrots before storing in plastic in the fridge, where they'll keep for weeks.

Celery - local celery is a lot more pungent, green, & less tender than the California celery we're all used to. So use a bit less of it, & chop it into smaller pieces than you normally would. The fresh green leaves are delicious in salads (green, potato, egg, tuna, chicken, etc.) & sandwiches or used as garnish on top of grilled meats, fish, or vegetables. Store in plastic in the fridge & use up within a week.

Dragon Tongue Beans - look for the 11lb bag of crazy yellow and purple striped beans that are wider and flat than normal beans. These beans are a deliciously beautiful heirloom Roma-type stringless bean that's nice raw & wonderful cooked, either sautéed or steamed & drizzled with lemon & sunflower oil or butter. Unfortunately,

they lose their cool stripey pattern when you cook them. Keep in plastic & use up in less than a week.

Eggplant - lots of folks say they don't like eggplant but I find that roasting or grilling it can change most minds! Roast it whole (prick with a fork a few times to keep it from exploding) then peel to make into baba ghanoush. Or slice raw into 1/4" slices, brush with oil & sprinkle with salt & pepper & grill until soft & starting to brown. Serve with other grilled/roasted vegetables, on veggie burgers, or on pita bread with lamb kebabs & minty yogurt.

Lacinato or Red Kale - Keep your kale in plastic in the fridge & slice into thin ribbons to add raw to salads & slaws or steam, sauté, or simmer in soups, sauces, or curries. I know kale can be a hard one to fully master (and enjoy). My secret: bacon. Fry up some bacon with onions, drain some (not all) of the fat and throw in the coarsely chopped kale for a minute or two until wilted. Simply awesome.

Green Beans - crunchy & sweet, enjoy them raw or crisp-blanch, steamed, sautéed, stir-fried or roasted. Store in plastic in the fridge & use up within a week.

New Red Potatoes - Hurray! Real new potatoes!! These are as fresh as they can get. Store in a cool dark place.

Sweetheart Cabbage - our favorite cabbage ever, this heirloom cone-head not only looks cool but tastes super sweet & is somehow crunchy yet tender when eaten raw. Terrific mixed with salad greens or in coleslaw or as a topping for tacos.

Sweet Onions - we've been on a mission to not eat any non-local onions through the year & let me tell you these fresh sweet onions are a real joy to cut & cook with after a spring of old sprouted onions & early summer scallions - they're big & juicy & ready to go without any cleaning necessary.

Dijon New Potato & Green Bean Salad

4 eggs
 1/2 lb. green beans (around 3 c.), snapped, large ones cut in half
 2 lb. new potatoes (around 6 medium-large potatoes), whole with peels
 1/2 c. thinly sliced sweet onions
 2 Tbsp. Dijon mustard
 2 tsp. honey
 2 tsp. sherry or white wine vinegar
 1 tsp. dried tarragon (or 1 Tbsp. fresh)
 Salt & pepper to taste
 3 Tbsp. Driftless sunflower oil
 1/3 c. finely sliced onion greens
 1/3 c. chopped celery

Hard boil eggs & let cool. Bring salted water to boil in a medium sauce pan. Add green beans & blanch for about 2 minutes. Using a slotted spoon, remove them & immediately plunge into a bowl of ice water to cool. Drain. Add new potatoes & boil until just tender, 15-20 minutes. Drain & fill with cold water to cool. Meanwhile, in a medium serving bowl, whisk together mustard, honey, vinegar, tarragon, salt & pepper. Continue whisking while adding oil. Slice potatoes & eggs. Gently toss green beans & onions into dressing, then fold in potatoes, eggs, onion greens and celery. Serve with parsley.

Summer Vegetable Saute with Balsamic Dates

6 cups mixed vegetables (like carrots, beans, & summer squash) cut into thin matchsticks*
 2 Tbsp. sunflower or olive oil
 1/4 cup minced onion
 Salt & pepper to taste
 2 Tbsp. white wine, stock, or water
 1/4 c. Chopped pitted dates
 1/4 c. Balsamic vinegar
 2 Tbsp. water

In a large sauté pan, heat oil over med-high heat. Add onions & sauté until softened, a minute or two. Add the carrots & sauté for a couple minutes, until starting to soften. Add beans & zucchini/summer squash & sauté for another few minutes. Add salt/pepper, wine or stock/water & continue to cook until liquid has evaporated & the vegetables are just starting to brown a bit but aren't mushy. Remove vegetables from pan to a platter & return pan to heat with the dates, vinegar, & remaining water. Bring date mixture to a boil, stirring frequently, until bubbly & starting to thicken. Pour over vegetables & serve with couscous, brown rice, or grilled fish, pork, or chicken. Serves 4.

* to cut vegetables into matchsticks, carefully cut carrots & summer squashes into long thin slices (a mandolin sure is handy for this) then make a stack of the slices & cut them very carefully into long thin matchsticks with a sharp Chef's knife. Cut green beans in half lengthwise, & make a stack of dragon tongue beans & cut into matchsticks on a steep bias.

Did you know that we've got like a zillion recipes on our website? Check it out: www.driftlessorganics.com/recipes