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Hello! 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.

What a spring it has been! Even though we got a late start (didn't it feel like winter would never end?), the last couple of weeks have made up for it with one sun-filled bluebird day after another after another, followed by just the right amount of rain. This is about all we could ask for and we are happy farmers going into our EIGHTH season growing vegetables for awesome people like you.

And we hope you are as excited for your first box of CSA vegetables as we are about growing them. We're doing it! This amazing thing called "CSA"; we're all making it happen - you, me, that earthworm over there doing his thing in the rich organic soil he calls home. We're

growing and eating good, healthy food and supporting local economies at the same time. This is so awesome!!

Now don't forget, you've got some work ahead of yourself this season. Being a CSA member ain't easy. Seasonal eating is pretty great (and rewarding), but it sort of takes some determination on all of our parts. But never fear, we will help you along the way with this newsletter (check out the next page written by professional caterer, Dani Lind!), our website (hundreds of easy recipes and cooking tips!), our Facebook page, (are you a friend yet?) and don't forget, we'll answer any questions you may have via email or phone (see below).

Here's to another season of growing great food and getting healthy. May it be the best yet!

--Mike, your CSA go-to guy

THIS WEEK'S BOX

Arugula
Bok Choi
Garlic Chives
Green Garlic
Purple Potatoes
Radishes
Rhubarb
Spring Onions
Spinach

GETTING THE KIDS TO EAT THEIR VEGGIES.

Regular potatoes are kind of boring, but what about purple potatoes?! Kids dig the outrageous purple color of our "purple majesty" potatoes in your box this week, and they're great mashed with butter, salt & pepper (the potatoes, not the kids). Try substituting greek yogurt for the sour cream or buttermilk instead of cream to cut down on the fat. Maybe sprinkle a few chopped garlic chives on top and call it confetti?

DID YOU KNOW?

Did you know that bok choy has been a staple in Asian cooking for more than 5,000 years? It is SUPER DUPER healthy with loads of Vitamin C & A, iron, calcium & beta carotene. Here are some other things you should know:

1. Bok choy is the leafy green in your box that has white stalks and round green leaves. It may come bunched (2 to a bunch) and will have a red rubberband around it.
2. Bok choy might look a lot like celery, but it's a member of the cabbage family.
3. Bok choy, known for its mild flavor, is good for stir-fries, braising, and soups. You can also eat it raw (the stalks can be eaten like celery, and the leaves can be chopped up and put in a salad).
4. The leaves and the stalks can both be cooked, but they should be separated before washing to ensure that both parts are cooked (the stalks cooked for longer and the leaves put in right at the last minute).
5. Don't wash bok choy until you're ready to use it. Unused parts can stay fresh in the refrigerator for up to 6 days.

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.

Arugula - Look for the bag of lighter colored leaves in your box. As part of the mustard family, it packs a peppery punch that can be a bit intense on it's own for many people, while others can't get enough of it. Chop it up & add it fresh to salads, tacos, or pizzas (after baking), put it on sandwiches (they make the best panini sandwich with prosciutto & mozzarella, or added to a BLT or fried egg sandwich), wilt it in scrambled eggs, or add it at the very end of stir-fries, sautes, soups, or sauces. It makes a super zippy pesto! Arugula doesn't keep well, so keep it in a plastic bag in fridge & gobble it up within a couple of days.

Bok Choi - a tasty & nutritious member of the cabbage family that adds both crunchy sweetness (stems) & spicy green-ness (leaves) to stir fries or Asian style soups. Store in the fridge in plastic & use up within a week or so.

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.

Green Garlic - Look for the green onion - looking stalks with **flat leaves that are NOT 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.

Purple Potatoes - These are so pretty! Purple vegetables like these potatoes have a particular substance known as anthocyanins. These powerful antioxidants soak up renegade cells called free radicals, which reduces the risk of cardiovascular disease, stroke and cancer. And they taste great too. Try them as mashed potatoes, hash browns or wrapped in tinfoil and put on the grill. Try to use up quick, as they will begin to sprout soon.

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.

Rhubarb - just a few stalks that will chop down to about a cup and a half of rhubarb for the recipe below! Store in a plastic bag in your fridge for 1 week-10 days.

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

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.

SAVORY STRAWBERRY RHUBARB COMPOSITE

1 ½ c. strawberries, sliced
 1 ½ c. rhubarb, diced
 1 stalk green garlic, white bottom & green stem up to leaves, minced
 2 green onions, white & green parts, chopped
 1 Tbsp. olive or Driftless sunflower oil
 2 Tbsp. balsamic vinegar
 2 to 3 Tbsp. honey, to taste
 2 tsp. chopped fresh rosemary or thyme
 Salt & black pepper taste

In a heavy bottomed sauce pan, heat oil over medium & gently sauté green garlic & green onions a couple minutes until fragrant & just starting to brown. Add remaining ingredients & bring to a simmer, stirring frequently. Cook over medium/low heat until thickened, about 15 minutes. Taste & adjust seasoning as desired. Will keep in the fridge for a week, or freezes well. Serve with grilled chicken, pork, or tofu or with soft cheeses like brie, blue, or chevre.

WARM POTATO SALAD WITH ARUGULA & GARLIC CHIVES

1 1/2 pounds purple potatoes, scrubbed (about half what's in your bag)
 3 tablespoons Driftless Organics Sunflower Oil (or olive oil) (plus some more for coating the veggies you are going to roast)
 Salt and freshly ground pepper
 1 bunch radishes (optional)
 1 1/2 tablespoons grainy mustard
 1 1/2 tablespoons sherry (or apple cider) vinegar
 3-4 spring onions, thinly sliced
 2 ounces arugula (about half of what's in your bag)
 1/2 bunch garlic chives, thinly chopped

Preheat the oven to 425°. Cut the potatoes into 1/2-inch wedges. If you decide to use radishes, cut these up into 1/4" coins. Scatter the potato wedges (and radishes) on 2 large rimmed baking sheets, drizzle with sunflower/olive oil and toss until coated. Season with salt and pepper and roast for about 25 minutes, until browned and crisp.

In a small bowl, whisk the remaining 3 tablespoons of olive oil with the mustard and vinegar and season with salt and pepper. In a large bowl, toss the potatoes with the onions, garlic chives and arugula. Top with the dressing, toss again and serve right away.

WELCOME TO THE DRIFTLESS ORGANICS CSA PROGRAM!

As we begin this 2014 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.