



one POTATO TWO

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Hello! We're entering week #2 of the CSA season, which for some of you is your very first box pick up. Welcome aboard to the 2014 CSA season!

It has been another fantastic week on the farm rounding out an almost perfect spring. What with the wonderful weather, healthy looking plants, no serious tractor breakdowns, the most amazing crew ever and the best CSA members a farmer could ask for, I keep pinching myself to make sure I'm not dreaming.

As spring comes to a close, we start to hit our stride here on the farm. About 60% of all that we plant is in the ground and growing. The biggest task now is to keep it all weed free. This is a huge task! But through mechanical cultivation and a whole heck of a

lot of hand labor, we strive to keep our fields clean, giving our precious plants the space they need to grow strong and stay healthy. Well I guess that sounds like a good recipe for life, no?

Give yourself space to grow, remove unwanted hindrances, get strong, stay healthy. Now, let's get to work!

--Mike



THIS WEEK'S BOX

Basil Plant
Bok Choi
Green Garlic
Oregano
Purple &
Yellow Potato Mix
Radishes
Red Butterhead Lettuce
Purple Scallions
Spinach
Strawberries!
White Salad Turnips

GETTING THE KIDS TO EAT

SPINACH!

Saying "But, Popeye eats it!" not working anymore? Well what about an "Alien Smoothie"? Hear me out: a **Strawberry Spinach Smoothie**. They're delicious and bright green and healthy to boot! Here are the details:

1/2 cup milk
1/4 cup plain yogurt
2 cups spinach
1/2 cup fresh strawberries
1 frozen banana, broken into chunks
1/2 T. honey
1/4 t. vanilla extract
1/2 cup of ice

Place all of the ingredients in the blender.
Blend until smooth.
Serve in two glasses immediately.

DID YOU KNOW?

Did you know that in India, Basil was considered a sacred herb used to ward off evil? A good Hindu goes to rest with a leaf on his breast as a passport to Paradise. In Italy it is a token of love and in Romania if a girl gives a sprig to her boyfriend, it means that she wants them to get married. We love basil so much that we wanted to spread that love to you all by giving you your very own basil plant! This doesn't mean that we won't be also giving your basil in your CSA boxes throughout the year, just that we wanted you to share in the joy of growing your own. Here are some handy tips to get the most out of your basil plant:

1. You can either keep your basil in it's pot or transplant it into the ground or some sort of larger container (highly recommended). If you do transplant it, do so very carefully and try not to disturb the roots too much. Water a bunch once transplanted.
2. Water often!
3. If you plan on keeping your basil indoors, make sure it gets plenty of sunlight.
4. To harvest: pinch off leaves near where the stems branch out. This will encourage your plant to become bushier. If you keep doing this, you should be able to pick from your basil plant for a number of months.
5. If your basil plant begins to flower, remove them immediately!
6. Harvest basil right before you need it - the fresher, the better.
7. Add basil to pasta and pizza right before serving. YUM!

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. 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.

Basil Plant - see first page for instructions on how to take care of your basil plant.

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.

Green Garlic - Look for the green onion - looking stalks with **flat leaves** that **are NOT bunched**. You should have 2-3 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.

Oregano - An aromatic herb that has all sorts of uses: in pasta sauces, with chicken, on pizza, lamb, in the vinaigrette recipe below and lots more. It actually is less strong fresh than dry so adjust accordingly in recipes calling for dried.

Purple & Yellow Potato Mix - These are the last of the potatoes until our first crop of new potatoes come in a couple of months. This time of year, we enjoy potatoes best on the grill. We just slice them up, coat with sunflower oil, salt, pepper and maybe add some chopped green garlic, scallions, and oregano. Mix it all together in a bowl and then wrap up the mixture in tin foil. Grill for half an hour or so. 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.

Red Butterhead Lettuce - My favorite lettuce of all time! Store in a plastic bag with a paper towel in it to soak up excess moisture.

Scallions - Look for the green onions with purple or white bottoms. Use them in salads, soups, dips, sauces, soups, eggs, etc. Or try throwing the whole bunch on the grill for a few minutes. They are awesome this way! Make sure you coat them with oil before you grill them. Store in plastic in the fridge.

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

Strawberries - Some of your berries are going to be pretty darn ripe and juicy from the rains. Eat em all up right away!

White Salad Turnips - Look for the bunch of round white balls with green tops. They look a lot like, and sort of taste like, radishes but have a much milder taste and smoother texture. They add crunchy sweetness to salads or relish trays. Or you can cook them as you would any other storage root vegetable – stir-fried, roasted, steamed, etc. And you can eat the greens! Treat them like you would any other cooking green (try them in the recipe below). Store greens and turnips separately in plastic in the fridge.

RADISH & TURNIP SALAD WITH OREGANO VINAIGRETTE

For salad:

- 1 head of chopped butterhead lettuce
- 4 salad turnips, sliced
- 4 medium radishes, sliced
- 2 purple scallions, chopped
- 4 hardboiled eggs, sliced (optional)

For vinaigrette:

- 1 tablespoon white wine vinegar
- 1 1/2 teaspoon dijon mustard
- About half of your bunch of oregano, finely chopped
- salt and black pepper to taste
- 1 green garlic bulb & first part of stalk, minced fine
- 3-4 tablespoons Driftless Sunflower Oil (or olive oil)
- Mix all ingredients save the hardboiled eggs in a large salad bowl. Whisk vinaigrette ingredients together and serve over salad. Lay the eggs over the top of the mixed, dressed salad.

EASY SUPER GREENS STIR-FRY

"This is one you want to make within a couple days of getting your box so the greens are as fresh as possible..."

- 1 large or 2 medium heads bok choy, white parts thinly sliced on the bias & greens coarsely chopped, separated
- Greens from 1 bunch radishes, washed & coarsely chopped
- Greens from 1 bunch salad turnips, washed & coarsely chopped
- 1 bunch scallions, white & green parts separated & thinly sliced on the bias
- 1 tsp. ea. minced garlic & fresh ginger
- 2 Tbsp. oil
- 2 Tbsp. soy sauce
- 1 Tbsp. rice vinegar
- 1 Tbsp. honey or sugar or maple syrup
- 1 – 3 tsp. Asian hot sauce like sriracha rooster sauce, to taste
- 1 tsp. toasted sesame oil
- 3 Tbsp. chopped cashews, peanuts, or toasted sesame seeds for serving
- Cooked brown or white rice, for serving
- Prep vegetables. In a small bowl, whisk together soy sauce, vinegar, sweetener, hot sauce, & toasted sesame oil. Taste & adjust as desired. Heat oil in a large wok or cast iron pan with a lid. Add the white parts of the scallions, garlic, & ginger. Stir fry until fragrant, about 30 seconds. Add bok choy white parts & stir fry for about a minute. Add greens, stir a couple times, & cover for about a minute. Add soy sauce mix, stir, & cover for another minute. Stir, cover, turn off heat, & let sit to steam for a couple minutes before serving with rice & topped with nuts or seeds. Delicious with tofu or grilled fish or chicken. Serves 3-4.

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.