



# one POTATO TWO

News from the fields of Driftless Organics • Volume 8 - Issue 3 • June 26-28, 2014

Hello! We are into week #3 of the CSA season and I hope that you all are enjoying your boxes thus far. Life on the farm couldn't be better as we dry out from last week's crazy wet weather. All told, we received 5.25 inches of rain over the course of 7 or so days. This was a little more moisture than we needed, but there was no flooding or hail so we are smiling.

The veggies are smiling as well with all that rain, this heat and the long sunny days (happy summer solstice) and I swear the crops are doubling in size overnight. So are the weeds unfortunately and we are super duper busy with all of the weeding and harvesting and washing and weeding and packing and weeding oh my!

We are loving every minute of it though and pouring that love into your CSA boxes. Don't forget - if you have any questions, suggestions, comments, complaints, snide remarks, etc., feel free to give me a jingle. Have a great week and keep eating healthy!

-- Mike

## THIS WEEK'S BOX

Basil  
Basil Plant (EOW members only)  
Butterhead Lettuce  
Napa Cabbage  
Fennel  
Garlic Scapes  
Green and/or Purple Kohlrabi  
Radishes  
Salad Turnips  
Snow Peas  
White Scallions  
Spinach  
Strawberries  
Zucchini and/or Summer Squash

GETTING THE KIDS TO EAT

KOHLRABI

OK - I will admit it, this is a tough one. Most adults don't even like kohlrabi. But, if you and your kids are feeling adventurous, or are one of those adults that doesn't like this veggie, try these ideas:

1. Sliced very thin and placed between a cracker and a piece of cheese.
2. Made into fritters. Shred and mix with an egg and a few tablespoons of flour. Heat oil or butter in a flat skillet, drop on small mounds, and flatten slightly with the back of your spatula. Turn after a few minutes, and serve when both sides are crispy.
3. Make a dip out of: yogurt seasoned to kids' taste with some or lots of the following: chives, basil, parsley, salt, pepper, mustard, walnuts, raisins, a splash of orange or lemon juice, grated orange rind, and a bit of honey. You can dunk broccoli florets in this too!
4. Kohlrabi chips: slice very thin, toss with olive oil, lay on a baking sheet and bake at 250 for 35-45 minutes (or until golden brown). Salt to taste.

## DID YOU KNOW?

Did you know that this is our EIGHTH season as a CSA farm? Even though Josh & Noah started growing potatoes some time before they were potty trained, we didn't become a CSA farm until 2007. We started out pretty small that year; I think we were packing no more than 50 boxes a week. Each year we recruited a few more awesome CSA members and little by little we grew and before we knew it, in 2011, we were packing more than 400 boxes every week! This year we are washing and packing about 425 boxes a week and delivering them to over 650 of the most amazing families around (that includes you!). We're pretty darn happy with this number because we still feel like we are small enough of a farm to be able to put that personal touch into each box, but large enough where we can be financially viable. It goes without saying that we owe our successes as a CSA farm to all of you. You guys are GREAT! Thanks so much for your support this season. You are keeping us and our amazing crew out in the fields where we love to be.

**IMPORTANT ANNOUNCEMENT ABOUT NEXT WEEK'S CSA DELIVERY:** Due to the 4th of July holiday, we are planning on delivering your CSA box on WEDNESDAY, JULY 2nd. THIS APPLIES TO EVERY SITE EXCEPT OUR EASTSIDE CO-OP SITE (which will stay with Thursday delivery). THIS IS A ONE-TIME CHANGE AND THINGS WILL RETURN TO NORMAL THE FOLLOWING WEEK.

**Basil** - yay for the first basil of the year! I love using whole basil leaves in sandwiches & salads, or rolling them up & slicing thinly ("chiffonading") to garnish just about anything, from stir-fries to pasta to eggs. Doesn't keep long - either in a glass in water on the counter or in plastic in the fridge - so use it up within a few days.

**Basil Plant (EOW members only)** - Check out last week's news (online on our website for care information).

**Broccoli** - another first of what we hope will be a lot of broccoli this season. Broccoli stores best in plastic in the crisper drawer of your fridge.

**Fennel** - They say you either love it or you hate it, but I've won many a fennel-hater over by throwing chopped fennel in with potatoes and roasting them in tinfoil on the grill. Fennel is also great in salads or stir-fries. Check out the website for some great recipes: <http://driftlessorganics.com/csa-2/recipes/fennel/>

**Garlic Scapes** - are the gorgeously swirled flowering stem of hard-neck garlic. They are harvested about a

month before their better known bulbs are ready to be dug. 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 texture & shape are similar to asparagus when cooked. Store them in plastic in fridge for a week or two or trim the ends & put them in a vase (they are a flower, after all) to grace your kitchen table with for up to a week. You can fry, sauté, steam, boil, or roast them. The whole stem & flower bud is edible (discard the tough tip above the bud). Scapes are especially good in stir-fries, eggs, soups, mashed potatoes, pasta...

**Napa Cabbage** - a big ol head of Napa Cabbage that is great in slaws, stir fries and in salads. I like to use the larger leaves as wrappers and fill them full of fried rice or spring roll-filling type mixtures. Your head of napa will keep for 2-3 weeks in the crisper drawer of your fridge. If the

**Radishes** - Getting sick of radishes? Try quick pickling them! Pickled radishes are a great addition to burgers, tacos, salads.

**Salad Turnips** - Look for the white globes with light green leaves. These look like, and kind of taste like radishes, only

creamier and with less bite. We simply slice them thin and sprinkle salt (and sometimes some oil) and serve them as a side.

**Snap Peas** - a surprise harvest! This is just the beginning of what we hope is going to be a great snap pea year. Eat em up raw - you can eat almost the entire pea (shell and all). The little stem/leaf thing at the top should be picked off/used as a handle when shoveling into your mouth. Kids love these!

**Strawberries** - The rain came at quite possibly the worst time in terms of strawberry growing. You see, the fruit sucks up all of that moisture and then they are prone to rotting. Solution: eat them up right away!

**White Scallions** - I highly recommend coating your scallions in oil and throwing them on the grill. This is soo good and you can eat the whole thing from leaves all the way to the bulb.

**Zucchini and/or Summer Squash** - the zucchini is green and the yellow summer squash is yellow. The difference in taste between the two is negligible; some say summer squash has more moisture and slightly lighter. I'll let you be the judges. Another wonderful grill item or try in the penne recipe below. Store on your counter for a few days or in your fridge for a few more.

### TOASTED SESAME NAPA & FENNEL SALAD

5 c. shredded Napa cabbage  
1 c. cored & very thinly sliced fennel (can use stems too), light green fronds reserved  
¼ c. thinly sliced scallions  
¼ c. orange juice  
2 Tbsp. toasted sesame oil  
2 Tbsp. each soy sauce & rice vinegar  
1 tsp. each minced garlic scapes & fresh ginger  
¼ tsp. each 5-spice powder & black pepper  
3 Tbsp. toasted sesame seeds (toast raw seeds in a pan until they start to pop), a bit reserved for garnish  
3 Tbsp. cilantro, minced (optional), a bit reserved for garnish

In serving bowl, combine Napa, fennel, & green onions. In small bowl, whisk together the rest of the ingredients & toss into vegetables. Garnish w/ reserved fennel fronds, sesame seeds, & cilantro. Top with grilled chicken, steak, shrimp, or tofu if desired. Serves 4.

### PENNE W/ BROCCOLI, KOHLRABI, BASIL & PARMESAN

1 lb. penne pasta (whole wheat is nice in this)  
¼ c. olive or Driftless Organics sunflower oil  
1 medium head broccoli, florets cut into bite size pieces & stems thinly sliced  
1 medium or 2 small kohlrabi bulbs, bulbs peeled & sliced into thin half-moons, leaves reserved & coarsely chopped  
4 scallions, white parts coarsely chopped & green parts thinly sliced on the bias  
2 garlic scapes, minced (tip discarded)  
½ tsp. red pepper flakes  
Salt & pepper to taste  
¼ c. dry white wine  
¼ c. very thinly sliced basil leaves  
Freshly grated Parmesan  
Capers or chopped Nicoise or Kalamata olives, optional

Cook pasta in boiling salted water until al dente. Drain, reserving ¼ c. cooking liquid, & pour back into pan. In large skillet, heat oil & sauté prepared broccoli & kohlrabi for a couple of minutes. Turn heat down to medium & add white parts of scallion, garlic scapes, red pepper flakes, salt & pepper & sauté another couple minutes, stirring frequently. Add kohlrabi greens, wine & pasta cooking liquid & cook until most of liquid is absorbed, greens are wilted, & vegetables are cooked. Toss vegetables into cooked pasta along with most of basil, scallion greens, & Parmesan (& capers or olives if using). Adjust seasoning as necessary. Garnish with rest of basil & more Parmesan at the table. Serve 4-6.