



one POTATO TWO

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Hello! We are into week #4 of the CSA season. At what point does a season "become" a certain way? I mean, we all remember the winter of 2013-14 as being unquestionably brutal and long. But when did we all decide that? February? March? And at what point do we start remembering the summer of 2014 as being ridiculously wet and sloppy? Well, I don't think we are just quite yet (and hopefully we won't get

there). It's raining as I write this, but there's a whole heck of a lot of summer left; and if all goes well - lots and lots of sun mixed in with this rain.

As soon as things do dry out, we'll be back in the fields planting some more of our fall crops like cabbage, cauliflower and romanesco. Next up after that are fall carrots, beets, and turnips. The fun never stops here at Driftless and here's hoping we see enough sun this week so the ground will dry up and let us get back into the fields!

-- Mike

THIS WEEK'S BOX

Cilantro
Cucumbers
Fennel
Garlic Scapes
Green Beans
Green and/or Purple Kohlrabi
Red Beets with Tops
Red Leaf Lettuce
Romaine Lettuce
Scarlet Turnips with Tops
Snap Peas
White Scallions

GETTING THE KIDS TO EAT

Alright - I totally ripped this off the interweb, but this sounds so cool! Have you ever heard of veggie paint? Take one cup of a chopped vegetable (in this case beets) and steam them (microwave or stove top) until very tender. Transfer to a blender or food processor and blend until smooth. Add enough water to get a paint-like consistency (about 1/4 cup). Cool. Use your beet-paint to decorate pizza crusts (then top with cheese and other kid-friendly toppings). Kids can use small BBQ brushes to create their masterpieces.

Not convinced? OK - try this:
BRIGHT RED BEET HUMMUS

1 pound cooked beets (about what your bunch is).
1/4 cup walnuts, toasted and roughly chopped
2 tablespoons lemon juice
1/2 tablespoon tahini
1/2 teaspoon ground cumin
2 garlic scapes (chopped)
1 tablespoon olive oil
1/2 teaspoon salt
Place all the ingredients in a food processor and blend until smooth, stopping occasionally to scrape down the sides. Taste throughout and adjust as you see fit. Serve immediately or refrigerate.

DID YOU KNOW?

Did you know that fennel has been around for a really, really long time? Ancient roman texts mention the value of this herb for its aromatic seeds and succulent edible stalks. The ruler Charlemagne (745-815 AD) promoted fennel's use during the medieval time. He cultivated the herb on his imperial farms. Romans introduced the herb to Britain during the Roman occupation. The Americas were introduced to the herb way back in the 1700's. The root of the plant was one of the flavorings used in Sack, an alcoholic drink featuring mead that was popular during Shakespearian times. So c'mon - if all these ancient dudes were eating it and all loving on it, isn't it time you gave it another chance? Be brave! Be strong! You may just grow to love this anise-flavored herb/vegetable. Here are some cooking tips to help you along the way:

- Add fennel bulbs or stems to your favorite potato soup or gratin recipe.
- Roast fennel and beets for a side dish or marinated salad.
- Sauté with garlic scapes, diced tomatoes and Kalamata olives to serve over penne.
- Combine shaved fennel with orange or grapefruit wedges, red onions, fresh mint and white wine vinegar.
- Caramelize sliced bulbs and serve on pizza or crostini with fromage blanc.
- Add minced stems instead of celery to tuna, egg, chicken and potato salads.

Cilantro - is such a versatile yummy herb, at least to those of us who like it. I have to admit that the first time I ever had it I hated it - it totally tasted like soap. Now I love it! It keeps best in a plastic bag with a paper towel in the fridge & should be used within 5 days or so.

Cucumber - The beginning of the cucumbers. Check out the recipe below for a great salad.

Fennel - Look for the greenish-white bulb with fronds for tops. There should be two in your box. Fennel keeps well in the crisper drawer of your fridge. A great item to add to your grill stir-fry.

Garlic Scapes - are the gorgeously swirled flowering stem of garlic. 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. 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...

Green Beans - Hurray! Nothing means summer like green beans. Eat them fresh in the car on the way home, or lightly steamed drizzled with fresh lemon juice & butter, or stir-fried with chopped up garlic scapes. Keep in the fridge & use them up within 5 days or so.

Kohlrabi - Look for the purple and light green alien looking bulbs in your box. Both the leaves and bulb are edible. The bulb can be eaten raw, either sliced or grated, by itself or in salad or coleslaw. For a simple side dish, saute briefly with olive oil and garlic and serve with fresh lemon juice, salt, & pepper.

Red Beets with Tops - Did you know that you can eat the tops? Beets greens are totally delicious! And these spring beets are wonderful to - we like them best grated in salads or roasted in the oven. Store the greens separate from the tops, both in plastic.

Romaine Lettuce - 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!). Should be stored in plastic in the crisper drawer of your fridge.

Scarlet Turnips with Tops - Look for the pinkish-red globes with big fat green leaves. These look like, and kind of taste like radishes, only creamier and with less bite. They are great raw in salads or sliced in stir fries. What to with the tops? They are SUPER DUPER healthy for you and are great steamed (not too long) and drizzled with olive oil, salt, pepper and fresh squeezed lemon.

Snap Peas - To eat snap peas raw, you snap the little stem off and peel to one side. This removes that slightly tough little string that runs along the one side of the pea pod. They are great raw with some sort of sour cream dip or in the recipe below.

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.

SPICY BRAISED BEET & TURNIP GREENS

1 bunch turnip greens, coarsely chopped
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4 scallions, diced up to about 4 inches from top
3 garlic scapes, diced
3 tablespoons Driftless sunflower oil (or olive oil)
1 tablespoon red chile flakes
Salt to taste
Pepper to taste

In a large sauce pan, saute scallions, garlic scapes, a sprinkle of salt, and chile flakes in oil over medium heat. After a few minutes, add all of the greens, toss to incorporate all ingredients, and cover pan with lid. Once greens are wilted, remove lid.

Cook greens until tender, about 8 minutes. Serve immediately, using tongs to transfer greens onto plates -- give them a good squeeze to get rid of excess water before plating. Drizzle with more Driftless sunflower oil (or olive oil).

CRUNCHY SUMMER SALAD

**Note – this recipe sounds like a lot of work, what with the blanching and all, but it's really a quick easy step that results in extra especially bright sweet crunchy vegetables.*

1 large cucumber, peeled lengthwise into stripes & seeds scraped out
1 large fennel bulb, cut in half lengthwise & cored
2 cups snow peas, stems snapped off
1 bulb kohlrabi, peeled & cut in half
1 Tbsp. white wine vinegar or lemon or lime juice
1 Tbsp. honey
3 Tbsp. finely chopped cilantro
2 scallions, finely chopped
1 garlic scape, minced
3 Tbsp. olive or Driftless sunflower oil
Salt & pepper to taste

Bring a small stock pot filled with salted water to a boil. Cut cucumbers crosswise into ¼" slices & place in a mixing bowl. Cut fennel crosswise into ¼" slices as well & place in a small bowl. Cut kohlrabi into 1/8" slices. Have a colander & bowl of ice water ready. Pour the fennel slices in the boiling water & blanch them for about 30 seconds & remove with a slotted spoon to the ice water. Repeat with the snow peas. Repeat with the kohlrabi. Let them all cool for a couple minutes & drain when totally cooled. Pour into mixing bowl with the cucumber. In a small bowl whisk together vinegar or juice & honey. Add cilantro, scallions, & garlic & slowly pour in oil while whisking vigorously to emulsify. Season to taste & toss in vegetables. Serve immediately or keep in fridge for a couple days. Serves 4-6.