



# one POTATO TWO

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*Week #7! At some point during any given season, something happens in the fields that completely and utterly takes us by surprise. Be it some disease that pops us in the tomato patch from who knows where; or that summertime carrot crop that blows us out of the water with amazingly sweet carrots (normally, carrots grown in a Wisconsin summer can be kind of bland). This year - it was the broccoli! There was something about the weather, the precipitation and a host of other factors that we're frankly not quite sure of just yet, that led to 2 gi-normous plantings of broccoli to mature ALL AT ONCE. It was crazy! 4 very hard working crew members have*

*spent the last THREE days harvesting broccoli. We put as much as we could fit in your CSA boxes and there's still a ton leftover. My point: farming is CRAZY and altogether befuddling.*

*That's the way it goes! It's all good though - it has been an amazing week with all sort of other fun activities, including an amazing garlic harvest!!! This is a huge event, involving a bunch of people and long hours and before we knew it, our beautiful garlic, planted last November (!) is resting and curing in our greenhouse. Hurray! Life is good at Driftless Organics and we're so happy and grateful to be sharing all of this with you all. Eat well!*

*--Mike*

## THIS WEEK'S BOX

- Broccoli
- Carrots with Tops
- Cauliflower
- Chioggia Beets with Tops
- Cucumbers
- Fresh Garlic
- Green Beans
- Green Savoy Cabbage
- Oregano
- Salad Mix
- White Onion
- Zucchini & Summer Squash

## GETTING THE KIDS TO EAT.....CAULIFLOWER

Cauliflower is so good for you and there's a lot of it in your CSA box - so we have to get the kids in to it, right? Well - the best is to eat it raw, with healthy dips. OR - try grating it into a number of goodies like scrambled eggs (trust me, it's great!) or try this easy recipe:

### Roasted Cauliflower with shredded Parmesan:

First clean and cut up a medium head (or half a large head) of cauliflower into small hunks. Melt 1/4 c. butter, then stir in 1/4 c. olive oil. (or Driftless Sunflower Oil or course.) Now cut your Parmesan cheese into hunks (use about half a cup) and shred up in your food processor (or just grate). Lay the cauliflower out on a parchment paper-lined cookie sheet, brush on the butter/olive oil, sprinkle with sea salt. Bake until it's golden brown at 375\*, for about 10-15 minutes - don't overcook or it'll get mushy. Sprinkle with however much Parmesan cheese that you'd like and broil just 'til it's melted.

## DID YOU KNOW?

Did you know that Cauliflower is a member of the noble Brassica family, which includes broccoli, cabbage, arugula, collards, watercress, horseradish, kohlrabi, radish, rutabaga and turnips? As the name suggest, cauliflower is indeed a flower. The creamy white, crunchy stems and head of the cauliflower plant, which we eat, are actually the undeveloped stems and buds of a flower. The lack of color on the white cauliflower plant is due to a thick, protective layering of leaves that surround the head, shading the plant from the sun, blocking the production of chlorophyll (the green pigment found in plants). We also tie our cauli heads - which helps to keep the sun out. Cauliflower heads that do peak out and get some sun become discolored and don't taste as good.

Great both raw and cooked, there are a ton of ways to eat cauliflower. Break apart the curds from the head and serve raw on a veggie tray with a tasty dip, or dot them on a healthy salad for lunch or dinner. Cauliflower is best steamed, boiled, sautéed, or baked (see the recipe to the left). Cauliflower is best when cooked until just tender, but will become mushy if cooked for too long.

*Did you know that we have about a million recipes online on our website? We have the past SEVEN years' worth of recipes all categorized and easy to read, with none of those annoying ads that you normally get bombarded with on recipe sites. Check it out: <http://driftlessorganics.com/csa-2/recipes/>*

**Broccoli** - Holy broccoli explosion! 2 of our plantings of broccoli came in at once and the crew harvested over 3500lbs of broccoli this week! I know there is a lot of broccoli in your box, but don't forget that it freezes well and you'll be thankful that you did, come wintertime. There are freezing instructions on our website.

**Carrots with Tops** - Rip off the tops for better storage. Carrot sticks for lunch - it's a great snack and better for you than whatever that vending machine in the office has to offer.

**Cauliflower** - Holy huge cauliflower! Try the recipe below, or any number of the recipes on our website (<http://driftlessorganics.com/csa-2/recipes/cauliflower-romanesco/>)

**Chioggia Beets with Tops** - These look like gigantic radishes, but they are anything but. They are an heirloom variety of beet that is sweeter and more mild than your red beet. They are great sliced and eaten raw on a veggie tray (they are so pretty and candy-striped on the inside. Store with the tops/bottoms separate (the tops make great steamed greens!).

**Cucumbers** - Some of the last of our first planting of cukes. Have a juicer? Juice these!!!

**Fresh Garlic** - It is best to store this garlic in your fridge, as it hasn't been cured. Use like you would normal garlic, but just use a little more because it isn't as potent as the cured stuff.

**Green Beans** - Our second planting of beans is coming in strong. Remember that awesome "Simple Snap Pea" recipe from a couple weeks back? Try it with beans, but add extra black pepper. It is AWESOME. Find that recipe here: <http://driftlessorganics.com/very-simple-sauteed-snap-peas/>

**Green Savoy Cabbage** - is hands down the most lovely cabbage ever. In flavor

& texture it's like a cross between green cabbage & Napa - use it accordingly. It makes beautiful & tender coleslaw or a lovely addition to salads or stir-fries. Store in a plastic bag or vegetable crisper in the fridge. If the outer leaves start to wilt, just strip them off.

**Oregano** - is a wonderful herb to use when cooking chicken, in pasta sauces or in the recipe below. Store in a plastic bag in your fridge.

**Salad Mix** - What a treat! It is pretty remarkable to get salad mix in the middle of summer - but we did it! Enjoy in the next 5 days or so.

**White Onion** - The first of the "real" onions! We have had a pretty awful onion year (more on that later), but these are some very nice white onions, perfect for sandwiches or anywhere else you would use an onion. Store in your fridge, as these haven't been cured.

**Zucchini & Summer Squash** - Cut your zucchini into long strips, brush with olive oil, salt & pepper and grill. They make lovely additions to sandwiches or burgers.

### MIXED GRILLED VEGGIES WITH BALSAMIC VINEGAR AND OREGANO

- 2 medium zucchini, carefully cut lengthwise into ¼" slabs
- 1 fresh onion, sliced into ¼" thick solid rounds
- 1 head broccoli, carefully cut lengthwise up through stem into florets into ¼" slabs
- 3 Tbsp. olive or sunflower oil
- 1 Tbsp. balsamic vinegar
- Salt & pepper to taste
- 3 Tbsp. coarsely chopped fresh oregano
- Soft goat cheese or feta for garnish (optional)

Preheat a grill to medium-hot. Carefully toss all the prepared vegetables in a bowl with the oil, vinegar, salt, & pepper to coat. Oil the grill grates & grill over direct heat, carefully turning the vegetables when starting to brown, about 3 minutes each side (some may take longer or shorter). Serve drizzled with a bit more balsamic vinegar, fresh oregano, & cheese if you wish. Delicious with crusty bread! Serves 4-5.

### LEMON ROASTED CAULIFLOWER WITH PARMESAN

- 1 medium head of cauliflower, cut into bite-size pieces
- 2 cloves of fresh garlic, minced
- Juice of one lemon, freshly squeezed
- 2 Tbsp Olive or Driftless Sunflower oil
- Coarse salt and freshly ground black pepper
- Parmesan cheese

Preheat oven to 450°F. Put cauliflower florets in a single layer in an oven-proof baking dish or rimmed sheet pan. Stir in the garlic & pour lemon juice and olive/sunflower oil over cauliflower & stir to coat. Sprinkle with salt and pepper. Place casserole uncovered in hot oven & roast for 20-25 minutes, stirring a couple of times, until the top is lightly brown. Remove from oven and sprinkle generously with Parmesan cheese & return to oven for another minute or two. Serve immediately. Serves 3-4