

ONE



POTATO



TWO

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Hello and Happy Days to you all! 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.

Well, it's hard to believe it but here we are again for another exciting round of CSA vegetables and seasonal eating. Welcome to you all! We're so happy to have all of you aboard, and so grateful that you have chosen to be a supporting member of our farm. We know there's a lot of CSA farms out there - and that you chose Driftless Organics means a lot to us.

It has been an absolutely and positively AMAZING spring this year. We couldn't have asked for better! Some years it is too cold and wet, some years it's too hot or too dry. But this year: PERFECT! And because of this we have been able to keep up on almost all of our planting and weeding and entered into this week, the first really crazy harvest week, with our eyes focused on harvesting great vegetables for you.

Needless to say, we are happy farmers as we continue on into our NINTH season of growing awesome vegetables for amazing CSA members like you. And we have a great CSA box for you this week. 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, your family, me and the rest of the folks here at Driftless Organics: we're all in this together! 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), 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 e-mail 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

- Asian Greens
- Green Butterhead Lettuce
- Green Garlic
- Green Kohlrabi
- Oregano
- Purple Potatoes
- Red Radishes
- Salad Turnips
- Spring Onions
- Spinach

DID YOU KNOW?

Did you know that we transplant about 40% of the veggies that we grow for you? That means that we plant seeds into plastic containers called "flats" in the greenhouse and raise them up until they are big enough to plant outside (which usually takes about a month or so). We grow over 100,000 plants in our greenhouse and plant them out from early April all the way to the beginning of August. Transplanting allows us to start crops like tomatoes, peppers and basil much earlier than we otherwise could. Transplanting also helps us get a little jump on the weeds, which is always helpful when you are growing things organically. Here's a picture of Rachael and the crew transplanting kale, that will soon be in your CSA boxes!



Hi there CSA folks – Mike’s wife, Dani, here. 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. I usually write this page, being the resident produce nerd & cooking fanatic. You can find more information & lots of recipes on our website:

www.driftlessorganics.com/recipes
We welcome nice easy recipes that feature seasonal produce – if you have any favorites you’d like to share, please send them to Mike at csainfo@driftlessorganics.com

Asian Greens Bunch - Look for the beautiful and frilly bunch of green and purple leaves tied together with a bue twist tie. We leave a small portion of the roots on so that they will store longer, but you will want to trim them (plus about an inch up the stem) off before cooking/preparing. Most of you will enjoy these better cooked, because they can be quite pungent and “radish-y” when eaten raw (we love them chopped up coarsely and added into a salad with a head of green butterhead lettuce). Store in a plastic bag in your fridge and keep the roots on until you are ready to prepare them.

Green Butterhead Lettuce - Georgeous from the top, a little ugly from the bottom (but they still taste dang good. Growing lettuce this time of year can be a real challenge, especially when it is as hot and wet as it has been as of late. As such, there will be a little browning in the bottom of your head lettuce. Simply cut this off when you chop up your lettuce for a salad.

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.

Green Kohlrabi - You will be receiving 2 of these guys in your box. They are a light green and have slightly darker green leaves that are indeed edible and can be added to stir fries (with your Asian Greens!). Kohlrabi can be tough one to love, but give

it a chance! Kohlrabi is awesome shredded in a salad, or diced and stir-fried. Store in the crisper drawer of your fridge with tops stored seperately in plastic.

Oregano - look for the small, loose handful of leafy sprigs that will be near the top of your box. Oregano is great used in pizza and pasta sauces (towards the end of cooking) or rubbed on chicken before grilling (chopped finely and mixed into a paste with a bit of oil, salt and pepper). Store oregano in a small ziplock bag to keep fresh.

Purple Potatoes - These are so pretty 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.

Red Radishes - Pretty red radishes to eat raw on a relish tray or on salads or chopped up and added to a potato salad. Their spicy greens can be added 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.

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. Store in plastic in the fridge.

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.

Spinach - a big ‘ol bunch of very large and VERY delicious spinach. This will be some of the best spinach you’ve ever tasted. Enjoy fresh in salads or on sandwiches. Store in a plastic bag with a paper towel in it to soak up excess moisture. Trim the roots and stems off before eating.

SPICY KOHLRABI WEDGES WITH LIME & CHIPOTLE

- 2 or 3 medium kohlrabi bulbs, peeled and cut into thin half-moons or wedges
- 1 tsp. Driftless sunflower oil
- Juice and zest from 1 medium lime
- 1/8-1/4 tsp. ground chipotle powder (to taste)
- Salt to taste

Toss all ingredients together in a serving bowl & let sit for 10 minutes or so to meld flavors.

WILTED ASIAN GREENS WITH GINGER

Serves: 2-3 (*but there’s enough greens in your box to double this recipe*)

- 4 cups mixed cooking greens, coarsely chopped (in this box, asian greens mix, turnip greens, radish greens, kohlrabi greens spinach)
- 1 Tbsp. Driftless sunflower oil
- 3 Tbsp. minced green garlic (white part & stem)
- 2 Tbsp. minced ginger
- 1 Tbsp. rice vinegar or mirin or rice cooking wine
- 1 - 2 Tbsp. tamari or soy sauce or Asian fish sauce
- black pepper to taste
- 2 Tbsp. toasted sesame seeds

Rinse greens in colander & let sit wet. Heat oil over medium-high heat in a saute pan with lid. Add green garlic & ginger, stir a few times, & add wet greens. Stir a couple times to coat greens with oil (you may have to add the greens in a couple batches if your pan is small) & cover for about 1 minute. Remove lid, add liquids & pepper, stir a few more times, remove from heat. Adjust seasoning to taste, sprinkle w/ sesame seeds & serve immediately.

WELCOME TO THE DRIFTLESS ORGANICS CSA PROGRAM!

As we begin this 2015 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.