

ONE



POTATO



TWO

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Hello and Happy Summer! We have started week #2 of this 2015 CSA season and for some of you this will be your first box. Welcome aboard!

Last week brought a ton of much needed rain and we're still kind of waiting for things to dry out here at the farm. We have a couple wagon loads of seedlings in our greenhouse ready to be planted outside and as soon as the ground is dry, we'll be going for it. These seedlings include all of your fall cauliflower, cabbage and romanesco that we'll be harvesting and putting in your CSA boxes in September and October. Crazy!

We've got plenty to keep us busy while we wait for the

ground to dry out a bit, including harvesting all sorts of amazing produce for all of you. The harvest has really ramped up, as a lot of our crops are 2-3 weeks ahead of schedule. That's great news for us tomato and pepper lovers, which we hope to see by the middle of July.

All is well on the farm these days and I'm happy to report that we have yet another amazing crew that we are working with, the crops look great and we have a wonderful bunch of CSA members like you. Thanks for supporting our farm and learning to eat seasonally from you CSA box. We know it ain't easy, but because of your help and support, small, local family farms like us can keep doing what we love: growing food for you. So, THANKS!

--Mike

THIS WEEK'S BOX

Broccoli
Bok Choi
Green Garlic
Green or Red Lettuce
Purple Kohlrabi
Red Potatoes
Red Radishes
Salad Mix
Salad Turnips
Scallions
Spinach
Snap Peas
Strawberries

DID YOU KNOW?

Did you know that The ancient Greeks and Romans thought basil would only grow if you screamed wild curses and shouted unintelligibly while sowing the seeds. Well, we tried it, and sure enough - the basil germinated and grew great! 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 or make a sandwich with fresh basil, fresh mozzarella and a slice of tomato.
8. Don't forget to scream wild curses while your basil is growing!

... A WORD ABOUT THOSE STRAWBERRIES...

Strawberry season, which seems to last about 14 seconds here in the upper Midwest, is quite the insane experience. Berries are a ton of work to grow and then they all ripen at once and then 2 weeks later - done! Sometimes, if you are an unlucky farmer, you get some rain at the wrong time: when the berries are starting to turn red. Well, this year we received a whopping 2 1/2 inches of rain just as the first flush of berries were starting to ripen. As such, those berries sucked up all of that moisture and are now, plump, juicy and so ripe that they needed to be eaten NOW. These berries will not keep for very long in your fridge because they are so full of water. **Eat them up quick!** This is what mother nature has dealt us this year and I still maintain that our berries are better than store-bought California berries by a long shot.

*Hi there CSA folks – We try to fit as much info as we can here, but there's just never enough room and I can only make the type so small! You can find more information & lots of recipes on our website:
www.driftlessorganics.com/recipes*

Broccoli - The first broccoli of the season! Freshly picked yesterday by two handsome fellas in tank tops, this broccoli should last in a plastic bag in your fridge for a week or more. We have about a million recipes using broccoli on our website - or try the one on this page. Don't forget - you can eat the stems!

Bok Choi - CSA vegetable oddity #1 of the week. Look for red rubber band. This tasty & nutritious member of the cabbage family 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.

Green or Red Lettuce - This is another one of those crops that has really been affected by all of this rain. The lettuce is chock full of water and ready to eat ASAP. And it's so delicious!!! Store in plastic with a paper towel to soak up excess moisture.

Red Potatoes - the last of last season's potatoes. Store these spuds in your fridge because they are going to want to sprout (which is what all potatoes want to do when they aren't sprayed with anti-sprouting agents, which is the norm in conventional potato world). Try the hobo dinner: chopped red potatoes with chopped scallions, green garlic and whatever else you fancy, mixed with oil, salt & pepper and wrapped in tinfoil. Grill for 25-40 minutes, flipping once.

Red Radishes - Try the recipe! It's great. Don't forget: you can eat the leaves in a stir

fry or wilted green recipe (like the one from last week's newsletter, which you can find online!).

Salad Mix - A nice big mix of about 10 different varieties of lettuce and asian greens. Store in the plastic bag they came in. This mix goes great with a Driftless Sunflower Oil vinaigrette!

Salad Turnips - Look for the bunch of round balls with green tops. Oh no man these aren't white radishes, they are so much creamier and less "bitey". They are so tasty and store better with the tops removed from the bottoms.

Scallions - have you ever tried grilled scallions? If not, what the heck are you waiting for? Use scallions as you would an onion - its all we have to work with until the real onions are ready to be harvested.

Spinach - another beautiful bunch of spinach, which is still salad-acceptable, but also great wilted at the end of cooking scrambled eggs. Store in a plastic bag in the fridge.

Snap Peas - just a few this week, but lots more to come. They are a great snack, just remember to peel that stem and little string that is attached to it off before popping in your mouth.

Purple Kohlrabi - look for the purple knobbly globes in your box. There are two of them and they are going to blow your mind! Great in slaws, salads, eaten raw (thinly sliced with salt & lemon), or try this funky delicious and quite nutritious recipe:

KOHLRABI BROCCOLI FRITTERS

1 large kohlrabi
1/2 cup chopped broccoli
1 green garlic
2 scallions
1 egg
1/4 teaspoon salt
1/4 teaspoon cayenne
1/2 cup vegetable or olive oil
Yogurt or sour cream to use as sauce (optional)

Cut the leaves off the kohlrabi and peel the bulb. Shred the kohlrabi in a food processor or grater and finely chop the broccoli, green garlic and scallions. Squeeze the shredded vegetables in a tea cloth, or with your hands, to remove the moisture, then combine in a bowl with the egg, salt and cayenne.

Place the oil in a skillet (about 1/4-inch depth). Heat the oil over medium high heat, then place small patties of the fritter mixture into the oil. Fry on one side until browned, then fry on the other side. Remove and place on a plate lined with a paper towel to drain excess oil. These should be served as soon as they are ready. They are good with a spoonful of yogurt or sour cream on top.

BROCCOLI SALAD WITH SNAP PEAS, RADISHES, KOHLRABI, AND ALMONDS

4-6 servings

2 cups chopped broccoli, including the stems, which you can peel and use just like broccoli.
1 cup bok choy stems, with leaves removed and coarsely chopped
Your bag of sugar snap peas, sliced diagonally
1 bunch red radishes, trimmed and sliced (you can use less if you want it less spicy)
1 purple kohlrabi, peeled and diced into thick matchsticks
1/2 bunch of scallions with most of the tops, chopped up
1/2 bunch salad turnips, tops removed and sliced thin
1/3 cup sliced or slivered almonds, toasted
Dressing
1 tablespoon white wine vinegar
1 tablespoon sugar
1 tsp. tamari
1 green garlic stem, minced
1/4 tsp. toasted sesame oil
1 tablespoon ginger, minced
1/4 tsp. (or more) Sriracha sauce (or other hot sauce of your choice)
1/3 cup mayonnaise

Toss broccoli, bok choy stems, sugar snap peas, radishes, and kohlrabi, scallions, & turnips together in a medium-sized bowl. In a small bowl or glass measuring cup or with an immersion mixer, mix together the white wine vinegar, sugar, tamari, green garlic, sesame oil, ginger, and Sriracha sauce. Whisk in mayo. Add dressing to salad ingredients and toss until all the vegetables are well-coated with dressing. Add toasted almonds and toss again. Serve right away.

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.