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POTATO



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Week #3! It has been another wacky-wonderful week on the farm. The summer solstice time is always a crazy time of year because it is when the weeds have their huge growth spurt of the season. I swear, we go to sleep on June 20th feeling great about the farm and how clean and weed-free the fields are, and when we awake the next morning, we find ourselves staring at knee high weeds asking "Now, where the heck did you all come from?". Honestly, we wouldn't have it any other way. We think of weeds as job security of sorts and a challenge that we must overcome. We love it.

You know what else we love? Harvesting all of these amazing veggies for your box each week. It's been such a

wonderful year so far! We really hit the ground running and haven't looked back since we put those first seeds into the soil all the way back at the beginning of March. With about 65% of our crops planted and about 32 acres of veggies looking great; we are feeling caught up and poised for the next round of planting. That comes soon, as we start prepping the fields for the fall crops that will see us through the winter like carrots, beets and radishes. With the sun shining so long and hot these days, it's hard to start thinking about autumn, but that's what farming is: a good balance of looking ahead to the future, learning from the past and never losing focus of the what's in the middle. Kinda like life, eh? Hope you enjoy your box! --Mike

THIS WEEK'S BOX

- Basil Plant (EOW members)
- Broccoli
- Fennel
- Green Garlic
- Green or Red Lettuce
- Green Zucchini
- or Yellow Summer Squash
- Napa Cabbage
- Salad Mix
- Salad Turnips
- Scallions
- Spinach
- Snap Peas
- Strawberries

DID YOU KNOW?

Did you know that we have a new Pack Shed Coordinator this year? Yep - her name's Rachael Way and she manages the area where all of our produce goes after it has been harvested. Among other things, Rachael is in charge of making sure all of your produce gets stored, counted, cleaned, washed, bunched and packed up into those CSA boxes. It's a crazy hard job where there's a million tasks to do and a bunch of people to manage; but you know what, Rachael's awesome at it. We're so happy to be working with her this season! To top it all off- she managed to coordinate the packing of last week's boxes... and organize her own wedding at the same time. Talk about amazing! Congrats Rachael on getting hitched and thanks for doing such a great job for all of our CSA members. It's with great hard working folks like Rachael that we can get the job done right - with tons of love and devotion for producing top notch food for you all!

... holy crap that napa cabbage is GIGANTIC...

"What in the bleep am I going to do with all of that Napa Cabbage?", You may be asking yourself this right now... Well, we LOVE napa cabbage and we think you will do, especially if you try:

1. Napa cabbage rolls

Instead of using green cabbage, try some of the larger outer leaves of your head of napa. Cut them in half and steam or boil them until they just turn soft and then fill with a mixture of cooked white rice and browned mild sausage or hamburger. Top with tomato sauce and bake until bubbly.

2. Taco topping or burrito filling (instead of lettuce)

3. Quick kimchi

For a quick at-home version, combine a few cups of chopped napa cabbage, a tablespoon of sriracha, 3 tablespoons of rice wine vinegar, 4 sliced cloves of garlic, and a healthy pinch of salt. Stir well, chill overnight and then eat right out of the bowl!

4. Braised napa cabbage

Add the cut up white stems of the napa cabbage to a skillet and cover them half way with vegetable broth, ground ginger, garlic powder, and a few teaspoons of tamari. Cook over medium heat for 8 to 10 minutes or until the napa cabbage becomes soft.

5. Napa cabbage slaw

Try it with shredded napa cabbage. Napa cabbage slaw has a subtly different flavor and texture than classic cole slaw and is particularly tasty if you add fruit. For your next slaw, combine 2 cups diced mango, a finely diced jalapeno, 1 cup mayonnaise, 2 cups shredded napa cabbage, and 4 tablespoons rice or red wine vinegar. Refrigerate for a couple of hours or overnight and serve.

6. Napa Cabbage Spring Rolls

Look it up on the interwebs - there's some great recipes out there!

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 - some more of our awesome broccoli for fresh eating or grilling up or stir frying. This broccoli was picked yesterday and should keep for a week or more in your fridge (in plastic). Don’t forget you can eat the stems - just peel them!

Fennel - Look for the white bulb-y thing with the stems that kind of look like celery and the frilly green tops. Fennel is a deliciously versatile vegetable, all of which is edible. I love it raw on salads or with dip or in slaw, or cooked as you would celery in stir fries, pasta, or soup – it makes a lovely simple soup with potatoes or in minestrone. Try the stems & leaves in the cucumber fennel relish recipe, below. Store in plastic in the fridge.

Green Garlic - Ok - so this garlic is getting pretty mature and the stem is no

longer edible; but there’s some nice little chunks of garlic in these pieces. Cut out the stem and toss it away with the leaves. Use the fleshy bits of garlic (they’re still going to be pretty mild, as this garlic is far from mature and hasn’t been cured yet).

Flat Leaf Parsley - One of our favorite herbs of all time - Italian Parsley is great in just about anything from eggs to soup to potato dishes. We love to chop it up and sprinkle it on dishes just before serving.

Green or Red Lettuce - Great to mix with your bag of salad mix or use on sandwiches and burgers. Store in a plastic bag with a piece of paper towel to absorb the moisture. It will keep longer this way.

Green Zucchini or Yellow Summer Squash - The first of year and a great item for grilling or chopping up in a stir fry.

Napa Cabbage - Before you get overwhelmed, remember that Napa stores really well and that you have a couple/few weeks to munch on this. Check out the first page for some ideas.

Salad Turnips - We love to slice these up and put on a relish tray for an afternoon snack with hummus, cheese, snap peas and perhaps some cured meats. They are a great addition to salads too! Store with the leaves cut off and put in a separate bag.

Scallions - Pretty soon here we’ll have regular onions, but in the meantime we have to settle for these tasty buggers. Use them like you would onions and don’t forget that the chopped up tops make great garnish on eggs or potatoes.

Spinach - The last of the spinach until fall. Even though this spinach is big and bunched it is still

Snap Peas - a slightly larger bag this week and a great snack to eat raw with dips like hummus. Also great in stir fries! Store them in the plastic bag they came in for 7-10 days.

Strawberries - oh what a crazy strawberry season it has been so far. We keep receiving these gigantic rain events that plump up those berries full of water which in turn makes them so they don’t keep for very long. The point is: **EAT THEM UP QUICK!**

ROASTED BROCCOLI & ZUCCHINI WITH AVOCADO

- 1 large head broccoli,
- 1 medium or 3/4s of a green zucchini or yellow summer squash
- 2 scallions, yellow parts only
- 1/2 cup chopped flat leaf parsley
- 1 rounded tablespoon tahini
- 1 tablespoon lemon juice
- 1 avocado, diced
- Driftless Organics Sunflower Oil (or olive oil)
- Sea salt
- Freshly ground black pepper
- Shaved Parmesan cheese (optional)

Preheat the oven to 400° F
Cut the broccoli into even-sized florets (include the stem, peeled and cut into chunks)
Cut the zucchini & onions into 1/2” chunks
Place broccoli, zucchini & onions into a bowl, drizzle generously with Driftless Sunflower (or olive) oil, sprinkle with 1/4 teaspoon salt, and toss well to coat. Pour out evenly onto a rimmed cookie sheet. Insert into the oven and roast for 25-30 minutes, until charred at the edges. While the broccoli is roasting, prepare the dressing. Put the parsley, tahini, lemon juice, and 1/4 teaspoon salt in a medium bowl. Stir with a fork to combine, and add a little water, teaspoon by teaspoon, stirring all the while until you get a creamy but not too thick dressing. Taste and add more salt if you think it needs it. When the broccoli is cooked, transfer to the bowl, add the avocado and parmesan cheese, and toss to combine. Sprinkle with black pepper and serve.

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
- 1/4 c. thinly sliced scallions
- 1/4 c. orange juice
- 2 Tbsp. toasted sesame oil
- 2 Tbsp. each tamari & rice vinegar
- 1 tsp. each minced green garlic & fresh ginger
- 1/4 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. parsley, 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.