

# ONE



# POTATO



# TWO

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*Week #4! The weather continues to be so very kind to us each and every day here on the farm. We're cruising right along, seeding and transplanting our fall veggies like cabbage, cauliflower, rutabaga & more. And all the while we continue to harvest all of that bounty that we worked so hard for in the month's past. It's a good year to be a veggie farmer and I hope that you would agree that it's a great year to be a CSA member!*

*Do you agree? Or don't you? What can we do to help you use those veggies up? What would you like to see different? What are we doing that you absolutely love? Or hate? Let us know! We love to hear feedback of all kinds. We're here to help you because you are supporting us*

*and that's the beauty of this Community Supported Agriculture thing. You scratch our backs, we scratch yours (ok that's kinda gross after a hot day in the fields but you catch my drift). We try our damndest to provide you with fresh, high quality, unadulterated food grown by decently paid folks working in safe and healthy conditions and you give us money and support and kind words and visit once in a while. Because of this relationship we can continue doing what we do. We love it and hope you do too. The point is: you can trust us because we care about your food; and we care about you. And we hope you enjoy this week's box!*

*--Mike*

## THIS WEEK'S BOX

Broccoli  
Cauliflower or Romanesco  
Cucumbers  
Garlic Scapes  
Mini Green Romaine Lettuce  
Mint  
Red Russian Kale  
Red Beets with Tops  
Red Scallions  
Sweetheart Cabbage  
Salad Mix  
Salad Turnips  
Snap Peas  
Yellow Summer Squash

**... hey, what are those weird curvy green things in my box...**

They are garlic scapes! The garlic scape is the flower bud of the garlic plant. We remove these so that the garlic plant can spend its time & energy in making its bulb larger. If we let them grow they would develop a flower and eventually a seed pod.

Scapes make a fabulous addition to a flower bouquet, and better yet, they are delicious to eat! Think of scapes as a mild form garlic. They can be used in exactly the same way as garlic in any recipe. Just chop them up fine all the way from the point of the bud down to where they get kind of woody. Dice them up real small and you won't even know they are in the dish you are cooking (but you'll definitely taste them!). Or try...

**Roasting:** Lay the entire scape (you may have to cut them up just to get them to lay flat on the cookie sheet) on an oiled cookie sheet and roast at 350 degrees for about twenty minutes. Serve with a dish of melted butter to dip them in.

**Grilling:** Simply toss them in oil, salt & pepper and then toss them on the grill. Turn with tongs a few times while they cook until they are nice and charred. Serve on burgers or as a side dish.

**Make Pesto:** See recipe on the reverse side.

**Wear as a bracelet:** Dude, seriously. This is going to be the hottest new thing. You could be the trend setter.

## DID YOU KNOW?

Did you know that Colonial American's ate locally AND seasonally? That's all they knew! Let's imagine what a CSA box might look on the day of our Nation's birth:

### THIS WEEK'S Box (if it were 1776)

**Cabbage** - Very large "white cabbage" was the norm - boiled vigorously before eaten.

**Collard Greens** - These were grown all the way up into New York and even Vermont. Again: boil vigorously before consuming (and don't forget to add a hunk of ham's fat while cooking).

**Green Beans** - Just coming in, these were eaten in abundance and some varieties haven't changed much to this day. We still grow one of the old-timey varieties called "Provider".

**Shallots** - it might be a little early for them, but I bet they'd be harvesting small ones by now...

**Potatoes** - they'd be small and white and not quite ready to harvest but because if it's a special day, potatoes would most likely be on the menu.

**Venison** - potted or jerked so that it would store, venison was eaten in stews with vigorously boiled cabbage and collard greens.

**Beer** - ales and ciders were consumed more regularly than water because it was safer to drink.

**Porridge** - yep: ground corn meal, salt and water was what was eaten most of the time by the common folk. Probably with some vigorously boiled things. Yuck.

**Wild Cherries** - These would just be coming on, but would be so abundant that just about everyone could gorge themselves on these tart "pie" cherries.

*With no refrigeration, most everything was prepared and eaten same day. Canning hadn't even been invented yet! If they wanted to cook or bake anything - they'd have to fire up the wood stove.*

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](http://www.driftlessorganics.com/recipes)

**Broccoli** - freezes really well if you are can’t get to it all.

**Cauliflower or Romanesco** - we all know what cauliflower looks like, but romanesco is that green spirally looking veggie. It tastes and cooks a lot like cauliflower. We like it best steamed and drizzled with oil, salt & pepper and little bit of lemon juice. Then cut into sections and serve as a side dish.

**Garlic Scapes** - see page 1 for what the heck these are and what to do with them. They store best with the cut end in a glass of water (like a bouquet of cut flowers) on your counter or in the fridge.

**Mini Romaine Lettuce** - these are all the rage: cute little heads of romaine make for a great single salad or use the

leaves on a sandwich. Store in a plastic bag in the fridge.

**Mint** - this tasty herb isn’t usually thought of as a cooking herb, but mint is actually really tasty in salads (like the one below). Or heck - just make a batch of mojitos to celebrate the 4th!

**Red Beets with their tops**- The first of some amazingly beautiful beets with their greens which can (and should be eaten). To store, remove tops from the beets and store in separate plastic bags. Get those kids to eat beets by making BEET HUMMUS (trust me you’ll like it) or check out our beet recipe page on the website. There’s tons of recipes!!

**Red Russian Kale** - A new type of kale that we growing this year - and we love it. Look for the big frilly leaves in a bunch. They have greenish-purple leaves with pinkish-purple stems. Try in the salad below or as kale chips, or added to a potato dish with cheese (add near the end of cooking and cook for only a few minutes or else it will get mushy.

**Sweetheart Cabbage** - look for the pointy conehead cabbage in your box. They are so cute! And our favorite cabbage ever, this heirloom cone-head not only looks cool but tastes super sweet & is somehow crunchy yet tender when eaten raw. Terrific mixed with salad greens or in coleslaw.

**Salad Mix** - this may be the last of the salad mix for a while, as it gets pretty tough to grow salad in the heat of the summer.

**Salad Turnips** - I started thinking that perhaps folks may be getting sick of these until I witnessed a good buddy of mine eat them raw like apples with this huge grin on his face. Eat them raw! With a huge grin! If you ARE getting sick of them, don’t worry, this is the last week.

**Snap Peas** - a big beautiful bag of peas, great for eating raw as a snack or added towards the end of a stir fry.

**Yellow Summer Squash** - slice into long, thin pieces and coat evenly with oil, salt & pepper. Grill for a few minutes on both sides. These make for great sandwich fixings, burger toppings or as a side dish when grilling out.

#### KALE & CABBAGE SALAD WITH ROASTED PEANUT VINAIGRETTE

Serves 4-6

*For the salad:*

1 bunch red russian kale. stems ribs cut out, leaves chiffonade chopped finely (Kale is tough so you want really fine small pieces but not confetti)  
2 cups shredded sweetheart cabbage  
6 sprigs of mint, finely chopped  
3/4 cup finely chopped dry roasted peanuts no salt  
1/2 cup whole dry roasted peanuts (to sprinkle on top)  
1/2 cup plus 2 tablespoons finely grated parmesan cheese

*For the dressing:*

1/2 cup Driftless Organics Sunflower Oil (or Peanut Oil)  
1/4 cup rice wine vinegar  
2 tablespoons lemon juice  
1 tablespoon honey  
2 teaspoon black pepper  
1 teaspoons salt  
1 tablespoon plus 1 teaspoon dry mustard  
1 teaspoon worchestershire sauce  
2 tablespoons Tamari  
1/2 teaspoon toated sesame oil  
1 teaspoon water  
2 tablespoon finely minced garlic scapes

Place in a canning jar, screw on lid and shake well till combined (or use an immersion blender).

In a large bowl mix all greens with peanuts and cheese. Add dressing & toss well. Let sit 5 to 10 mins and then serve.

#### GARLIC SCAPPE PESTO

1/4 cup pine nuts (or walnuts)  
3/4 cup coarsely chopped garlic scapes  
Juice and zest of 1/2 lemon  
1/2 teaspoon salt  
A few generous grinds of black pepper  
1/2 cup extra virgin olive oil  
1/4 cup grated Parmigiano Reggiano cheese

In a small, dry pan set over very low heat, lightly toast the pine nuts, stirring or tossing occasionally until just beginning to brown, about 2-3 minutes. Remove from the heat and let cool for a few minutes. Combine the scapes, pine nuts, lemon juice and zest, salt, and pepper in the bowl of a food processor fitted with the blade attachment. Pulse about 20 times, until fairly well combined. Pour in the olive oil slowly through the feed tube while the motor is running. When the oil is incorporated, transfer the pesto to a bowl and stir in the grated cheese.

*You can use this pesto as a dip with crackers or mix in with pasta after the pasta has been cooked.*