

# ONE



# POTATO



# TWO

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*Week #5! Well the weather has taken an interesting turn this week, with highs in the low 70s and lows in the 50s. Yikes! As pleasant as this may be for working outside, it could negatively affect some of our heat-loving crops like tomatoes, peppers and melons. We'll just have to see what comes of it all... The good news: The brassicas are booming! Brassicas are a family of vegetables that include broccoli, cauliflower and romanesco. They LOVE this cooler weather and will continue to make an appearance in your box this week and beyond. We really have hit our stride for the season and are having an absolutely*

*banner year. Everything on the farm looks so good! We are really proud of what we've accomplished so far and are feeling great that we are on top of it all. This is a really busy time, when we are still planting a lot of stuff, but also trying to keep up with the weeding and most importantly, the harvest! We're doing it all though - thanks to an AMAZING group of about 30 or so hard working folks. We love our coworkers and can't thank them enough for their diligence, perseverance and dashing good looks. They really do care about the vegetables they help grow and I think this shows in each and every box. Let's give it up for the 2015 Driftless Crew!! -- Mike*

## THIS WEEK'S BOX

- Basil (in a separate box)
- Broccoli
- Carrots with their Tops
- Romanesco
- Garlic Scapes
- Green Beans
- Green or Red Mini Romaine
- Green Zucchini
- or Yellow Summer Squash
- Lacinato Kale
- Salad Mix
- Red Onions
- Snap Peas
- Snow Peas

## DID YOU KNOW?

Did you know that over the course of a CSA season, we plant 8 successions of broccoli? That's right: from the beginning of March until about now, we either seed in the greenhouse or out in the field, eight different "plantings" of broccoli! The first through the fourth rounds are seeded in the greenhouse and they're started every 2 weeks to ensure a steady supply when we start harvesting. We start transplanting that first round outdoors as soon as the fields are dry enough (which is usually that last week of April). Plantings 5-8 are direct seeded right into the ground and then thinned to the correct spacing between plants. In fact, after I get done writing this, I'm going to go seed broccoli round #7!

We are harvesting from planting number 3 right now and the plan is, by the time this planting starts to diminish, the next will be coming on strong. Go broccoli, go!

## ... woah, did my head of cauliflower like, take a hit of acid, or what?...

Nope - that green spirally, cauliflower-looking thing is called romanesco! (Otherwise known as "broccoli romanesco".) We LOVE to grow romanesco because it is so funky-beautiful; and delicious too. It's actually an heirloom cauliflower, native to the Mediterranean coast roughly in the region from Rome to Naples. Folks believe that romanesco is a result of some pretty serious selective breeding done by 16th century Italian farmers.

In terms of taste, think of romanesco as a lighter, nuttier version of cauliflower. In terms of cooking - prepare just as you would cauliflower. Or try this:

1. Grilled - slice into long slices, coat with oil and lots of salt and pepper (maybe some red pepper flakes) and roast for 10 minutes, turning once.
2. Steam - steam it whole for about 10 minutes, break into florets and then dress it with a vinaigrette made with olive oil, red wine vinegar, minced garlic scapes and chopped pitted black olives.
3. Add to a curry dish (see recipe on back)
4. Eat raw - add to a veggie platter with broccoli, snap peas, green beans and cucumber.
5. Roasted in the oven with broccoli and zucchini, then add a bunch of Parmesan cheese to it.

Don't forget: you can find more information about the veggies & a bunch of recipes (and none of those annoying ads!) on our website: [www.driftlessorganics.com/recipes](http://www.driftlessorganics.com/recipes)

**Basil (in a separate box)** -grab a handful, which should be enough to make a small batch of pesto or to use in the dishes below. Stores best in a plastic bag in the fridge.

**Broccoli** - Do you know how to freeze broccoli? It's super easy - simply chop, blanch (boil for a couple minutes, then dunk in ice water and drain), stick in freezer bags and then suck all the air out of the bag. The future winter you will thank you.

**Carrots with their Tops** - Did you know you can make a pesto from the tops. Totally true. And the carrots are good too!

**Cucumbers** - 2 cucumbers for your salads and sandwiches.

**Lacinato Kale** - look for the dark green/blue leaves that are long & oval shaped. Lacinato is our favorite kale, known for it's

strong "kale" flavor. Sadly, no recipes for it in this week's news. Tons online though: [www.driftlessorganics.com/csa-2/recipes/kale/](http://www.driftlessorganics.com/csa-2/recipes/kale/)

**Romanesco** - see the first page of the newsletter for some cooking ideas. Store in a tightly sealed plastic bag in your fridge.

**Garlic Scapes** - Look for those curly green stems in your box. You can use scapes as you would regular garlic. Just finely chop up (even the flower bud) and add when you normally add garlic. For more info on them, you can check out last week's newsletter (available online).

**Green Beans** - The first of many, we hope. These early beans are wonderful eaten raw, or very lightly steamed and drizzled with oil, salt, pepper and lemon juice. Serve as a side dish to chicken or anything really! Store in the plastic bag that they came in.

**Green or Red Mini Romaine** - a wee little head for a wee little salad.

**Green Zucchini or Yellow Summer Squash** - grilled zucchini is the best; but also a wonderful addition to a fritatta, sliced very thinly and added to a salad or grated and added to muffins.

**Salad Mix** - just lettuce mix this time with no spicy Asian Greens.

**Red Onions** - These were red scallions, but they have since bulbed up and become cute little tasty baby onions that you can use like you would any onion. Even the tops are still nice and when chopped up finely, are a super tasty garnish on eggs. Store these in your fridge.

**Snap Peas** - I love coarsely chopped snap peas in a salad or whole raw snap peas for a work-snack. Impress your co-workers with your healthy mid-morning pick me up!

**Snow Peas** - are the flatter pea pods that you see a lot at Asian restaurants. These are a wonderful addition to a stir fry! Also great eaten raw with dip.

#### CURRIED ROMANESCO WITH SNAP PEAS

Serves 4

Enough rice for 4 people (start with this and prepare the rest while this is cooking).

3 c. romanesco, cut into bite-size pieces  
1 medium red onion (or 2 small), minced  
3 c. mixture of snap peas & snow peas  
2 garlic scapes, minced  
1 Tbsp. high-heat oil like grapeseed  
1 tsp. cumin seed  
salt & pepper to taste  
2¼ c. milk  
½ stick butter  
4 Tbsp. curry powder  
2 Tbsp. all-purpose flour  
Juice & zest of ½ lemon  
Basil, chopped, for garnish  
Red onion tops, chopped, for garnish

In a large lidded skillet, heat oil over medium-high heat. Add romanesco, stir, & cover. Meanwhile, set milk to heat over medium heat until about to boil. After romanesco has cooked for about a minute, give another stir, cover, & after another minute add the peas, red onion & cumin seed & cover. After another minute, add garlic scapes & stir a few times.

Season with salt & pepper to taste & transfer on to a plate.

Return empty skillet to stove & melt butter. Whisk in curry powder until bubbly. Add flour & stir constantly for another minute. In a slow stream, whisk in hot milk until incorporated. Continue whisking until boiling & thickened (about a minute after boiling). Stir in lemon juice/zest & veggies & serve over rice with garnishes.

#### ROASTED BROCCOLI & GREEN BEAN SALAD WITH TAHINI DRESSING

Serves 3 - 4

4 cups broccoli, chopped into bite sized pieces  
1 medium or 2 small red onions, sliced thinly  
2 cups green beans, sliced lengthwise in half  
1 garlic scape, chopped into small pieces  
1 tablespoon Driftless Sunflower Oil (or olive oil)  
¼ teaspoon sea salt  
¼ teaspoon black pepper

#### Salad:

3 to 4 handfuls salad mix  
1 cup cooked pearl couscous  
¼ cup almond slivers  
1 ounce feta  
2 medium carrots, grated with a potato peeler or food processor (you want long and very thin pieces).  
2 large basil leaves, chopped finely

#### Dressing:

3 tablespoons tahini  
3 tablespoons Driftless Sunflower Oil  
2 tablespoons water  
1 1/2 tablespoon lemon juice  
3 teaspoons honey  
Salt and Pepper, to taste

Preheat oven to 400°. Toss broccoli, beans and onions with oil, salt, and pepper. Spread onto a sheet tray and roast for 20 to 30 minutes, until broccoli is tender and lightly charring. Once the veggies are cooked, tossed together with the lettuce, basil couscous, almond slivers, carrots and feta.

In a small jar, add the ingredients for the dressing. Shake well (or blend with an immersion blender) and pour 1 to 2 tablespoons over the salad. Toss and serve.