



ONE POTATO TWO

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WEEK #3: Hello Everyone! We're cruising right along and having the time of our lives out here in Driftless-Land. It's hard to believe, but we have already begun transplanting our fall crops like cauliflower, cabbage and broccoli. With all this transplanting, harvest and weeding - it has been mighty busy around here! We couldn't

be happier about it. The crew is accomplishing amazing things out in the fields and really taking these long hot days in stride.

It is always right around the solstice, when the days are the longest and there's a lot of moisture in the soil, that the weeds seem to double or triple in size overnight. This year, we've been so on top of things, we didn't have that surprise moment. What a relief! Well, we hope you are enjoying your boxes and staying healthy. Happy Eating!
--Mike

- THIS WEEKS BOX**
- BASIL
 - BOK CHOI
 - BROCCOLI
 - GARLIC SCAPES
 - GREEN & PURPLE KOHLRABI
 - GREEN GARLIC
 - KALE MIX
 - MINI RED ROMAINE LETTUCE
 - RADISHES
 - SALAD TURNIPS
 - SPINACH
 - WHITE SCALLIONS
 - SALAD MIX
 - STRAWBERRIES!
 - ZUCCHINI

DID YOU KNOW ?

Did you know that we grow about 55 acres of fruits & vegetables? Yep; and about 50% of that acreage goes straight to CSA members like you. This year, we have approximately 700 CSA members who are signed up in our database and if you figure, with kids, husbands, etc. that number probably comes in at around 1,200 people who are eating the CSA produce that we grow. So, doing some quick math... that means that we dedicate approximately... .023 acres for each and every one of you. Let's look at it in terms of row feet (like you would in a garden). With the above figuring we can surmise that it takes 166 row feet (or 996 square feet) of earth to feed 1 CSA member for 20 weeks. In total, we dedicate 200,000 row feet (or about 1.4 million square feet) to our CSA membership.

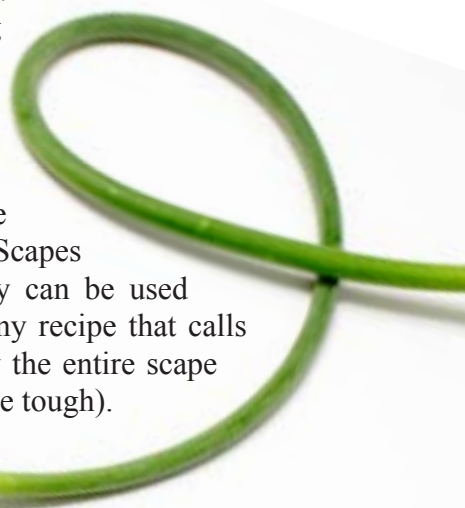
Math is fun! Now, let's look at this week's box. The bok choy took 1' worth of space, the kohlrabi took about 6", your bag of salad mix took about 18", and so on and so forth. If we add up all of the items and the space they take we get... 8.3' for this week's box. That means it took approximately .0011 acres worth of ground to grow the veggies in your box this week!

Now, if a head of lettuce was travelling at 65 miles per hour and a garlic scape was travelling in the opposite direction at 200 km per hour...

WHAT THE HECK DO I DO WITH MY GARLIC SCAPES ?

We love garlic scapes! And if you don't yet, it's time you learn to love them. First off, what the heck are they? Garlic scapes are the curly-que flower bud of the garlic plant. If you leave them on the garlic plant to mature, they will eventually form small bulbils that can be planted to grow more garlic (but this process takes about 2-3 years to form large bulbs and it ISN'T how we grow garlic). We remove the scapes around this time of year to allow more of the plants' energy to be used to make bigger bulbs.

Garlic scapes are more than just a by-product of growing garlic. They make a fabulous addition to a flower bouquet (in fact, the best way to store them is cut side down in a glass of water. Our favorite part: they are delicious to eat! Scapes taste just like garlic and they can be used in exactly the same way in any recipe that calls for garlic. You can use nearly the entire scape (sometimes the very tips can be tough).



THROW-IT-ALL-IN STIR FRY

3 scallions, whites chopped & greens separated & sliced

2 stalks of green garlic (white part), minced

Your yellow/green zucchini, sliced into 1/2" rounds
2" piece fresh ginger, minced

1 med. head bok choy, stems 1/2# sliced, greens separated & coarsely chopped

Your bag of kale

Your broccoli, stems 1/2# sliced, florets separated & cut into bite size pieces

1 Tbsp. Driftless Sunflower or sesame oil

1 Tbsp. each tamari & rice wine (or rice vinegar or sake)

2 tsp. sugar

1 tsp. toasted sesame oil

1/2 tsp. Chinese 5 spice powder (optional)

1/2 cup basil, chopped

1/4 c. cashews

Heat oil in large skillet or wok over medium/high heat. Add scallion whites, garlic, & ginger & stir until fragrant (1 minute). Add bok choy & broccoli stems & stir until starting to brown (2-3minutes). Add broccoli florets, zucchini, tamari, rice wine or vinegar, sugar, 5 spice, & toasted sesame oil. Stir another minute. Add bok choy & scallion greens and kale & stir until wilted. Serve with rice or noodles & top with cashews & basil.

GRILLED STRAWBERRIES OVER VANILLA ICE CREAM

1/4 cup balsamic vinegar

1 cup dark brown sugar

1 pint of the biggest strawberries (leaves on)

4 leaves of basil

Carton of your favorite vanilla ice cream

In a mixing bowl, gently mix berries with balsamic vinegar. Place the brown sugar in a shallow bowl or rimmed plate. Roll each berry such that each one has a thick coat of brown sugar. On each skewer place about five strawberries. Roll the skewer through the brown sugar to ensure they are properly coated. Let the skewered strawberries set in the refrigerator for about 15 minutes before grilling. Grill each skewer for about 2 minutes on each side. Rub each ice cream dish with the basil (trust me, this step is crucial). Top the ice cream with the grilled strawberries.

THE VEGGIES	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
BASIL	Aromatic leaves on the very top of everything in your box.	Don't store in fridge! Put in a glass of water on your counter and use up this evening.	Make a pasta dish and chop up and garnish just before serving.
BOK CHOI	A head of crunchy white stalks with the very fragile green leaves that we still haven't figure out how not to crumple.	Keep in your fridge for up to a week	In salads or in stir fries. The stalks can be eaten and take longer to cook so they should be separated before cooking.
BROCCOLI	If you don't know what broccoli looks like you are in serious trouble.	Store in plastic; use up in 5-7 days	Definitely cook this round of broccoli as it is a little too "spicy" to eat raw. Try in the recipe on this page!
GARLIC SCAPES	Look for the loose, lime colored curly-q stalks with a little flower bud and pointy end.	Store cut-side down in a small glass jar with an inch of water, or in a plastic bag in your fridge.	Use as you would garlic.
GREEN GARLIC	A bunch of 3 white stalks (~1/2-3/4" thick) with green leaves.	In a plastic bag and use up in 1-2 weeks	You can use the white and whitish-green parts just as you would garlic.
KALE MIX	A bag of different types of small kale (lacinato, green, red russian). It will be your bag of greens w/o lettuce in it.	In it's plastic bag, in the fridge for up to 10 days.	Tender enough to add to salad (you'll have to remove most of the stems), or lightly sauté (you don't have to de-stem) with some oil, salt, pepper.
GREEN & PURPLE KOHLRABI	The green and purple globes with leaves shooting out of their tops!	Keep in your fridge for 1 - 2 weeks in a plastic bag.	Enjoy raw sprinkled with salt or check out the recipe from last week's news (on the website).
RED or FRENCH BREAKFAST RADISHES	Elegant red or red and white radishes are in a bunch.	Separate tops from greens and store in separate plastic bags.	Sauté the radish greens and enjoy the radishes as a topping to your favorite meal!
MINI RED ROMAINE LETTUCE	A small head of reddish lettuce.	Keep in your fridge in a plastic bag for up to 5 days.	Try grilling: it's all the rage!! Grill, flip, remove, drizzle with olive oil, salt & pepper and eat!
STRAWBER-RIES	see broccoli	If you don't gobble them all up immediately, store them in your fridge for a couple of days.	Eat all by themselves or serve on top of desserts or salads.
SALAD MIX	A nice multi-colored mix of spicy greens and baby lettuce in a plastic bag.	Put a paper towel in the bag and try to use up in a week.	In a salad... with a sunflower oil vinaigrette (recipe on website)
SALAD TURNIPS	Look for the bunch of 3-5 white roots with green tops.	Separate tops from greens and store in separate plastic bags.	Slice them thin and use them as you would crackers. They are better for you than and with a little cheese or hummus, they are awesome.
SPINACH	the bag of darker green leaves that are all the same.	Like salad mix, only use up quicker as the leaves are very tender!	In a salad, or slightly wilted in scrambled eggs.
WHITE SCALLIONS	They are the shorter of the two green-leafed, white stemmed bunches. They are skinny like a pencil but much tastier.	Store in plastic; use up in 7-10 days	Personally, I just like to eat them raw with salt. But also great grilled!
YELLOW AND GREEN ZUCCHINI	Skinny, 6-8" zucchini with glossy yellow or green skin. There'll be about	Store on your counter or crisper drawer of your fridge. Ideally, they like it at 50 degrees, but that is difficult this time of year.	These two are basically interchangeable: try them in stir fries or sliced lengthwise & grilled.