



News from the Fields of Driftless Organics • Volume TEN ISSUE 7 July 6-July 9, 2016

ONE POTATO TWO

WEEK #5: Hello CSA Members. The farm is doing GREAT! Last night's rain was well timed and most welcome. It gives us another week without having to drag unwieldy irrigation pipes around, set up sprinklers or turn wells on and off at all hours of the day and night. Irrigation is a TON of work and it's so nice to not have to worry about it so much this season. Thanks, Mother Nature. Please, keep it up!

We're cruising right along, seeding our fall crops like carrots, beets, broccoli and more. The season is shaping up to be pretty awesome so far - with a few oddities such as where the heck is the broccoli (it's coming, don't worry) and a disappointedly short strawberry season.... But, as always, other things are making up for it - like the amazing greens that keep growing and growing. And the tomatoes and peppers... all looking amazing and we'll be picking them very soon. We're happy as can be out here and hope you are enjoying your boxes. Happy Eating!

--Mike

THIS WEEK'S BOX

BABY BOK CHOI
BASIL PLANT (EOW MEMBERS ONLY)
CUCUMBERS
FENNEL
GARLIC SCAPES
GREEN BEANS
GREEN ZUCCHINI
KALE MIX
MINI ROMAINE LETTUCE
NAPA CABBAGE
ONION BLOSSOMS
PURPLE SCALLIONS
RAINBOW CHARD
SALAD MIX
SNAP PEAS
YELLOW SQUASH

DID YOU KNOW?

Did you know that Driftless Organics is owned and operated by 3 people? Yep - we are one of the only vegetable farms that I know of that has more than 2 owners. The three of us are Josh Engel, Noah Engel & Mike Lind. This is a bit unconventional and in a lot of ways different from the typical "family farm" that so many CSA farms advertise themselves to be. Don't get me wrong, I consider all of us at Driftless Organics one big family, but we don't all live "on-farm" in the typical fashion. We show up to work and go home at end of the day, much in the same way as many of you do with your jobs. There are a ton of positives to this type of arrangement. Farming can be mighty stressful, and it really helps to share that burden with others. And it sure is nice to have the option of leaving work at the end of the day (even if sometimes the end of the day is awfully late). And the best of all, as far as I'm concerned (after taking a long weekend off to go mountain biking), is that with multiple owners and an AMAZINGLY responsible and competent crew, one of three of us can leave to go do something fun. Because without fun, what the heck is the point of it all? Farming and life are all about balance, right? We think so!!

WHAT THE HECK DO I DO WITH RAINBOW CHARD?

I keep telling everyone that chard is the new kale... that someday soon a study will be published in the latest issue of Martha Stewart or Good Housekeeping or whatever touting the amazing health benefits of chard and why you should stuff your face full of it. It is a nutritional powerhouse after all, with tons of iron and antioxidants. Still, chard remains the underdog. Just think, YOU could be the pioneer of the chard revolution. C'mon people, let's get our chard on!

Remember that unlike stupid kale, the stems of chard can be eaten; and they are quite delicious. You'll want to remove them from the leaves and cook them for a bit longer. Think of it like this: cook the leaves like you would spinach, the stems like you would asparagus. Some people like to blanch chard for 30 seconds - 1 minute to speed up cooking and to remove some of the acids that give chard it's strong spinach-y/beet-y flavor. If you do, just remember to squeeze out the excess moisture before sautéing.

Some simple uses for chard:

- Simply sauté chard in olive oil and garlic scapes or sauté in butter, garlic and... beer! (seriously, it's awesome... use 12 oz. of beer for one bunch of chard... drink the remaining six pack and the chard will be even better...)
- Use it in soups and stews (pairs well with lentils)
- Chop up the leaves very thinly and add to pasta dishes
- Add sautéed chard to a fritatta or scrambled eggs
- Try juicing with apples & celery
- Prepare American fries, add chopped up chard towards the end and cook for a bit. Then add shredded pepper jack and melt on top.
- Tons of recipes here: <http://driftlessorganics.com/csa-2/recipes/chard/>

FENNEL AND SNAP PEA SALAD

1 fennel bulb, bulb cored & thinly sliced, stems thinly sliced, leaves reserved

Your bag of snap peas, strings removed

Your bunch of purple scallions, thinly sliced

3 Tbsp. Driftless sunflower oil or olive oil juice & zest of 1/2 a lemon

1 garlic scape, minced

2 onion blossoms, minced

salt & pepper to taste

1/2 cup feta, crumbled

fresh mint & parsley, optional

Combine fennel, snap peas, & scallions in a medium bowl. In a small bowl, combine lemon juice, zest, garlic scapes, & salt & pepper. Whisk in olive oil & toss into veggies. Fold in feta. Serve immediately with fennel leaves & onions blossoms as garnish.

RAINBOW CHARD VEGGIE WRAPS

1 bunch Rainbow chard

1 cucumber, cut up into matchstick sized pieces

1 large handful green beans, chopped

1 cup of napa cabbage, finely chopped

2 cups grated zucchini or summer squash

2 cups cooked rice

1 1/2 cups Asian Sweet Chili Sauce

Salt & pepper to taste

Mix all of the wrap fillings together well. Chop the stalk off of the chard leaves from the base of the leaf. Steam the leaves for 5 minutes. Make sure not to over steam them or the leaves themselves will fall apart as you try to roll them. Carefully, cut the bottom 2 inches of backbone out of the leaf. You don't need to remove the entire stalk. Just the part which gives it most of its strength. Place a scoop of your filling towards the butt of the leaf where you chopped off the stalk. This is where you will start to roll it. Also make sure the leaf is face down, stalk up. Top your filling with 2 Tbsp of sauce. Fold the sides over your fillings. Wrap over the end, slightly squeezing and folding the leaf under the fillings, then wrap the sides up and roll it. Use extra sauce for dipping!

THE VEGGIES	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
BABY BOK CHOI	Look for the bunch of smallish leaves and light green stems banded together with a red rubberband.	Store in a plastic bag in the fridge for no more than a week.	The stems are tender enough to eat with the leaves. Try steaming or throwing into a stir fry near the end.
FENNEL	A white bulb with green stalks and skinny, frilly leaves or "fronds"	Keep in your fridge in plastic for up to a week. If you're planning on using the fronds, store separately.	With fish! On pizza! Grilled! In soups and stocks! Grated on salads! In potato salads!
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. Mince really thin before cooking.
GREEN BEANS	We all know what green beans are, right?	These were picked yesterday, so they should keep for at least a week in their plastic bag.	Personally, I just like to steam these and add salt, pepper & lemon juice.
GREEN ZUCCHINI	Skinny, shiny green zucchini.	Store on your counter or crisper drawer of your fridge. Ideally, they like 50 degree, but that is difficult this time of year.	Zucchini are so versatile! Enjoy raw or cooked, in sweet or savory dishes.
KALE MIX	A nice bag of kale greens: red & green curly, lacinato and red & green russian.	Store in their plastic bag in the fridge for no more than a week.	Best used as a cooking green: lightly steam or saute in oil.
NAPA CABBAGE	A small oblong/oval head of light yellow/green wrinkly leaves. These are really just "napa hearts".	Store in plastic, with a piece of paper towel to soak up excess moisture.	Shredded and added to the end of a stir fry or on a salad with a spicy vinegar dressing.
MINI ROMAINE LETTUCE	A small head of dark red romaine lettuce.	Stuff it into a plastic bag.	Tear it up and add to salads, or use in sandwiches or on burgers.
ONION BLOSSOMS	Little round oniony flower globes on short green stems. There should be 4 of these in your box.	In a cup of water on your counter	Like you would chive blossoms: minced up and used as a garnish on salads or pasta dishes.
PURPLE SCALLIONS	Also called green onions - look for the bunch of green tops, white & purple bottoms.	Store in a plastic bag in the fridge for 7-10 days.	Use as you would onions up to about half way up the green. Use the rest for garnish just before serving.
RAINBOW CHARD	A bunch of wrinkly/savoyed green leaves with stems of different colors: red, white, yellow, pink...	Store tightly wrapped in a plastic bag in the fridge for 7-10 days, in your fridge.	Check out page 1 for some good tips - and try the recipe as well!
SNAP PEAS	Look for the bag of peas (in their pods) that are moderately plump, but not as filled out as shell peas.	In their plastic bag, for 10-14 days max.	The pods of these peas are edible, Just trim or snap off the tops and they are ready to eat.
YELLOW SUMMER SQUASH	Skinny, shiny yellow summer squashes.	Store on your counter or crisper drawer of your fridge. Ideally, they like 50 degree, but that is difficult this time of year.	Use like you would a zucchini.