

ONE POTATO TWO!

News from the Fields of Driftless Organics
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Week 3: Here we go again! The temperatures have cooled down and the rains have come. Now we watch everything absolutely explode during this summer solstice time where the days are mighty long and the weeds grow 10 feet a day (well not quite, but nearly...). Finally, it feels like the veggies are waking up from their spring slumber and we should see start seeing those CSA boxes become more full with of all the great bounty. Thanks for

your patience through those lean boxes during the past week.

The hard working Driftless Organics crew has endured a lot this season, but they are proving once again to be a stellar group of folks. Let's all raise our hats to all of them and thank them for everything that they do to plant, protect, weed, harvest, coordinate, wash, pack and deliver all of these wonderful boxes. You guys and gals are the best! We hope you enjoy this week's box!

-- Mike

WHAT'S IN THE BOX?

Garlic Scapes
Green Garlic
Green & Purple Kohlrabi
Green Butterhead Lettuce
Green Zucchini
Kale Mix
Pea Tendrils
Salad Mix
Salad Turnips
Spring Onions
Strawberries
Swiss Chard

YOU KNOW?

DID

Did you know that the garlic scapes in your box this week are the flower buds of the garlic plant? Yep, and 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) and they make for a great pesto:

This pesto is delicious tossed with pasta. Or jazz up a basic vinaigrette dressing with a couple of spoonfuls.

1 c. scapes, cut into 1" pieces (6-8 scapes)
¼ pound basil, coarsely chopped (leaves & stems)
½ c. raw pumpkin or sunflower seeds, toasted & cooled
⅓ c. Driftless Sunflower Oil (olive oil works as well)
½ tsp. salt

Combine all in food processor & pulse until smooth.
Use within a week in the fridge or freeze.

WHAT THE HECK DO I DO WITH THIS BASIL PLANT?

We love basil so much that we wanted to spread that love to you all by giving you your very own basil plant. This doesn't mean that we won't be also giving you basil in your CSA boxes throughout the year, just that we wanted you to share in the joy of growing your own. Here are some handy tips to get the most out of your basil plant:

1. You can either keep your basil in it's pot or transplant it into the ground or some sort of larger container (highly recommended). If you do transplant it, do so very carefully and try not to disturb the roots too much. Water a bunch once transplanted.
2. Water often!
3. If you plan on keeping your basil indoors, make sure it gets plenty of sunlight.
4. To harvest: pinch off leaves near where the stems branch out. This will encourage your plant to become bushier. If you keep doing this, you should be able to pick from your basil plant from a number of months.
5. If your basil plant begins to flower, remove them immediately.
6. Harvest basil right before you need it - the fresher, the better.
7. Add chopped basil to pasta, pizza or Thai dishes.

	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
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 or check out the recipe on page 1.
GREEN GARLIC	Look for the bunch of 3-4 white stalks with flat, green leaves.	Store in the same plastic bag as your spring onions.	You can eat the whole thing! Use in place of garlic in recipes.
GREEN BUTTERHEAD LETTUCE	A bright light green head of lettuce.	Store in the plastic bag in your fridge with a piece of paper towel.	A great lettuce for sandwiches or to put on burgers.
GREEN & PURPLE KOHLRABI	Look for 1 light green and 1 purple knobby roots the size of a tennis ball with leaves attached.	Store in a plastic bag in the fridge.	These can be intimidating: try slicing thin and adding salt and sprinkle with cider vinegar for a light snack. Use the leaves sperately as you would kale or collard greens. You will need to PEEL these.
GREEN ZUCCHINI	Skinny, shiney green zucchinis.	Store on your counter or crisper drawer of your fridge.	Check out the recipe below.
KALE MIX	A bag of sharply lobed green leaves, some with purple stems	Store in a plastic bag in the fridge.	We like to eat it raw (make sure to crunch it up with your hands to soften it up a bit), but lightly sautéed with scapes and onion is great as well.
PEA TENDRILS	A bunch of pea shoots with curly tendrils.	Keep in the fridge for up to 5 days in a plastic bag.	These pea tendrils are a super sweet and crunchy addition to a salad, sandwich or relish tray.
SALAD TURNIPS	These look like white radishes!	For best results: store roots remove roots from tops and store separately.	Try roasting them and don't forget: you can sauté the greens.
SPRING ONIONS	A bunch of white-ish/yellow scallions with green tops.	Store in a plastic bag in the fridge.	Use anywhere you would onions - the green parts are great if minced and added as a garnish to potatoes, eggs or pastas.
SWISS CHARD	A cute little bunch of dark green leaves with multicolored (or just red) stems.	Store in a plastic bag in the fridge.	You can use the whole plant - sauté the stems for a little longer than the leaves. Cook with a LOT of garlic!

KALE & AVOCADO SALAD

Your bag of kale mix, chopped
 Your bunch of pea tendrils, chopped
 1/2 bunch of spring onions (white and green parts), minced
 1/2 bunch of salad turnips, thinly sliced into rounds
 1 lemon, juiced
 1 tablespoon extra virgin olive oil
 ¼ teaspoon salt
 2 ripe avocados
 ¼ cup pine nuts (or walnuts), toasted

Chop the kale and pea tendrils and place in a large bowl. Coat with the strained lemon juice and allow to sit for about 5 minutes. Add the olive oil, sea salt, spring onions, turnips, avocado, and pine nuts to the bowl, reserving some toasted pine nuts for topping. Use a spatula to smush the avocados against the side of the bowl as you mix it, still leaving them a bit chunky. Place the salad in bowls and top with additional toasted pine nuts.

KOHLRABI ZUCCHINI FRITTERS – HECK YEAH!

Your 2 kohlrabi, peeled and shredded
 1 zucchini, shredded
 2 spring onions with greens, very thinly diced
 about 2/3 cup of flour
 Your bunch of chard, coarsely chopped (both stems and leaves)
 1 large egg
 2 teaspoons salt
 couple grinds of black pepper
 1/4 tsp baking soda
 vegetable oil for cooking

Coat and toss the vegetables with the flour, salt, and baking soda. Crack the egg directly into the pan and using either a fork or chopsticks, mix it around until the entire thing is coated with egg. If it seems too dry to you, add another egg. Each piece should be lightly coated with the batter. In a hot cast iron or heavy bottomed pan, heat up a small layer of vegetable oil over medium heat. When it's sizzling hot, add the lumps of veggies to your pan in small nests. Pat it down with a spatula. Let it cook until the bottom of golden brown, about 4 minutes. Flip and cook for another 4 minutes. Transfer to a cooling rack lined with paper towels to absorb the excess oil. Serve warm, preferably topped with egg, a dollop of greek yogurt mixed with lemon juice, or just sprinkled with salt.

DRIFTLESS ORGANICS CSA COLORING CONTEST

Name & color your CSA veggies from this week's box, then take a picture of your masterpiece, post it on our Facebook page and enter to win a fun prize! Open to kids and adults alike!!

