

# ONE POTATO TWO!

News from the Fields of Driftless Organics  
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*Week 4: We've been hard at work in these cool June temperatures this week wondering when the heck is it ever going to feel like summer again?! Who's with me on this? Don't get me wrong, this cooler weather has really been amazing to work in, but our veggies are unfortunately not feeling the same way. They need heat and sunshine to take off and work their magic. So while we wait for our fields to start exploding with produce, we*

*continue to plant more crops, harvest what's ready, pack, weed, and wash in preparation for this week's box and future CSA boxes. It's not always easy working alongside mother nature, but it sure is rewarding and we always have a fun time doing it. We are so fortunate to have a hard working crew that gets the job done no matter the weather or the conditions: heat, wind, rain, sunshine.. You name it! Enjoy your veggies this week. Happy Eating,*

*-- Annie*

## WHAT'S IN THE BOX?

- Black Beans
- Bok Choi
- Cilantro
- Garlic Scapes
- Green Garlic
- Green Kale
- Green & Purple Kohlrabi
- Green Zucchini
- Red Beets
- Salad Mix
- Salad Turnips
- Scallions
- Yellow Summer Squash

## YOU KNOW?

DID

Did you know that greens are delicious braised?! Do you know how to braise greens? Well buckle your seatbelts, because we are about to dive into this handy culinary technique. Braising, from the French word "braiser", is a cooking method typically used for meats, but also works well for a lot of veggies. Usually the meat or vegetable is seared or cooked at a high temperature with some kind of oil or fat and then finished in a covered pot or pan to cook at a lower temperature. Braises are perfect make-ahead dishes since they actually taste better the next day. And since everything's usually well-cooked, the food's texture doesn't change much as it sits.

### Here's How to Braise Greens:

As a general rule of thumb, I use about 2 Tbsp of fat/oil and about ¼ cup of liquid in a large frying pan for a bunch of greens, like kale (less for really tender greens like spinach and more for tougher greens like cabbage). Heat the fat in the pan over medium-high heat. Add in chopped greens and let cook for a minute or two on low heat. Add the liquid and stir relatively frequently, but you don't need to go nuts. If the liquid all evaporates before the greens are fully cooked, add a little bit more. You can add all sorts of seasoning to your liquid - including minced garlic, spices or just salt and pepper. Hard root vegetables, winter squashes, and hardy greens like kale and chard are particularly well-suited to braising.

## WHAT THE HECK DO I DO WITH BOK CHOI?

I'm sure you've all heard of bok Choi. But how do you use it? Check out these ideas for a little inspiration:

1. Add to Salads: Add cut bok Choi to your favorite salad for a new layer of flavor. It has a sweet flavor and is a good addition to spinach or mixed green salads.
2. Stuff those stems: Fill raw bok Choi stalks with anything you would use to fill celery sticks. Try peanut butter cream cheese, or guacamole.
3. Sandwiches: Use raw bok Choi leaves on sandwiches with hummus and peppers.
4. Add to Your Appetizers: Add raw stalks of bok Choi to your favorite vegetable tray!
5. A Leftover Makeover: Add chopped bok Choi and onion to any leftover meat and pre-cooked veggie or rice mixture then toss in a skillet over medium-high heat Scramble one egg for each person, and pour over the veggie-meat mixture. Stir it all up and serve.
6. Grill It: Cut bok Choi in half, drizzle with Driftless Sunflower Oil (or olive oil) and toss it on the grill. Add just a sprinkle of salt, turn once and enjoy.
7. Stir Fry: This one's a classic - make an Asian-inspired stir-fry using chicken, peppers, onion and bok Choi. Clean the stalks, then give them a rough chop before adding to the wok.

	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
<b>BLACK DRY BEANS</b>	A brown paper bag with dried black beans in it.	Store in your cupboard or fridge.	Soak these over night, then boil in fresh water for a few minutes, then simmer for at least a 1/2 hour.
<b>BOK CHOI</b>	A head of crunchy white stalks with green leaves	Keep in your fridge for up to a week	Check out the other side of this newsletter for more tips!
<b>CILANTRO</b>	The bunch of green, serrated leaves.	In a bag in your fridge for 3 to 5 days.	In salsas and sauces. Also makes a great topping or garnish.
<b>GREEN GARLIC</b>	Look for the bunch of 3-4 white stalks with flat, green leaves.	In a bag in your fridge.	bottom half! You can eat the whole thing! Use in place of garlic in recipes.
<b>GARLIC SCAPES</b>	Look for the loose, lime colored curly 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.	Make a batch of garlic scape pesto. Or try grilling these (check out the Grilled Veggies over Salad recipe).
<b>GREEN KALE</b>	A bunch of green kale with curly leaf edges.	Keep in a bag in your fridge for up to a week.	Try braising this or making a marinated kale salad.
<b>GREEN &amp; YELLOW SUMMER SQUASH</b>	Shiney and brightly colored green and yellow zucchinis.	Store on your counter or crisper drawer of your fridge.	Use to dip into the bean dip recipe!
<b>PURPLE &amp; GREEN KOHLRABI</b>	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 collar greens. You will need to PEEL these.
<b>RED BEETS</b>	A bunch of beautiful red beets with their tops.	Keep in your fridge in plastic for up to a week.	Roasted with garlic & oil. Shredded in salads. Pickled. You can eat the leaves too!
<b>SALAD TURNIPS</b>	These look like white radishes!	For best results: remove roots from tops and store separately.	Try roasting them and don't forget: you can sauté the greens.
<b>SCALLIONS</b>	You can tell these apart from green garlic because their greens are round.	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.

## BLACK BEAN DIP

1 1/4 cup of dry black beans  
 4 scallions, chopped well  
 1/3 cup chopped cilantro  
 1 green garlic, minced  
 1 small jalapeño, seeds removed and diced  
 2 tablespoons fresh lime juice  
 1/4 teaspoon ground cumin  
 1/4 teaspoon chili powder  
 1/2 teaspoon kosher salt  
 1/4 teaspoon black pepper  
 2 tablespoons cotija cheese, for garnish, optional  
 Soak the black beans overnight and boil in fresh water for 30 - 60 minutes or until tender. Drain well and let cool slightly. Put the black beans, scallions, cilantro, garlic, jalapeño, lime juice, cumin, chili powder, salt, and black pepper in a food processor or blender. Blend until smooth. Pour the black bean dip in a bowl and garnish with cilantro and cotija cheese, if using. Serve with tortilla chips and/or cut up vegetables like sliced kohlrabi, zucchini or salad turnips.

## GRILLED VEGGIES OVER SALAD

Half of your beet bunch, roughly chopped  
 3 or 4 salad turnips, quartered  
 Your garlic scape bunch, chopped into quartered  
 1-2 zucchini or yellow summer squash  
 1 teaspoon extra virgin olive oil  
 Your salad mix  
For the dressing:  
 3 tablespoons apple cider vinegar  
 2 tablespoons honey  
 1 teaspoons balsamic vinegar  
 1/2 teaspoon dijon mustard  
 1/2 green garlic, finely minced  
 A pinch of salt  
 1/4 cup extra virgin olive oil  
 Place the beets, scapes, zucchini and turnips on a sheet of aluminum foil and drizzle with oil and toss to coat, sprinkling with salt & pepper. Grill on the foil for 10 - 15 minutes or until veggies are tender, flipping as needed. When the veggies are cooked, set aside to cool. Whisk all of the salad dressing ingredients in a bowl. Combine the salad mix, grilled veggies and as much dressing as you like in a large bowl and mix well. Enjoy!