

ONE POTATO TWO!

News from the Fields of Driftless Organics
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Week #5... Here we go again and it is finally starting to feel like summer. The crops are growing strong - the crew has meshed and are working together like a well oiled machine. We are settling into our daily rhythms and so thankful to see the sun shine and the temperatures back to where they should be this time of year. We are happy as can be!!

This is the time of year where we start planting our fall crops in earnest. Today, after I finish writing this newsletter, I'm going out to seed nearly 2 acres of fall carrots, which (we hope) will fill those late September through October boxes. Later in the week, I will plant fall beets, which will be one of the crops that helps see us through the winter as we wash, pack and deliver them through (we hope) February. The cycle continues, and round and round it goes. Thanks so much for riding along with us! Happy eating!

--Mike

WHAT'S IN THE BOX?

Broccoli
Cilantro
Cucumbers
Fennel
Garlic Scapes
Green & Purple Kohlrabi
Green Zucchini
Purple Scallions
Red Butterhead Lettuce
Red Curly Kale
Salad Turnips
Snow Peas
Yellow Summer Squash

YOU KNOW?

DID

Did you know that you can grill the majority of the vegetables in your box this week? Yep - you'd be surprised what you can throw on that outdoor cooker of yours. Scallions? You bet. Fennel? Absolutely. Zucchini? Of course. Cucumbers? Ok - maybe not the cucumbers. But pretty much everything else. Even the Red Curly Kale can be grilled. For us - it's all about experimenting and figuring out how to slice or dice the veggie so that it doesn't fall through the grates of the grill. Take zucchini for example: we slice it lengthwise and coat it with oil, salt and pepper before grilling. For the kale, we soak it in water for a few minutes and then toss it on. After it starts to get crispy (just a few minutes is all it needs), remove it from the grill, drizzle with oil, lemon juice, salt & pepper. Same goes for the scallions and garlic scapes. Often times, for things like broccoli and snow peas, we will use a grill basket: which is a metal basket that you place on your grill and put things in to cook. Or - for veggies like summer squash and fennel bulbs - you can skewer them with meat and pineapple for a wonderful shish kabob. Keep it simple: grill, oil, salt and pepper. It is a sure-fire way (pun intended) to jazz up a summer meal and add some veggies to your picnic plates.

WHAT THE HECK DO I DO WITH FENNEL?

Fennel is the striking white bulb with elegant green stalks and frilly leaves or "fronds". With these three distinct parts of this vegetable it's sometimes hard to figure out what exactly to do with all of it. We're here to help! I'll break it down for you:

- 1.) Bulb: This is the mostly commonly used part of the fennel plant. The bulb can be sliced or chopped up and roasted, sautéed, or braised. You can also enjoy the bulb raw: try grating it over salads.
- 2.) Stalks: The stalks of the fennel plant are crunchy and tougher than the bulb. You can roast these too, toss them into stir-fries or use them in bloody marys as stir sticks! If you don't have a use for them now, chop and freeze for later for use in stocks and soups.
- 3.) Fronds: These are oh-so delicate and when removed from the rest of the plant, can be stored in their own plastic bag in the fridge for around a week. You can add them to salads, cook with fish (YUM!) or use as a beautiful garnish. Each part of the fennel has a sweet, nutty, anise-y flavor that pairs well with apples, beets, garlic, citrus, and fish.

| | WHAT'S IT LOOK LIKE? | STORAGE? | HOW DO I USE IT? |
|--|--|--|---|
| BROCCOLI | Do you know those wire toys that go up and down stairs? Those are slinkys. Broccoli looks nothing like a slinky. | Store in a plastic bag for no more than 10 days. | Broccoli is America's #1 vegetable for good reason - there are so many different ways to use it. We like to keep it simple: steamed or roasted. |
| CILANTRO | 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. |
| 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 seperately. | With fish! On pizza! Grilled! In soups! Grated on salads! In potato salads! You can eat the whole thing! |
| 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. | Try pickling them! Sounds daunting, I know - but it is really super easy. |
| GREEN ZUCCHINI & YELLOW SUMMER SQUASH | Shiney and brightly colored green and yellow zucchinis. | Store on your counter or crisper drawer of your fridge. | Zucchini on pizza is simply a-MAZ-ing. |
| 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. | I found a great article on the intwerwebs that talks about kohlrabi - check it out on our Facebook page. |
| PURPLE SCALLIONS | Look for the bunch of skinny purple onions 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. |
| RED KALE | A bunch of dark purple leaves with curly edges and a blue twist tie. | Keep in a bag in your fridge for up to a week. | On page 1, I talk about grilling stuff... you should try it with your kale! |
| RED BUTTERHEAD LETTUCE | A beautiful red and green head of lettuce. | Store in a plastic bag with a piece of paper towel. | SALAD! |
| SALAD TURNIPS | These look like white radishes! | For best results: remove roots from tops and store separately. | Getting sick of these? Try pickling them! |
| SNOW PEAS | Look for the bag of flat green pea pods. | In their plastic bag, for 10-14 days max. | The pods snow peas are edible and are typically used in Asian dishes. We simply like to dice them up and put them in a salad. |

BROCCOLI, SNOW PEA & FENNEL SALAD WITH BLUE CHEESE AND WALNUTS

4 Tbsp. Driftless Sunflower Oil
 3Tbsp. fresh lemon juice
 2 tsp. dijon mustard
 4 purple scallions, minced
 salt & pepper taste
 3 cups broccoli florets
 Your bag of snow peas
 1 fennel bulb, cored & thinly sliced
 1/2 c. walnuts, chopped & toasted
 1/2 c. blue cheese, crumbled
 fennel leaves, for garnish

Whisk together oil, lemon juice, mustard, scallions, salt & pepper in a medium sized serving bowl. Blanch broccoli and peas in boiling salted water for 1-2 minutes, drain, cool in ice water, & drain. Add to dressing with sliced fennel & toss with walnuts & blue cheese. Garnish with fennel leaves. Serve cold or at room temperature.

SALAD TURNIP, FENNEL & GARLIC SCAPE QUICK-PICKLE

Pickling stuff can be kind of intimidating - but it really doesn't need to be! This recipe is super easy and fast and makes a nice couple of quarts of crunchy pickled things that you can eat as a snack with crackers and cheese or add to salads.

Your bunch of turnips (white parts only), sliced into rounds
 1 bulb of fennel, cut into 1" chunks
 4 purple scallions (red & white parts only), minced
 6 garlic scapes, cut into 1" pieces
 2 cups white-wine vinegar
 2 cups hot water
 1 tablespoon sugar
 20 whole black peppercorns
 1 teaspoon salt + 1/2 teaspoon crushed red pepper (optional)

Layer turnips, scallions and garlic scapes evenly in 2 quart jars with lids. Whisk vinegar, hot water, sugar, peppercorns, salt and crushed red pepper (if using) in a medium bowl until the sugar is mostly dissolved. Pour the mixture over the vegetables. Put the lids on and gently shake a few times to distribute the flavorings. Refrigerate for at least 30 minutes for the flavors to develop. You can cover and refrigerate for up to 2 weeks.