



ONE POTATO TWO!

News from the Fields of Driftless Organics
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Week #6: Hey there CSA members! It's another wonderful day here on the farm. And after a hot day yesterday, everyone is feeling thankful for the rainy, cloudy morning we are having today. We've been needing some rain and are lucky that it came at a great time! We can take a break from irrigating our fields and focus on harvesting all of vegetable bounty that's been popping up. We're keeping busy harvesting garlic, carrots,

peas, scallions, herbs and zucchinis, washing cucumbers, packing broccoli orders (holy broccoli!) and getting everything ready for another fantastic week of CSA vegetables. We've also been planting and transplanting lots of fall crops like beets, carrots, kale and cabbage. There's never a dull moment around here - and that's the way we like it! Hope you all enjoy your veggies this week.

Happy Eating, --Annie

WHAT'S IN THE BOX?

- Broccoli
- Carrots
- Cucumbers
- Fennel
- Fresh Garlic
- Green Romaine Lettuce
- Green Zucchini
- Napa Cabbage
- Purple Scallions
- Red Romaine Lettuce
- Romanesco
- Snow Peas
- Yellow Summer Squash

YOU KNOW?

DID

Did you know that romanesco isn't just a delicious vegetable, but that it also displays a fascinating math sequence?! Romanesco is a beautiful and edible example of a fractal, or a pattern that repeats itself over and over. Maybe you remember the Fibonacci sequence from math class? Romanesco displays this sequence's logarithmic spiral on each one of its tiny pieces. If you break off a piece of Romanesco you'll be able to see the same spiral pattern on the next smaller piece you break off of that piece, and so on and so on. If you're interested in this phenomenon, I recommend reading more on the internet - it's really cool! There are other examples of the Fibonacci sequence spiraling through nature. You can also see it in the fruitlets of a pineapple, the arrangement of a pine cone or the uncurling of a fern. Even though nature has numerous examples of this mathematical wonder, you won't find any other CSA veggies that show off this pattern. Take a moment to appreciate your romanesco's uniqueness before you start choppin', grilling or just straight up devouring this nutty and delicate flavored vegetable. Check out the spiral-filled recipe on the back!

WHAT THE HECK DO I DO WITH THESE CUCUMBERS?

You'll find several beautiful cucumbers waiting to be eaten in your share this week! Looking for some inspiration? Check these ideas out:

- Use them as crackers: Slice into rounds and top with goat cheese or your favorite spreads, sauces or dips!
- Make a soup: Cucumbers make great chilled soups, perfect for those hot summer days when no one wants heat up the kitchen.
- Cucumber Sorbet: Trust me. This is SO flipping good. Check out our website for the recipe.
- Pickles!: Make a batch of super easy, super fast refrigerator pickles. Again, just head over to our website for some recipes.
- Salad: Make a cucumber salad by de-seeding a couple of cucumbers, chopping and tossing with Greek yogurt, dill, salt and pepper.
- Drinks: Cucumbers add a lovely flavor to water or cocktails. Just slice and let sit in the beverage of your choice for at least 10 minutes.

	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
BROCCOLI	Like little green trees.	Store in a plastic bag for no more than 10 days.	Toss with oil, garlic and salt and roast in the oven.
CARROTS	The first carrots of the season! These beauties still have their tops.	Keep in the fridge for up to two weeks.	Perfect for snacking, these carrots are also great in your favorite dishes.
CUCUMBERS	Several cucumbers are waiting for you in your box.	Keep in the fridge for up to two weeks.	Check out the other side of this newsletter!
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! Grated on salads! In potato salads! You can eat the whole thing!
FRESH GARLIC	Two fresh garlands with their long stalks.	Store in the fridge.	Use like you would cured garlic.
NAPA CABBAGE	The head of cabbage with thick white stems and green leaves.	Keep in the fridge in a plastic bag for up to a week.	Napa cabbage makes a yummy stir fry or coleslaw.
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.
ROMANESCO	The lime green, alien-looking veggie in your box.	Store in a plastic bag in the fridge.	Check out the pasta recipe!
ROMAINE LETTUCE	A beautiful red and green head of mini romaine lettuce.	Store in a plastic bag with a piece of paper towel.	SALAD!
SNOW PEAS	Look for the bag of flat green pea pods.	In their plastic bag, for 10-14 days max.	The pods of the snow peas are edible and are typically used in Asian dishes. We simply like to dice them up and put them in a salad.
ZUCCHINI / SUMMER SQUASH	Green and/or yellow summer squash.	Keep in the crisper drawer of your fridge.	Add it to salads, pasta or tacos!

SESAME VEGGIE SALAD

1 head broccoli, roughly chopped
 3 carrots, roughly chopped
 1 fennel, quartered and bottom removed
 3 tablespoons toasted sesame oil
 1 tablespoon rice vinegar
 1 tablespoon tamari
 1 teaspoon maple syrup
 1 tablespoon toasted sesame seeds, plus extra for garnish
 Run the veggies through a food processor using a chopping blade, or slice thinly with a sharp knife. Place in a large bowl. Stir together the rest of the ingredients. Mix salad and dressing together, taste and adjust seasoning if necessary. Let sit for at least 15 minutes. Garnish with extra sesame seeds and serve.

3 tablespoons olive oil; plus more for drizzling
 Your romanesco, cut into small florets and tossed with oil
 Big handful of peas, trimmed and cut in half and tossed with oil
 One zucchini, chopped and tossed with oil
 3 scallions, chopped and tossed with oil
 Your garlic, minced
 Salt & Pepper
 ½ teaspoon crushed red pepper flakes, plus more for serving
 ½ cup dry white wine
 12 ounces Rotini (spiral) pasta
 2 ounces aged Asiago cheese or Pecorino, finely grated
 2 tablespoons unsalted butter

SUPER SPIRAL PASTA

Preheat oven to 425°. Season romanesco with salt and roast for 15 minutes. Then toss and add the zucchini, peas and scallions, continue roasting for 10 minutes. Meanwhile, heat 3 Tbsp. oil in a large heavy pot over medium-high. Add garlic, ½ tsp. red pepper flakes, stirring often, until garlic is fragrant. Add wine and cook until liquid is almost completely evaporated, about 2 minutes. Cook the pasta until very al dente (a couple minutes from being done). Add 1 ½ cups of the pasta's water to the garlic. Drain the pasta and transfer to a pot with garlic & the water. Reduce heat to medium and cook, tossing often, until pasta is al dente and liquid is slightly thickened, about 3 minutes. Gradually add cheese, tossing until a sauce starts to form. Remove from heat; add butter and toss to combine. Add salt and pepper to taste. Toss in the veggies and top with more cheese.