



# ONE POTATO TWO!

News from the Fields of Driftless Organics  
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*Week #7: Hey there CSA members! We are rolling right through another season and things are really taking shape nicely (so far) this season. We are getting just about the perfect amount of rain (about 1" a week is what vegetables like the best), and there has been plenty of sun in between to allow us to continue with the planting of our fall crops like the last round of broccoli, cucumbers and*

*zucchini. The crew is staying strong, working through some pretty intense days of high heat and humidity (it got up to 95 today!). These are some tough ladies and gents and I have nothing but the utmost respect for them. All together we make up a big ol hard working stinky, sweaty dirt-on-our hands family. Thanks for supporting them - it's your CSA dollars that make up their paychecks... so, thank you! Happy Eating, --Mike*

## WHAT'S IN THE BOX?

Braising Greens Mix  
Broccoli  
Cauliflower  
Cucumbers  
Fresh Garlic  
Gold Beets with Tops  
Green Zucchini  
Lettuce  
Italian Parsley  
Pea Tendrils  
Salad Mix  
Sweetheart Cabbage  
White Onions  
Snow Peas  
Yellow Summer Squash

## YOU KNOW?

DID

Did you know that there are 5 vegetables in your box this week that are all from the same plant family? Do you know which ones they are? They are broccoli, cauliflower, cabbage, arugula (in the salad mix) and kale (in the braising mix). All of these vegetables are in the Brassica family. We grow a TON of brassicas on the farm (about 40% of what we raise here at Driftless is from this one family). This is mainly due to the fact that they grow so darn well in our climate. Brassicas love the cool nights and warm days that we have in the spring, early summer and fall.

The brassica family, in its cultivated form, is one of the oldest group of vegetables that humans grew (and still grow to this day). Kale (the original brassica) was first cultivated over 2,000 years ago! From kale came cabbage first and then kohlrabi, then turnip, cauliflower, broccoli, brussel sprouts and so on. In 2007, there were 570 different brassica varieties known to be cultivated. 570!?!

In our CSA boxes, we'll see a couple more brassica-heavy weeks and then, as the heat of the summer becomes more and more intense, they will taper off until fall. Brassica mania!

## WHAT THE HECK DO I DO WITH SWEETHEART CABBAGE?

Sweetheart cabbage, otherwise known as "conehead cabbage" or *Caraflex* is hands down our FAVORITE cabbage we grow. It's so tender and sweet and so much better than regular old green cabbage. Don't take our word for it... try it!

Here's a short list of some great cooking ideas:

1. Grated in salads with apples, walnut, shaved parmesan and a honey/oil/vinegar dressing
  2. Substitute in your favorite creamy coleslaw recipe
  3. Grate and use in a stir fry: 4 or so minutes before the end.
  4. Cut into wedges, season with salt, pepper & butter, wrap in bacon and grill on tin foil.
  5. Serve with kielbasa, corned beef or other cured/salty meat product.
  6. Cut entire head into thin strips, add coarsely chopped white onions, place on baking sheet, drizzle with oil, salt, pepper, roast in oven for 20-25 minutes (turning once or twice), take out, squeeze lemon juice and black pepper.
- Also, Check out our recipe page on our website at:

[www.driftlessorganics.com/cabbage](http://www.driftlessorganics.com/cabbage)

	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
<b>BROCCOLI</b>	We all know what broccoli looks like...right?	Store in a plastic bag for no more than 10 days.	Add to your out of the box mac & cheese for the last few minutes of pasta boiling to jazz up an easy lunch.
<b>BRAISING MIX (baby chard and kale)</b>	A bag with mostly green leaves, some of which have red stems.	Keep in their plastic bag for up to 7-10 days.	These greens are a little big for eating raw - and we recommended adding to a stir fry or scramble.
<b>CAULIFLOWER</b>	A nice sized white head with green wrapper leaves.	Store in the crisper drawer of your fridge. You can remove some of the green leaves if it will make it fit better.	Roast with oil and salt and pepper and then squeeze a bit of lime on right before serving. Or add to a pesto pasta dish.
<b>FRESH GARLIC</b>	1-2 garlics with their long stalks and a few leaves.	You can cure it by leaving it on your counter, or hanging in your pantry. Otherwise you can keep it fresh by storing it in your fridge.	"Fresh" garlic hasn't been cured and therefore is slightly milder and sweeter.
<b>GOLD BEETS (with tops)</b>	A bunch of round orange/yellow roots with green leaves that have yellow stems.	Remove the tops and store them separately in a plastic bag. Store the beets in a ziploc bag, sealed tightly.	The greens can be mixed with your braising mix.
<b>ITALIAN PARSLEY</b>	A bunch of stems with dark green leaves that have jaggedy edges	Store in your fridge in plastic for up to 14 days.	Chop up and garnish just about any savory dish from eggs to pasta.
<b>LETTUCE</b>	A beautiful head of mini romaine lettuce.	Store in a plastic bag with a piece of paper towel.	The last of the lettuce for a while (lettuce just doesn't grow very well in the heat of the summer).
<b>PEA TENDRILS</b>	A light green bunch of frilly roundish leaves and curly que tendrils.	Store in a plastic bag for up to 5-7 days.	You can eat these raw - just
<b>SNOW PEAS</b>	Look for the small 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.
<b>SWEETHEART CABBAGE</b>	The head of green cabbage with a pointy end.	Keep in the fridge in a plastic bag for up to a week. You can cut chunks off if you are not going to use the whole thing - it will still keep just fine.	Check out page 1 for more info.
<b>ZUCCHINI / SUMMER SQUASH</b>	Green and/or yellow summer squash.	Keep in the crisper drawer of your fridge.	Grill up, let cool and store in a ziploc bag to be used for future sandwiches.

## CABBAGE BEET GREEN SLAW

1 head sweetheart cabbage  
 1 white onion  
 ¾ c. mayonnaise or veganise  
 ¼ c. cider vinegar  
 2 tbsp. sugar  
 2 tbsp. Dijon mustard  
 1 tsp. salt  
 ½ tsp. coarsely ground black pepper  
 3 c. beet leaves (& some of your braising mix, if needed)  
 Thinly slice cabbage and discard tough ribs; place in large bowl.  
 Cut onion lengthwise in half, then cut each half crosswise into paper-thin slices. Add onion to cabbage. In small bowl, with wire whisk or fork, mix mayonnaise, vinegar, sugar, mustard, salt, and pepper. Add to cabbage mixture and toss to coat well.  
 Cover bowl with plastic wrap and refrigerate at least 3 hours before serving to allow flavors to blend. Meanwhile, cut beet leaves/braising mix into julienne strips; wrap with plastic wrap and refrigerate until ready to serve salad. To serve, toss julienne beet leaves with cabbage mixture.

## ROASTED BROCCOLI & CAULIFLOWER WITH GARLIC-PARSLEY-TAHINI SAUCE

1 pound broccoli (about half of whats in your box) cut into chunks (stems too, just peel them)  
 1/2 your cauliflower head (cut into chunks)  
 2 tablespoons Driftless Sunflower Oil (or olive oil)  
 remaining Italian parsley, coarsely chopped  
 Salt and freshly ground pepper to taste

### For the tahini sauce

2 fresh garlic cloves, cut in half  
 1/2 your bunch of Italian Parsley  
 Salt to taste  
 1 cup sesame tahini  
 1/4 cup Driftless Sunflower Oil (or olive oil)  
 6 tablespoons fresh lemon juice (more to taste)  
 2/3 cup water  
 Red pepper flakes (to taste)

In a food processor or blender, combine garlic and parsley with the oil, salt, lemon juice and water. Gently puree until the sauce has the consistency of runny yogurt (add more water, if necessary. Taste and adjust salt. Heat the oven to 450 degrees. Toss the broccoli and cauliflower with the oil, salt, and pepper. Place on an oiled baking sheet (or two) in an even layer. Roast until the tops are nicely browned, stirring and flipping over (tongs are a good tool for this) after 8minutes, roasting about 15-20 minutes total (until tender). Remove from the oven and transfer to a platter or to individual serving plates. Drizzle on the tahini sauce, sprinkle with remaining parsley and serve.