



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 2: *Just like that, we are into the second week of our CSA spring share. The asparagus is going bonkers, the lettuce and salad mix are finally starting to grow strong and the rhubarb keeps pumping out its goodness. We had about 6 days of rain and wet conditions which seems like an eternity during the spring when you are trying to plant everything all at once. But the sun is out today and the ground is drying out nicely and we should be back out there by mid week. What's next on the docket? More lettuce, more broccoli, more salad greens and onto the warm season goodies like peppers and sweet corn. We're about a quarter of the way complete with our planting and we're feeling good. Have a great week! -- Mike*

WHAT'S IN THE BOX
Asparagus
Bok Choy
French Breakfast Radishes
Garlic Chives
Green Garlic
Mini Green & Red Romaine
Purple Viking Potatoes
Rhubarb
Salad Mix
Sunflower Sprouts

Did you know?

Did you know that the most nutritionally concentrated part of your purple viking potatoes are their skin?! The striking purple and pink skin is full of vitamins and minerals. It's also loaded with anthocyanin, the antioxidant that gives it the dazzling purple hue, these babies are thought to protect against age-related memory loss, help lower blood pressure, reduce the risk of heart disease, and to boost your immune system. So trust us when we say, don't peel those potatoes. They are organic, after all. On top of being a healthy choice this fall, purple viking potatoes are also super tasty. They have a rich, creamy and slightly sweet flesh, making them great for some of the best mashed potatoes you've ever tasted, in gratins, or in stews and soups. They are one of our favorite potatoes around here. We recommend storing your purple viking potatoes in a cool, dark place (or even your fridge) and use them within a couple of weeks. They were harvested last fall and are going to want to sprout. These potatoes will taste best fresh! Check out the recipe on the other side of this newsletter for some inspiration.

What the Heck Do I Do With MORE Bok Choy?

- 1. Add to Salads:** Add cut bok choy 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. Sick of Celery?:** Fill raw bok choy stalks with anything you would use to fill celery sticks. Try peanut butter cream cheese, or guacamole.
- 3. Sandwiches:** Use raw bok choy leaves on sandwiches with hummus and peppers.

Check out some great recipes using Bok Choy on our website at: www.driftlessorganics.com/recipes/bok-choi/

- 4. Add to Your Appetizers:** Add raw stalks of bok choy to your favorite vegetable tray!
- 5. A Leftover Makeover:** Add chopped bok choy 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 choy 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. Watch Bok Choy Video
- 7. Turbo-Charge Your Soups:** Bok choy is great for adding last-minute nutrition to homemade or canned soups. Just chop up and add towards the end of your soup prep.
- 8. Stir Fry:** The old standby - make an Asian-inspired stir-fry using chicken, cabbage, peppers, onion and bok choy. Clean the stalks, then give them a rough chop before adding to the wok.

Crop	What's it look like?	Storage?	How do I use it?
Asparagus	Light green and purple spears about 8-10" in length.	Ideally: store them in your fridge, standing up in a glass jar, in about an inch of water. Or - in a plastic bag.	Try roasting asparagus on the grill with olive oil and salt & pepper.
Bok Choy	Kind of like a head of lettuce, but with thick white stems.	Gently take your bok choy out of your box and place in a plastic bag.	In dishes like a stir fry, it's best to remove stems and cook them a bit longer than the leaves. Check out the recipe below!
French Breakfast Radishes	A cute little bunch of red & white radishes with tiny tops, wrapped in a blue twist tie.	Store in the plastic bag with your lettuce or bok choy.	Thinly slice in salads or eat raw with salt.
Garlic Chives	Look for the bunch of flat leaved fragrant grass-like leaves.	Store in a glass of water or in a plastic bag.	Chop up and use as garnish on potato or egg dishes (like you would chives).
Green Garlic	Look for a bunch of green leaves and white bottoms that sort of look like scallions (green onions).	Store in a plastic bag with your chives.	You can use all of the white and even some of the green that is closest to the white. Chop up and sauté in place of garlic.
Mini Green & Red Romaine Lettuce	Look for the oh so cute little heads of lettuce in your box	Store in plastic bag with a paper towel to absorb excess moisture.	Chop up in a salad or use on sandwiches.
Rhubarb	There will be 2 pounds of greenish red celery-looking stalks in your box.	Store in the fridge, in a plastic bag.	Best used in desserts like muffins or cake, but you should really try the sauce recipe below.
Salad Mix	There will be a 3/4 pound bag of salad mix in your box this week.	Just store in the plastic bag and use up within a week.	Please wash again. This stuff was grown in very sandy soil and even a 3-step wash/rinse sometimes doesn't do the trick.
Sunflower Sprouts	There will be a plastic clamshell container with leafy sprouts inside.	Store in the fridge, in their plastic pint..	Best used in salad - just chop up and sprinkle on top. Also can be used as a garnish for just about any savoury dish.

Spicy Potato, Bok Choy & Green Garlic Hash

1 pound (about 2-3) of your purple viking potatoes, un-peeled, split into quarter lengthwise, and cut into 1/4-inch slices
2-3 stalks green garlic, diced up to about halfway up the green leaves.

Your head of bok choy, rinsed, dried, trimmed, and roughly chopped into 1/2-inch pieces

1/2 bunch garlic chives, minced (for garnish)

A few sunflower sprouts, rinsed and coarsely chopped (for garnish)

Some desired amount of cured meat product like sopressata or salami (completely optional, but totally delicious)

3 Tbsp Driftless Sunflower Oil or some sort of vegetable oil

1 finely sliced serrano or 1/2 jalapeño pepper (less or more to taste and optional)

1 teaspoon hot sauce (such as Frank's RedHot), or more to taste

Kosher salt and freshly ground black pepper

4 eggs

Pre-cook potatoes until slightly tender but not fall-apart soft. You can either microwave, boil or bake them to achieve this. Sauté potatoes in oil in a 10" cast iron skillet or other pan for about 4 minutes.

Reduce heat if smoking heavily. Add cured meat of your choice (optional) and stir, cook for an additional minute. Add green garlic

and bok choy. Continue to cook, tossing and stirring occasionally, until vegetables are all well browned and charred in spots, about 4 minutes longer. Add sliced chili and hot sauce. Cook, stirring constantly for 30 seconds. Season to taste with salt and pepper. Transfer hash to a warm serving platter and keep warm. Decide what kind of eggs you like: scrambled (very good), fried (better), or poached (best). Cook up your eggs and place on top of hash. Garnish with sunflower sprouts and garlic chives.

Quick Rhubarb Honey Sauce

4 C Rhubarb, washed, dried & chopped.

1/4 C Local Organic Honey.

1 tsp Real Vanilla Extract + 1 Tsp Cinnamon

Zest of 1 Lemon

Pinch of Coarse Sea Salt

1/4 C Water

Dump all the contents into a sauce pan, cover and place over medium heat, stirring often. Simmer for up to 10 minutes or until rhubarb is soft and mushy. Remove from the heat, carefully dump into a food processor and process until smooth. Serve warm (or cold - whatever you prefer) on cheesecake, with yogurt and granola or spoon atop ice cream. Makes approx 1 Cup.