



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 3:

With the contents of another great CSA box all harvested, washed, packed and delivered to you, we say goodbye to the CSA spring share! We got off to a late start (for a while there, we didn't know if there would even be a spring at all!), but we finished strong and now with temps in the high 80s, we are in full-on summer. It has been a fun ride and we hope you've enjoyed your boxes.

Life on the farm is as grand as ever. We are in the midst of the busiest planting time of the season, and I'm happy to say that we are right on track. If you haven't signed up for a regular season share yet... there's still time! -- Mike

Did you know?

Did you know that the plastic pint of sprouts in your box are from sunflower seeds that we grew and harvested on the farm last year? Yep! Each year, Josh grows about 40 acres of sunflowers on the farm. The majority of the seeds from these sunflowers go to our signature sunflower oil, but we save some back to grow out as sprouts. Greenhouse manager Don Clark planted about 15 pounds of seeds a week ago and now we are reaping what we has sown.

It turns out that sunflower sprouts are really healthy for you! They are a great source of protein, plus they are high in zinc, vitamin E AND folic acid. Not sure what to do with your sprouts? We practically live on them in the winter...as they are a quick and easy thing to grow in a minimal amount of space. Sunflower sprouts are a great addition to just about any salad, especially mixing them with your chopped up green and red romaine lettuces. Also try chucking them into your next fruit smoothie? Whaaaat?! Yep - you should try it! It adds a little nuttiness to your breakfast shake and makes it even more healthy. Plus, it turns your smoothie a fun green color. We also like to experiment by using them as a garnish on different dishes. They are a great addition to egg or tofu scrambles, any potato dish and even pasta dishes. We gave these guys a quick rinse before packing them, but you are going to want to wash them again right before

serving. Once washed, you can either chop them up or serve them whole!

What the Heck Do I Do with my Kale Mix?

In your box this week, you will find a bag of kale leaves of various sizes and varieties. If you are super savvy, you may even be able to identify the spigariello leaves (also known as "leaf broccoli"). Kale mix is a great alternative to salad and a heck of a lot heartier. It can be grown in climates or temperatures that are too cold for normal salad mix; and that's EXACTLY why it's in your box this week. That, and we love it.

This week's kale mix can be eaten raw in a salad or lightly sautéed for a minute or two - just enough to wilt the leaves.

If you like hearty salads, then go ahead and eat it raw. Just be sure to roughly "massage" or even pound the bag a few times with your fists to break it down a bit and soften it up. You could also just wilt it a bit and add it to an egg or tofu scramble (check out the recipe below) or serve as a side dish. Just be sure not to wilt/steam/sauté for very long, as your mix will turn mushy on you pretty quick. Seriously - just a minute or two is all it needs.

WHAT'S IN THE BOX

Asparagus

Blue Potatoes

Green Garlic

Kale Mix

Mini Green & Red Romaine

Red Radishes

Rhubarb

Salad Turnips

Scallions

Sunflower Sprouts

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.
Blue Potatoes	Look for the brown paper bag of deep purple potatoes.	Store in their plastic bag in your fridge (to minimize the sprouting).	Blue potatoes are best to be roasted (perhaps with your radishes) or grilled. Soups and mashed turn a weird gray color.
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.
Red Radishes	We all know what radishes look like, right?	Easy to store: just stick in a plastic bag and eat 'em up quick.	Getting sick of eating them raw and in salads?
Salad Turnips	Like radishes, only white!	Store in the same plastic bag as your radishes.	These are so creamy and delicious, you just have to eat them raw!
Scallions	It is kind of difficult to tell the difference between this bunch and your bunch of green garlic, but you can by noticing that the leaves of your scallions are pointy and hollow.	Store in a plastic bag in your fridge.	Scallions can be used in place of onions in things like pasta sauce. Or, they can be eaten raw with salt. Or - if you have the grill going, try throwing a few of them on the grill (green parts and all) and eating them as a side.
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 on top. Also can be used as a garnish for just about any savoury dish.

Avocado Tofu Kale Scramble

½ your bunch of scallions, chopped (use the whole thing - all the way through the green leaves!)
 A few stalks of green garlic
 Half of your bag of Kale Mix
 A handful of sunflower sprouts
 15 oz package extra firm tofu
 1-2 teaspoons Driftless Sunflower Oil (or olive oil)
 ¼ cup nutritional yeast flakes
 1 teaspoon turmeric
 1 teaspoon paprika
 1 large avocado peeled and chopped

Drain the liquid from the tofu container and remove the tofu and slice into long strips and squeeze to remove excess liquid by pressing it between sheets of paper towel. When the tofu is ready, place 1-2 teaspoons of oil in a skillet over medium heat. Add the tofu slices and use a spatula to begin breaking it up into smaller pieces. In a small bowl, stir together the nutritional yeast flakes, turmeric and paprika. Sprinkle over the tofu and stir so that each piece of tofu is seasoned. Add the green garlic and white parts of the scallions and cook for about 5 minutes. Then add kale mix and sauté for another 5 minutes. Add the chopped avocado and some salt and pepper (to taste) and give everything a stir. Serve onto plates and garnish with sunflower sprouts and the green parts of your scallions.

Asparagus Pesto

Your bunch of asparagus and cut into 2-inch segments
 2-3 green garlic stalks
 ¼ cup pine nuts
 ¼ cup olive oil, or more as desired
 ¾ cup freshly grated Parmesan cheese
 Freshly ground black pepper
 Juice of 1/2 lemon, or to taste

Steam asparagus until soft 5 to 8 minutes. Drain well, reserving some of the cooking liquid, and let the asparagus cool slightly. Transfer the asparagus to a food processor and add the green garlic, pine nuts, 2 tablespoons of the oil, Parmesan, a pinch of salt and a couple of tablespoons of the cooking liquid. Process the mixture, stopping to scrape down the sides of the container if necessary, and gradually add the remaining oil and a bit more of the reserved cooking liquid to moisten if necessary. Add the lemon juice and season with salt and pepper to taste, pulse one last time, and serve over pasta, fish or chicken.