



# DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • Issue 1 • June 6 - 9, 2018

**Week 1:** *And we're off! So begins our 12th CSA season here at Driftless Organics. We've nearly made it through what has turned out to be one of the crazier springs we can remember (8" of snow one week, temps in the 80s the next...). The vegetables fields look AMAZING and we are right on track to having a productive and bountiful season. We're so happy to have you aboard and supporting the farm. We couldn't do what we do without your help and we thank you for it. In an era when organic food is available virtually everywhere, you've decided to support us - and that makes us very happy indeed! So without further ado, check out this week's newsletter. Happy Eating! -- Mike*

## Did you know?

Did you know that that in India, **Basil** was considered a sacred herb used to ward off evil? In Italy it is a token of love and in Romania, if a girl gives a sprig to her boyfriend, it means that she wants them to get married. We love basil so much that we wanted to spread that love to you all by giving you your very own basil plant. This doesn't mean that we won't be also giving you basil in your CSA boxes throughout the year, just that we wanted you to share in the joy of growing your own. Here are some handy tips to get the most out of your basil plant:

1. You can either care for your basil in the pot it comes in or transplant it into the ground or some sort of larger container (highly recommended). If you do transplant it, do so very carefully and try not to disturb the roots too much. Water a bunch once transplanted.
2. Water often! You want to keep the soil relatively moist.
3. If you plan on keeping your basil indoors, make sure it gets plenty of sunlight - next to a south facing window would be best.
4. To harvest: pinch off leaves near where the stems branch out. This will encourage your plant to become bushier. If you keep doing this, you should be able to pick from your basil plant for a number of months.
5. If your basil plant begins to flower, remove them right away.
6. Harvest basil right before you need it - the fresher, the better.

## What the Heck Do I Do with Pea Tendrils?

What are those little shoots with curly, whirly pieces sticking out anyway?! Those are pea tendrils. Also called, pea shoots, pea vine or pea greens, they are basically pea plants that are harvested really young, which makes them extremely tender and delicious! Like watercress, you can eat both the leaves and the stems. Just remember, some of the lower stems might be a bit tough, so if you have are going to eat them raw, you may want to cut these out and discard them.

Check out these ideas for some inspiration:

**Sandwich topping:** Pea tendrils make a wonderfully crunchy sandwich topping. We recommend using them on cold sandwiches though, as they tend to lose their crunch once they're warm.

**In salads:** Chop them up and use them to top your own favorite salad recipe. They pair great with a light vinaigrette.

**Add to a stir fry:** Make sure to wait until the last minute so they stay crunchy!

**Add to eggs:** Eggs and pea tendrils make a surprisingly good pair. Add to scrambled eggs towards the end of cooking, top a fried egg or sneak into an omelet.

### WHAT'S IN THE BOX

Asparagus

Basil Plant

French Breakfast Radishes

Green or Red Romaine Lettuce

Kale Mix

Pea Tendrils

Red Potatoes

Rhubarb

Salad Turnips

Scallions

Spinach

Crop	What's it look like?	Storage?	How do I use it?
<a href="#">Asparagus</a>	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.
French Breakfast Radishes	Look for the bunch of red & white oval radishes with green leaves in a bunch	Store with the tops removed in a plastic bag with your scallions.	Chop up in salads, eat raw, make a radish and butter sandwich, or try in the recipe below.
Kale Mix	Look for the bag of light green leaves that have curly/lobed edges.	Keep in bag and try to use up within 10 days.	Kale mix is a wonderful green to sauté with or eat raw in a hearty salad. Or top a plate of kale mix with a hot rice or lentil dish.
Pea Tendrils	Look for the bunch of crazy wispy leaves.	Store in a plastic bag in the fridge.	Check out page 1 for some great ideas.
Rhubarb	Looks kind of like fat, reddish green sticks of celery.	Store in your fridge, in the crisper drawer.	Check out the recipe below!
Salad Mix	1 of 3 bags of greens in your box. Look for the lettuce leaves to distinguish this bag from the others	Store in the plastic bag it comes in, in the fridge for a week-10 days.	Check out our website for some amazing salad dressing recipes using our signature sunflower oil. Have none? You can order in online!
Salad Turnips	Look for the bunch of white roots that look like radishes.	Store like you do your radishes.	For an afternoon snack, we like to eat these with hummus, cheese, bread and rhubarb chutney.
Scallions	Look for the <b>bunched</b> yellow onions with green tops.	Store in a plastic bag in the fridge with your radishes.	Use yellow parts where you would use onions. Use the green parts as a garnish for savory dishes.
Spinach	A bag of dark green, wrinkly leaves	Store in the bag it comes in and try to use up in a week or less.	Spinach pairs well in a salad with hard boiled eggs, blue cheese and croutons.

## Pea Tendril, Spinach & Asparagus Salad with Lemon Vinaigrette

1 bunch of pea tendrils, roughly chopped with lower stems removed

Your bag of spinach, washed and roughly chopped

Your bunch of asparagus

1-2 Scallions

Your bunch of Radishes

4 oz feta, finely chopped

### Dressing

1/2 teaspoon of lemon zest

2 tsp honey

2 Tbsp dijon mustard

liberal grinding of sea salt

¼ cup lemon juice

¼ cup Driftless Sunflower Oil (or olive oil)

Ground black pepper

First off, roast the asparagus and radishes: Preheat oven to 400 degrees, cut asparagus in half. Remove greens from radishes and cut into circles about ¼" thick. Place all on a cookie sheet and drizzle with a couple tablespoons of olive oil and make sure all it is coated well. Give a liberal grinding of salt and pepper. Roast for 8-10 minutes. Remove from oven and allow to cool. **Dressing:** Whisk together lemon zest, honey, dijon mustard and salt. Add the lemon juice and whisk together again. While continuing

to whisk, add in the olive oil slowly. Season with black pepper and more salt, if needed.

**Salad:** Divide the pea tendrils and spinach between 4 plates. Top with asparagus, radishes and feta crumbles. Drizzle dressing over the top.

## Rhubarb Chutney

*\*\*Great for topping oven roasted chicken, grilled pork chops or just to eat with crusty bread and sharp cheese.*

The rhubarb in your box, and cut crosswise 1/4 inch thick

2 Tbsp extra-virgin olive oil

2 scallions (the yellow bits) finely chopped

2 garlic cloves, minced

2 Tbsp finely grated peeled fresh ginger (from one 1-inch piece)

Coarse salt

¾ cup dry white wine, such as Sauvignon Blanc

½ cup golden raisins, coarsely chopped

½ cup honey or ¾ cup sugar

Heat oil in a medium saucepan over medium heat. Cook scallions, garlic, ginger, and 1/2 teaspoon salt for about 5 minutes. Remove from heat, and add wine and raisins. Return to heat, and bring to a boil; cook for 1 minute. Add honey/sugar, and stir until it dissolves. Stir in half the rhubarb. Bring to a boil. Reduce heat; simmer, partially covered, until rhubarb breaks down, about 5 minutes. Stir in remaining rhubarb. Raise heat; bring to a boil. Reduce

heat; simmer until second batch of rhubarb just begins to soften, about 2 minutes. Let cool completely.