



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 2: *And it's already week 2...the season started last week ...and it's a blur! The farm is buzzing with people everywhere - the field, on the tractors, in the greenhouses and in the pack shed. Every day is different and we love it that way. So many things to do, to see, to smell and best of all, to taste, which is what I think I love about summer.*

In other news... *we have a newbie in the office: My name is Rachael and this is my first season on the farm. I am the office extraordinaire, the go-to gal for all your questions and needs here on the farm. Fresh produce is one of my favorite things...which is why I am here. My husband and I moved to the Driftless region from Nebraska a few years ago. We came with a desire to get back to the land and grow healthy, nutritious and tasty food. We have 2 children. Our little girl is 2 years old and our son is 6 weeks old. Food is more important to us than ever. Happy Eating! -- Rachael*

Did You Know?

Did you know that the Black Spanish Radish(es) in your box this week were harvested last November?! Yep - they store really really well and actually become tastier the longer they are in storage (well, up to a point anyways). We realize that radishes aren't everyone's

favorite veggie, but these guys are so darn unique and we rarely put them into CSA boxes, so we just had to share them with you. Underneath their cool matte black skin lies a brilliant white flesh. No need to peel - just slice super thin or shred into a salad. That's really the best thing to do with these radishes. Otherwise - try tossing them, along with your red radishes and salad turnips, in olive or sunflower oil and roasting in the oven for 30-40 minutes and serve with salt and pepper for a simple side dish.

What the Heck Do I Do With Leaf Broccoli?

Leaf broccoli, also known as "Spigariello Liscia" is a close cousin to broccoli. It looks very similar to the leaves of the head broccoli that we know and love. The biggest difference being that it doesn't produce broccoli heads - and it is the leaves that you eat. You can either let them grow big like a normal broccoli plant before harvesting, or cut them young, when they are still very sweet and tender (this is what we chose to do for this week's box). Leaf broccoli is a well-known veggie in different parts of Italy and France, and is starting to gain popularity in restaurants out west. Think of leaf broccoli as a nutrient dense cousin to kale. The way to use it is pretty much the same as kale or the kale mix that is in your box this week. In fact, you can

mix the two together for an extra large helping of sauté greens. Many use leaf broccoli raw in sandwiches and salads for a nice crisp/crunch texture. You can sauté them up with other veggies for a healthy side dish, to go in a stir fry or for any quiche recipe. You could also try adding your leaf broccoli to your favorite smoothie for a boost in Vitamin A, C and K. Another idea is to roughly chop (include top/thinner part of the stems) and coat in a little oil, salt and pepper and then roast on a cookie sheet until crispy. Best yet - try your leaf broccoli in the quinoa salad recipe on page 2!

WHAT'S IN THE BOX
BLACK SPANISH RADISHES
BLUE POTATOES
GREEN & PURPLE KOHLRABI
GREEN OR RED LETTUCE
KALE MIX
LEAF BROCCOLI
RED RADISHES
SALAD MIX
SALAD TURNIPS
SPINACH
ZUCCHINI OR SUMMER SQUASH

Crop	What's it look like?	Storage?	How do I use it?
Black Spanish Radishes	Look for 1-2 of these charcoal colored round roots floating around your box.	Store in plastic bag in your fridge.	Try slicing very thin and garnishing your spinach bacon blue cheese salad.
Blue Potatoes	Look for the brown paper bag of dark purple potatoes	Store in the fridge! These guys are going to want to sprout.	These potatoes are great for roasting or grilling in a foil packet. Stay away from mashed potatoes or soups.
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.
Kohlrabi	Look for the weird bulbs with leaves - there will be one purple on and one light green.	They can hang out in your fridge, in a plastic bag. The bulbs will last a surprisingly long time (2-3 weeks).	Kohlrabi is a wonderful snack eaten raw - sliced thin with a little salt sprinkled on it. Also - try grating it and adding to your favorite coleslaw.
Leaf Broccoli	Look for the bunch of green leaves tied together with a blue twist tie.	Store in a plastic bag (perhaps the kale mix bag?) in your fridge for no more than a week.	Check out page 1 for some in depth knowledge about your leaf broccoli.
Red 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.
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.	Salad turnips are great in salads - just slice super thin and throw on top.
Scallions	Also called green onions - these will be bunched with a blue tie.	Store in a plastic bag in the fridge and try to use up in the next 7-10 days.	We love to grill our scallions whole, drizzle with oil and serve on top of burgers!
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.	A great addition to those aforementioned burgers.

Quinoa Super Salad

Salad:

2 c. Quinoa, cooked

½ c. Craisins

Your share of spinach, kale or leaf broccoli: washed and roughly chopped

2-3 scallions, chopped

½-1 c. Any other veggies: sweet pepper, radishes, fresh snap peas, carrots, celery, salad turnips, etc.

Dressing:

½ c. Driftless Sunflower Oil (or olive oil)

¼ c. Lemon juice

4 tsp. Honey or Maple syrup

4 tsp. Mustard (honey mustard is recommended)

1 tsp. Sea salt

Ground black pepper

2 cloves garlic, minced

3-5 leaves of fresh basil, chopped finely (optional)

Cook quinoa. *If you want a nutty flavor, toast quinoa with a little oil over medium heat until it starts "popping". Then add the water for cooking.* After it is cooked, turn off the burner, add the craisins and cover for about 5-10 minutes. This will "rehydrate" or plump up your craisins. Add all your chopped veggies to the quinoa and craisins in a big bowl.

Dressing: Whisk together all ingredients until they "bond" and pour over salad. Mix salad. Serve with garnishes. ***Can be served hot or cold.***

Garnishes: Sliced Almonds, toasted & Feta Cheese

Marinated Kohlrabi

Wash 2-3 **Kohlrabi** and trim fibrous parts off. Cut into sections of about eighths. Steam until they are tender but not so soft that they fall apart. A fork should go into it smoothly. In a hot sterile PINT jar, add:

½ **tsp. Salt**

½ **heaping tsp. Garlic Powder**

½ **heaping tsp. Oregano**

A few twists of ground Black Pepper

Pack in the kohlrabi just tight enough so you don't squash it. Half of a **small diced onion** packed in is good. Pack kohlrabi just under first rim. Then add boiling **vinegar** up to ½" under first rim and add enough **sunflower oil**, leaving ¼" head space. They should be well covered. There are 2 options: Refrigerate overnight (eat within a week) or this can be water bath canned (20 min).