



DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • Issue 3 • June 20-23, 2018

Week 3: *Finally a cool down for this week after such a hot Father's day weekend! The rain has been perfect so far this year. It still amazes me that it is already mid-June. This is the one of the busiest times on the farm - we are now in full harvest mode, still lots of weeding being done AND we are still planting - both in the greenhouse and in the field for those fall and winter veggies. We love what we do and can't wait to share the harvest with you! ~Rachael*

Did You Know?

Kohlrabi originates from Europe. It's name is German for "Cabbage Turnip." It is currently very popular in Germany, Russia, Hungary and China. Kohlrabi contains about 40 calories per cup. It can be eaten raw or cooked.

Health Benefits:

Enhances Digestion - the dietary fiber helps prevent constipation and keeps things running smooth.

Management of anemia - contains high levels of iron, folate and zinc to help reverse effects of anemia when taken regularly.

Prevents heart disease - potassium helps to minimize effects of sodium and stabilizes the heart rate and regulate blood pressure.

Enhances immune system - contains Vitamin- E, B5, C, B3 and B6 which help support your immune system.

Check out some great recipes and tips on our website [HERE](#)

What the Heck Do I Do With Collard Greens?

Here in the north, collard greens are not very well known. But in the south, oh weee...collards are a staple vegetable, and there are SO many recipes you can find out there. Collard greens are yet another member of the cool-weather loving Brassica family. In the South, Collard Greens are prepared with other similar green leaf veggies. Typically sauteed with onions, vinegar, salt,

black pepper, white pepper or crushed red pepper. This is mostly served with smoked or salted meats. Pork is a favorite, mostly in the form of bacon. Who doesn't love bacon? In Africa, collards are sauteed in oil until tender with onions and salt. In the UK, it is used like cabbage. In South America, it is thinly sliced and put it into soup. It is also scrumptious sauteed (roll like a cigar and as thin as you can, slice it up.) in some oil, garlic and salt and toss it with your spaghetti or fettuccine, top with a fresh squeeze of lemon and parmesan cheese. Add some nuts if you want a little more texture to it.

Calling all Cooks:

We want to hear what recipes you use with all those yummy veggies you get every week. If it's an original recipe, please give us the story that goes with it!

Email me (Rachael) at csainfo@driftlessorganics.com

We will aim to feature our members tried-and-true recipes in our newsletters this season.

The 304 Special recipe in this newsletter is my husband's. When my husband was assigned overseas, his military unit leased a hotel building known only as "Building 304". He always packed a small cast iron skillet, wooden spoon, chopping knife and a camping burner with a propane canister. When everyone else was settling for unhealthy pre-packaged food, he'd be cooking real food, right outside his door. The recipe eventually became known as the "304 Special".

WHAT'S IN THE BOX
Broccoli
Collard Greens
Garlic Scapes
Kohlrabi
Lettuce: Red or Green
Pea Tendrils
Red Radishes
Salad Mix
Salad Turnips
Scallions
Spinach
Yellow Summer Squash or Zucchini

Crop	What's it look like?	Storage?	How do I use it?
Broccoli	Looks like a miniature dark green tree	Store in a bag in the crisper, try to use it up within 2 weeks	Broccoli salad with raisins and a creamy dressing, stir fry, or raw with ranch
Collard Greens	A bunch of round flat leaves with a blue twist tie	Store in a bag in the crisper. If it doesn't fit, chop off the stems.	Check out the "What the heck do I do with" section of newsletter!
Garlic Scapes	Look for the loose, lime colored curly-q stalks with a little flower bud and pointy end.	Store cut-side down in a small glass jar with an inch of water, or in a plastic bag in your fridge.	Finely chop up to the white flower-y part and use like you would garlic.
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.
Lettuce: Red or Green Butterhead	A bright light green or red head of lettuce.	Store in the plastic bag in your fridge with a piece of paper towel.	A great lettuce for sandwiches or to put on burgers.
Pea Tendrils	Look for the bunch of crazy wispy leaves.	Store in a plastic bag in the fridge.	These pea tendrils are a super sweet and crunchy addition to a salad, sandwich or relish tray.
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
Salad Mix	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.	Use as you would onions up to about half way up the green. Use the rest for garnish just before serving.
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.	Saute up with oil and garlic to pair with bacon and ricotta cheese on pizza!
Yellow Summer Squash and Zucchini	Skinny, shiny yellow summer squashes and green zucchinis.	Store on your counter or crisper drawer of your fridge. Ideally, they like 50 degrees.	Use like you would a zucchini. Zucchinis are so versatile! Enjoy raw or cooked, in sweet or savory dishes. Check out the 304 Recipe below.

Garlic Scape Pesto

6 garlic scapes, chopped
 ½ c. grated Parmesan cheese
 ½ c. grated Asiago cheese
 1 Tbsp. Lemon Juice
 ¼ c. pine nuts (or try almonds!)
 ¾ c. Olive Oil (or try Driftless Sunflower Oil!)
 Salt and Ground black pepper - to taste

Place the garlic scapes, Parmesan cheese, Asiago cheese, lemon juice, and pine nuts in the bowl of a food processor. Drizzle the olive oil over the mixture. Blend until the pesto is a brilliant green color and smooth in texture. Season with salt and pepper.

Use it with pizza, pasta, a salad or as an appetizer: spread on crusty/toasted bread and top with fresh mozzarella. Broil until cheese is melted and golden brown. *Recipe from All Recipes.com*

304 Special

1-2 zucchini, chopped
 1-2 summer squash, chopped
 1 medium onion, chopped
 1 sweet bell pepper, chopped
 Any other veggie of your choice
 Salt and pepper to taste
 Feta cheese: to taste

This recipe is a go-to in our family, quick and simple: The base is the same, but we add to it any veggies in season. Saute onions for a few minutes until starting to get tender, then add peppers and zucchini. Add any veggie you want based on cook time: mushrooms, garlic scapes, fresh garlic, kale, spinach, carrots, peas. If wanting fresh veggies like cherry tomatoes or avocado, put that in when you are serving it. Adds a wonderful "freshness" to the dish. Don't forget that feta, it makes everything "beta!"