



DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • Issue 4 • June 27-30, 2018

Week 4: *Wow, last week of June this week. This summer is flying by. The farm is still humming with harvesting, weeding, staking those tomatoes up, planting, washing and packing up those yummy veggies. All this rain has been challenging for our crops, but our brassicas are shining - bok choy, broccoli and kale. Make sure you check out this week's Bok Choy recipe to make a scrumptious side. Happy Eating! ~Rachael*

| WHAT'S IN THE BOX |
|----------------------------------|
| Bok Choy |
| Broccoli |
| Cilantro |
| Cucumber |
| Fennel |
| Garlic Scapes |
| Kale |
| Lettuce: Red Butterhead |
| Salad Mix |
| Salad Turnips |
| Scallions |
| Spinach |
| Yellow Summer Squash or Zucchini |

Did You Know?

Cilantro, also known as Chinese Parsley, is an herb and spice. The Herb is the leafy green part and the Spice is the seeds, known as Coriander. The leaves and the seeds are very different in flavors, so you cannot substitute one for another. However, this plant is SO versatile - it's in so many different cuisines: Asian, Indian, Middle Eastern and Mexican.

Fun Facts:

The seed, coriander, has been found in Egyptian tombs.

Studies have demonstrated that DNA does shape our opinion of cilantro.

Cilantro originates from the Mediterranean region and the Romans had a great influence in spreading it to Asia.

Cilantro was brought to Mexico by the conquistadors in the 1500s.

Cilantro was brought to North America by the English in 1670.

Cilantro leaves have high levels of antioxidants and can help delay or prevent food spoilage.

Health Benefits:

- Rids the body of heavy metals
- Lowers anxiety/ improves sleep
- Lowers blood sugar levels
- Protects against Cardiovascular disease by helping to reduce LDL (Bad Cholesterol) and increases HDL (Good Cholesterol)
- Treats digestive problems, fungal and bacterial infections
- Helps prevent food poisoning
- Soothes skin irritations like hives, sunburns and poison ivy. Just blend fresh cilantro with coconut oil and apply topically.

Growing:

Cilantro is an annual that loves cooler weather and bolts in heat (which is great if you want the coriander seeds!) Best planted in partial shade. Needs well-drained moist soil. Likes about a 6-8 inch spacing. To have a continuous crop, sow every 2 weeks during the season. Seeds are easily saved and you can use them as the spice or for planting the next year.

Cooking:

*Tip: If using leaves in a hot recipe, wait until the end to add! Heat degrades the flavor.

Use it fresh in marinades, salad dressing, as a garnish, in fresh salsa, guacamole or Street Tacos!

What the Heck Do I Do With Fennel?

Fennel is a weird looking veggie that looks like onion, celery and carrot greens all put together. It's origins are in Italy and the Mediterranean region. It is a versatile herb that is fairly unfamiliar to us in America. It's taste is a mild licorice flavor. The whole plant is edible. The bulb has been reported to be intensely flavorful. To soften that intensity, try sauteing, roasting or grilling it. The heat mellows out the flavor. The stalks can be used like celery for a nice crunch in salads: potato, egg or a bunch of leafy veggies. The stalk is also a good addition to soups and stews. The fronds are great for a pretty wispy garnish. They can also be chopped up and used like any other herb. Fennel in all its forms pairs well with chicken and various kinds of seafood.

| Crop | What's it look like? | Storage? | How do I use it? |
|--|--|---|--|
| 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. | Try the recipe in this newsletter...fast, easy and delicious! |
| Broccoli | Looks like a miniature dark green tree. | Store in a bag in the crisper, try to use it up within 2 weeks. | Pickle it with other veggies! |
| Cilantro | The bunch of green, serrated leaves. | In a bag in your fridge for 3 to 5 days. | Check out the Southwest Quinoa Salad Recipe below. |
| Cucumbers | Skinny, shiny, long, and green cylindrical veggie. | Keep in the fridge for up to two weeks. | You can puree it up for a cool no cook summertime soup. |
| Fennel | White bulbs with stalks that look like celery topped with feathery bright-green fonds. | Wrap in plastic and keep in your crisper. Use quickly, flavor fades as it dries out. | Thinly slice and put into salads for a licorice flavored crunch. |
| Garlic Scapes | 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. |
| Green Kale | A bunch of green kale with curly leaf edges. | Keep in a bag in your fridge for up to a week. | Try braising this or making a marinated kale salad. |
| Lettuce: Red 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. |
| 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. | So many uses: try tossing some into a wrap this week. |
| 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. | Chop up, saute and toss into a quiche recipe. |
| 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! Grate some up for some zucchini bread! |

Bok Choy Stir

1-2 heads of bok choy, washed and chopped in 1" pieces
 2-3 cloves garlic, minced
 1" piece of fresh ginger, grated (use microplane!)
 1-2 Tbsp. soy sauce
 2 Tbsp. Driftless Sunflower oil
 Salt and Pepper - to taste
 Place the oil in the pan on medium heat, toss in garlic and ginger and cook for about 30 seconds to a minute. When it's fragrant, add bok choy and soy sauce and cook for about 3 minutes. Salt and Pepper to taste.

**Both recipes were ones I've found on the internet and amended to my family's tastes. They both have made an appearance in my home this past week. Each time, it was followed by a satisfying smile from my husband and daughter. I hope you enjoy and I am looking forward to getting some emails on some of your favorite recipes! Don't forget to write me at csainfo@driftlessorganics.com! -Rachael

Southwest Quinoa Salad

1 c. quinoa, uncooked
 1½-2 c. water
 ½ tsp salt
 1 bell pepper, chopped into small dice
 1 can black beans, rinsed and drained
 ½ c. thinly sliced scallions
 1 bunch cilantro, coarsely chopped
DRESSING:
 ¼ c. Driftless Sunflower oil (Extra Virgin Olive oil works too)
 2 Tbsp lime juice
 1 tsp. cumin
 ½-1 tsp onion powder
 ½ tsp. chili powder
 ¼ tsp. mustard powder
 Salt and Pepper - to taste

Cook quinoa, chop veggies. Whisk together dressing. Toss all together. Best served cold.