



# DRIFTLESS ORGANICS CSA NEWSLETTER

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**Week 5:** We're in full swing here at the farm and firing on all cylinders as we make the big push to put our fall crops into the ground. Fall crops?! What? But summer just started?! Yep - and we're always one step ahead of things here to make sure we have a consistent source of good food for CSA members like you all season long. Crops like fall cauliflower, fall romanesco and fall cabbage have all been transplanted from their greenhouse pots and into the ground.

Shorter-day veggies like lettuce, fennel and fall bok choy were just seeded in the greenhouse and will be transplanted outside in a few weeks. And, as you will see further on in the newsletter, we are starting to put in our direct seeded crops like carrots and fall beets this week. There's never a dull moment here at the farm and we're happy to have you all along for the ride. Happy Independence Day and Happy Eating! --Mike

them until after the first frost of the season, which brings out their natural sweetness. Over the years, we have really developed a reputation for growing some of the tastiest, sweetest carrots around. With all of this talk about carrots, you are probably wondering when we'll start to see them in the CSA boxes. Well, we hope to start our first harvest of the year either next week or the following. Soon enough, we can all enjoy those sweet Driftless Organics carrots once again.

## Did You Know?

Did you know that we are planting our fourth round of carrots this week? Yep - every year, right around Independence Day, we seed our final planting of those sweet and crunch orange roots. This last planting is also our largest - with this year's planned amount at 2.2 acres! Every year we start planting carrots as early as we possibly can get in the fields (usually around mid-April) and then plant another round every 3-4 weeks. This ensures that we have fresh carrots available from mid July all the way until the end of the season. This 4th planting are the carrots that (fingers crossed), we will harvest in mid/late October and sell to stores, restaurants, farmers market customers and CSA members all winter and spring long. They are one of our "staple crops" that store well in our coolers and we wash and pack as needed all winter long. In this way, these carrots will keep us all employed and the lights on through the dark and cold months in the not so distant future. They are also the sweetest and best tasting carrots of the year because we wait to harvest

## What the Heck Do I Do With the Red Beets?

I grew up thinking red beets were a fall crop, but with their short maturity, you can start harvesting beets mid season. But what do you do with red beets? They are a rich source of iron and a have a wonderful "earthy" flavor. Beets can be eaten raw, yes, raw. Raw beets are slightly sweeter, and of course, a little more crunch to them than their cooked versions. Slice them thinly and drizzle some lemon juice, olive oil and salt and pepper. Remember that red beets stain, so whatever dish you do throw them into, might end up with a pink hue. Another popular method is pickling your beets. Personally, I have two favorite ways I like to eat them. One of my favorite methods is roasting them (less mess) - check out our Lemon Roasted Veggie recipe. My second favorite is boiling them, peeling them and tossing them with a little butter, salt and pepper. Let the flavor of the beet shine!

### WHAT'S IN THE BOX

Bok Choy
Broccoli
Cilantro
Cucumber
Fennel
Garlic Scapes
Kohlrabi
Lettuce: Green Romaine
Napa Cabbage
Red Beets with Greens
Red Radishes
Salad Mix
Scallions (Purple!)
Yellow Summer Squash
Zucchini

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.	A great addition to any type of stir fry.
Broccoli	Looks like a miniature dark green tree.	Store in a bag in the crisper, try to use it up within 2 weeks.	Check out this week's recipe: Lemon Roasted Summer Veggies!
Cilantro	The bunch of green, serrated leaves.	In a bag in your fridge for 3 to 5 days.	Chop up coarsely and add to any salsa for a fresh taste that can't be beat!
Cucumbers	Skinny, shiny, long and green cylindrical veggie.	Keep in the fridge for up to two weeks.	Make a cucumber salad with a simple vinaigrette or creamy dressing.
Fennel	White bulbs with stalks that look like celery topped with feathery bright-green fronds.	Wrap in plastic and keep in your crisper. Use quickly, flavor fades as it dries out.	Check out this week's recipe or try substituting for celery in your favorite potato salad recipe.
Garlic Scapes	Look for the bunched curly-q flower stalks that smell like garlic.	Store cut-side down in a small glass jar with an inch of water, or in a plastic bag in your fridge.	Check out this week's recipe: <i>Lemon Roasted Summer Veggies!</i>
Kohlrabi	There will be 2 of these light green weird looking bulbs in your box.	They can hang out in your fridge, in a plastic bag. The bulbs will last a surprisingly long time (2-3 weeks).	Check out this week's recipe: <i>Sauteed Kohlrabi with Scallions and Cream</i>
Lettuce: Green Romaine	A beautiful green head of romaine lettuce.	Store in the plastic bag in your fridge with a piece of paper towel.	Chop up and add cucumbers, radishes and broccoli for a delicious summer salad.
Napa Cabbage	2 small heads of cabbage with thick white stems and green leaves.	Keep in the fridge in a plastic bag for up to a week.	Napa cabbage makes a yummy stir fry or coleslaw.
Red Beets with green tops	A bunch of beautiful dark red roots with their leaves attached	Keep in your fridge in plastic for up to a week.	Check out this week's article and recipe: Lemon Roasted Summer Veggies!
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.	Check out this week's recipe: <i>Sauteed Kohlrabi with Scallions and Cream</i>
Salad Mix	Salad Mix in this heat? It's tough to do but we love you so we made it happen.	Store in the plastic bag it comes in, place in the fridge for a week-10 days.	So many uses: try tossing some into a veggie wrap this week.
Scallions (Purple!)	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.	Check out this week's recipe: <i>Sauteed Kohlrabi with Scallions and Cream</i>
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.	Check out this week's recipe: <i>Lemon Roasted Summer Veggies!</i>

## Lemon Roasted Summer Veggies

4c. vegetables, cut into large bite-sized pieces (broccoli, cauliflower, beets, fennel bulbs, zucchini, summer squash, etc)  
 3-4 garlic scapes, coarsely chopped  
 Juice and zest from 1 lemon  
 3 Tbsp Sunflower Oil  
 Fresh rosemary or thyme (optional)  
 ¼ c. grated Parmesan  
 ½ c. parsley, chopped  
 Salt and pepper - to taste

Pre-heat oven to 450 degrees. Toss vegetables, scapes, lemon juice and zest, rosemary/thyme (if using), salt and pepper and pour into a 8x11 baking dish. Roast uncovered for 20-25 minutes, stirring a couple of times, until vegetables are just starting to brown. Remove from oven and sprinkle with parmesan and parsley. Serve immediately.

## Sauteed Kohlrabi with Scallions and Cream

\*\*\*Submitted by CSA Member Sarah Majewski\*\*\*

2 kohlrabi, diced into ¼ inch pieces  
 ½ bunch Radishes, thinly sliced  
 2-4 scallions, thinly sliced  
 3 Tbsp Butter  
 Leaves of edible greens (kale, radish, salad turnip, kohlrabi, etc) - rolled like a cigar and then finely sliced  
 3 Tbsp Heavy cream  
 Salt and Pepper, to taste  
 Nutmeg, to taste (best if grated fresh!)

Cook kohlrabi, radish and scallions in butter over medium-high heat until almost tender. Stir in edible greens, cook until wilted. Add heavy cream, and cook for a few seconds to reduce. Season with salt, pepper, and nutmeg. Serve with chicken, pork chops, or steak.