



# DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • Issue 6 • July 11-14, 2018

**Week 6:** So many things are happening right now. Last week we finished our massive fall and winter carrot planting. This week we're in full swing harvesting garlic. The sweet corn is looking good (it's hard to wait!) and the beets will be planted this week for fall and winter. It amazes me how many times you end up planting different vegetables from early spring to late summer. There are short season crops that you can have 2+ harvests a year to long season crops like squashes or garlic that you only harvest once a year. Life is full of learning. Happy Eating! ~Rachael

## Did You Know?

Did you know that we employ over TWENTY FIVE people here at Driftless Organics? Yep - we are nearing the height of the season at the farm and there is a TON of work to do around here. From weeding the carrots, to harvesting the kale, to watering the cucumbers, to writing the newsletters, there is just never enough time for all of the myriad tasks on a farm like ours. It's a good thing we have such an amazing crew that works so hard each and every day. They approach every task we throw their way with enthusiasm and a determination to see the job through. Farm work is tough and we ask a lot of our crew. Not only must they work long hours doing difficult and sometimes very monotonous work, but we are always demanding that they never lose sight of our high standards of quality in the vegetables they bring in. Yet they consistently come through, working hard in the heat and the rain and the bugs and the eventual cold to harvest your produce and get it washed and packed in your CSA boxes. For this, I hold our crew in the highest regard. The Driftless Organics crew comes in early, stay late and even work weekends and holidays! I have always maintained that a farm like ours is only as good as the crew that works the fields. This year is no different, and it is a good thing we have such an amazing group of men and women who show up every day and give it their all. Let's all take a moment to remember this when we eat our awesome Driftless Organics' produce!

## What the Heck Do I Do With Broccoli?

Broccoli...the mini green trees that parents hope spark the imagination and taste buds of toddlers. When the term "food forest" comes up, my mind envisions a world of giant broccoli trees. So what to do with Broccoli? One of my current goals is to preserve as much of the food my family eats in a year as I can during the peak of its season for flavor and nutrition. One of my preferred methods of preserving right now is freezing. As a mother of 2 little ones, canning is a dangerous endeavor that cannot be interrupted - and my 2 month old does NOT understand. Freezing is safe (for the kids) and is done in manageable stages. It is also the best way to preserve this vegetable to retain its texture and nutrition. Step 1) Soak it in cold water for a few minutes to get any dirt or bugs out. Step 2) Cut the florets and stems into pieces that are no more than 1½" thick. Step 3) In a pot of rapidly boiling water, drop in the broccoli for 2 minutes. Step 4) Immediately transfer broccoli to a bowl of ice. You can first drain it in a colander or just use a slotted spoon for a transfer. Leave broccoli in icy water for 3 minutes to stop the cooking process. Step 5) Drain the broccoli. Step 6) Spread out in a single layer on a baking sheet and freeze for 1-2 hours. Step 7) Transfer frozen pieces into a freezer bag and label (what it is and the date). The broccoli should keep for about a year in the freezer. To use frozen broccoli: Throw it into any dish you are using it for...no thawing required.

### WHAT'S IN THE BOX

Bok Choy
Broccoli
Carrots
Cucumbers
Garlic (Fresh)
Garlic Scapes
Green Beans
Kale (Red)
Red Chili Beans
Swiss Chard
White Onions
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.	Check out this week's Recipe: <i>Summer Veggie Asian Stir Fry</i>
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: <i>Summer Veggie Asian Stir Fry</i>
Carrots	The first carrots of the season! These beauties still have their tops.	Remove the tops and store in plastic bag in your fridge..	Perfect for snacking, these carrots are also great in your favorite dishes.
Cucumbers	Skinny, shiny, long and green cylindrical veggie.	Keep in the fridge for up to two weeks.	Check out this week's recipe " <i>Indian Cucumber Raita</i> "
Garlic	Two fresh garlics with their long stalks.	This garlic isn't cured yet - so should be stored in the fridge.	Milder than cured garlic - so use more!
Green Beans	It's green. About as wide as a finger. Looks like a bean.	Keep in the fridge for up to a week.	Sauté in butter and sprinkle with salt for an easy side dish.
Kale: Red	A bunch of red kale with frilly leaves.	Store in a plastic bag in refrigerator for up to a week.	Check out this week's " <i>Wonderfully Easy Pasta with Kale</i> "
Red Chili Beans	There will be a plastic bag with your red beans inside!	Store in an airtight container in your pantry or cupboard.	Cook as you would any other dry bean. Great for chili or other soups or any rice and beans recipe. Check out our website's recipe pages for more info!
Swiss Chard	Leafy dark green with a sturdy stem	Store in a plastic bag in refrigerator for up to a week.	Great in stir-fry (check out this week's recipe: <i>Summer Veggie Asian Stir Fry</i> )
White Onion	A couple of fresh white onions.	These onions are not cured and should be stored in your fridge.	These mild white onions are great on sandwiches and in salads.
Yellow Summer Squash and Zucchini	Skinny, shiny yellow summer squashes and green zucchinis.	Store on your counter or crisper drawer of your fridge.	Check out this week's Recipe: <i>Summer Veggie Asian Stir Fry</i> .

## Summer Veggie Asian Stir Fry

1-2 chicken breast/porkchop/steak, etc - long thin slices (optional)  
 4c. vegetables, cut into large bite-sized pieces (broccoli, bok choy, carrots, green beans, onion, mushrooms, snow peas, summer squash, swiss chard, zucchini, etc)  
 1 Tbsp. Driftless Sunflower Oil

### Sauce:

½ c. soy sauce  
 ½ c. chicken broth  
 1 Tbsp. Non-GMO Cornstarch  
 1 Tbsp. Honey  
 1 tsp. Sesame seed oil  
 1 tsp. Rice wine vinegar  
 2" piece of ginger - grated into paste  
 2 cloves garlic - minced or grated

Mix sauce up, set aside. If choosing to put meat in, cook meat of choice and set aside. Chop up veggies. Start sauteeing veggies in oil (start with onions and carrots and putting in veggies according to cook times). When veggies are almost done, add meat (if using) and put in sauce, cooking for another 2-4 minutes. Serve over rice. \*\*This is a great recipe for freezing: Freeze your meat in small freezer bag, Freeze the sauce in another small bag, chop veggies and put into a gallon freezer bag with the other 2 small bags. \*\*

## Wonderfully Easy Pasta with Kale

½ lb pasta  
 2-3 Tbsp. Driftless Sunflower Oil  
 1 small onion, diced  
 2-3 garlic cloves, minced  
 1 bunch Kale (or Swiss Chard), chopped  
 Cook pasta per directions. Meanwhile, heat oil in a large skillet over medium heat. Add the onions and garlic, cook until tender. Add kale and saute until wilted. Drain the pasta and combine it with onions, garlic and kale. Season with salt and pepper and serve immediately. Serves 2. \*\*\*Recipe from Fairshare's "From Asparagus to Zucchini" cookbook\*\*\*

## Indian Cucumber Raita

2 cucumbers, diced or thinly sliced  
 1 c. plain yogurt  
 2 Tbsp. onion, minced  
 2 Tbsp fresh mint, chopped  
 ¼ tsp. Ground cumin  
 Salt and Pepper, to taste  
 Combine everything but the cucumbers in a medium bowl. Add cucumbers, stir to coat. Serve cold as a side dish with spicy curries or vegetable dishes and with a type of flat bread like naan or pita.