



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 8: This week's weather looks wonderful...upper 70s, low 80s with cool night time temps sometime dipping into the 50s. Now that's my kind of weather. Perfect for a hot cup of coffee as I drive through the Driftless, when the mist is still in the valleys. It is so serene in the morning, if I can drag myself out of the sleepy haze to see it. Everything fresh with dew and the sun's light makes the dew glow a little. This is the time when gardens are starting to burst with all their treasures. This week we have Bell Peppers and Sweet Corn! Try to enjoy those summer mornings and happy eating!
~Rachael

WHAT'S IN THE BOX
Bok Choy
Cauliflower
Cilantro
Cucumber
Eggplant
Fennel
Garlic
Green Beans
Green Bell & Poblano Pepper
Kale Mix
Romanesco
Sweet Onion
Sweet Corn
Watermelon

Did You Know?

Did you know that the weather affects the veggies that are in your CSA boxes? Well, of course you know this! But you might not realize how *much* the weather plays into the seasonality of most of the crops we grow. Take the watermelon for example. We normally don't start picking melons for another 2-3 weeks, but with this year's crazy hot temperatures (remember when it got up into the 90s for a few days way back in May?), the watermelons just decided it was time to start ripening - whether we were ready or not! The same goes with the sweet corn, peppers and soon, the tomatoes (which we hope to start seeing in the boxes in the next week or two). Not all crops love this hot weather though. Greens like salad mix, spinach and lettuce really do NOT thrive in the high heat of summer and that's why you haven't been seeing them in the last few boxes. What else has surprised us this year so far? Well - the first three plantings of broccoli, each planted 2 weeks apart, were ready to pick all at the same time. And this week's bok choy? It was slated for the August CSA boxes. Sometimes, you just never know what to expect and we're so grateful to you all for accepting the realities of seasonal eating out of your CSA box!

What the Heck Do I Do With Bok Choy?

Bok Choy has been quite abundant this year. With having it in your box again, we thought some fresh ideas

of what to do with it would help.

- 1) Use like celery, fill the channel with peanut butter or cream cheese
- 2) Add to soups
- 3) Chop stalk small and add for a crunch in salads...don't forget the leafy part in the salad too!
- 4) Grill it
- 5) Freeze it - just like Broccoli, blanch it and freeze it using the same directions!
- 6) Add stalks to a veggie tray
- 7) **Make Kimchi!** Here is a **recipe:**
Your bunch of bok choy, chopped
1 jalapeno or poblano pepper, thinly sliced
¼ c onion, chopped
2-3 cloves of garlic
1" piece of ginger, peeled
¼-½ c Korean red chili
1 tsp fish sauce (optional)
1-2 Tbsp sea salt
Trim bottom of bok choy and chop. Cut pepper and onions as well. Add salt to the veggies, mixing thoroughly. Crush and squeeze the veggies with your hands. Do this until the veggies get wet from the water released. In a food processor, blend garlic, ginger and chili. Add water if needed to create a paste. Thoroughly mix the bok choy, peppers, onions, fish sauce and paste in a bowl. Pack mixture into glass jar with a kitchen tool with a blunt end and pound it in. Press mixture firmly until the water level rises. Put lid on, leave at room temperature for 3-7 days. Open the lid DAILY to release gasses that form. If the water level rises, drain some off. If the veggies rise above the water level, pack down UNDER the water level. Taste after 3 days - should be pleasantly sour. If not, keep fermenting and taste every day until you like it. Transfer to the fridge where it will continue to ferment, but much more slowly.

This will last for about 6 months, refrigerated.

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.	See "What the Heck do I do with Bok Choy" article on front page
Cauliflower and Romanesco	Cauliflower: A nice sized white head with green wrapper leaves. Romanesco: lime green florets resembling an alien christmas tree.	Store in the crisper drawer of your fridge. You can remove some of the green leaves if it will make it fit better.	Try making cauliflower "rice" - you can try asian fried rice, indian rice or mexican rice variations
Cilantro	A bunch of fresh cut cilantro plants with frilly green leaves.	Keep in the fridge in a plastic bag for up to a week.	A must have ingredient for Mexican and Indian dishes! Try in this week's <i>Cilantro Mint Sauce</i>
Cucumbers	Skinny, shiny, long and green cylindrical veggie.	Keep in the fridge for up to two weeks.	Try this week's recipe: <i>Cucumber Fennel Salad</i>
Eggplant	Purple oval shaped eggplants.	Store on your counter for 2-3 days or in your fridge for 5-7 days.	Check out this week's Recipe : <i>Indian Eggplant Fritters</i>
Fennel	2 white bulbs (no fronds).	Keep in your fridge for up to a week.	Try this week's recipe: <i>Cucumber Fennel Salad</i>
Garlic	A head of garlic.	Store on your countertop and use within a couple weeks.	So many ways to use. Roast whole cloves with veggies for a burst of delight.
Green Beans	It's green.. Looks like a bean.	Keep in the fridge for up to a week.	Try roasting them with other veggies.
Green Bell Pepper	A shiny green bell pepper! Yay!	Store in the fridge for up to a week.	Add to salads, eggs or tacos.
Kale Mix	A bag of sharply lobed green leaves, some with purple stems.	Store in the plastic bag in the fridge.	Great sauteed up with some oil and minced garlic for a pizza topping
Poblano Pepper	2 Dark green peppers with pointy ends.	Store in the fridge for up to a week.	Try in this week's <i>Cilantro Mint Sauce</i>
Sweet Corn	Duh.	Store in your fridge.	Grill it or boil it - butter and salt!
Sweet Onion	2 fresh white onions with a portion of green tops left on them.	These are fresh, so store in your fridge.	Check out this week's recipes! Yes - you can use some of the tops for garnish.
Watermelon or Cantaloupe	Small watermelon (red or yellow inside) or tan cantaloupe.	Store in your fridge.	Just cut it up and eat it by itself or in any fruit salad.

Indian Eggplant Fritters

1 eggplant, diced (about 3 c.)
 ½ sweet onion, minced
 ½ c. water
 1 Tbsp lemon juice
 1 tsp chili-garlic sauce
 1 Tbsp fresh mint, minced
 ½ c flour
 1½ tsp ground coriander
 ¾ tsp cumin
 ½ tsp baking powder
 ½ tsp salt

Driftless Organics Sunflower Oil (for frying)

In a large saucepan, combine eggplant, water and lemon juice. Bring to a boil, then reduce heat and let simmer for about 10 min (until eggplant is tender). Drain eggplant, pressing out excess liquid and place in small bowl. Mash it up. Add minced onion, chili-garlic sauce and mint. Mix. In a separate bowl, mix flour and spices. Combine flour and eggplant mixtures. In a large skillet, heat a thin layer of oil over medium-high heat. Add mixture, about 1 Tbsp at a time. Don't overcrowd the pan. You can flatten the fritter when you turn it. Fry, turning as needed, until brown all over (about 2-3 minutes). Best

served with Cilantro Mint Sauce.

Cilantro Mint Sauce

1 bunch of cilantro, coarsely chopped
 1 c. loosely packed fresh mint leaves
 1 jalapeno or poblano pepper, seeded
 3-4 cloves garlic, peeled
 2 Tbsp fresh lime juice
 2 tsp sugar
 ½ tsp salt

Combine all ingredients in a food processor until smooth. Taste for seasonings and add more salt if necessary.

Cucumber Fennel Salad

2 cucumbers, thinly sliced
 1 sweet onion, thinly sliced
 1 bulb of fennel, thinly sliced
 3 Tbsp lemon juice
 3 Tbsp Driftless Sunflower Oil
 ¼ tsp dill weed
 ½ tsp salt

¼ tsp ground pepper

¼ tsp lemon zest

In a large bowl combine cucumber, onion and fennel. In a jar with a tight fitting lid, combining the remaining ingredients. Shake well. Pour over cucumber mixture and toss to coat. Refrigerate until chilled.