



DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • Issue 10 • August 8-11, 2018

Week 10: Week 10, marks the halfway point in our CSA season! Wow, has it already gone so fast. Our main fall crops have already been put in so if you are loving those veggies, consider our Winter Veggie Lovers share - it is more than just root vegetables, it ends up being a lot like the last couple of boxes of the regular share. There is kale, sometimes tomatoes, beets, leeks, radishes, and herbs along with root vegetables.

WHAT'S IN THE BOX
Broccoli or Cauliflower or Romanesco
Cabbage: Green Savoy
Cucumber
Garlic
Green Beans
Green Kale
Jalapeño Pepper
Melon
New Potatoes
Onions: Sweet and White
Poblano Pepper
Sungold Tomatoes
Sweet Corn
Thyme
Yellow Summer Squash
Zucchini

Did You Know?

Did you know that our annual **Harvest Party is September 22nd**? From 1-5 pm, this is the time where we get to say Thank you to our supporters - our customers! There will be tractor rides giving tours of our fields to see where all your veggies have grown this past year. We will have something for the kids. Last year we had coloring and some hands on dirt activities - letting kids get a feel for the richness of the soil and getting to participate in their own "harvesting" of root vegetables. There will be locally brewed beer and as always, fresh pressed cider - the kids can help crank the press down to see the juice squirting out! Pizza was such a big hit last year that we are doing it again. We like community events, so while we are providing the drinks and pizza - we ask that anyone wanting to can bring to share a side dish or dessert. Please consider coming out, I know it can be a drive, but experiencing the Driftless is never disappointing. To us, knowing and seeing where your food comes from is a vital part of our present and our future and we want to share that with you. There is so much we would like to convey, but newsletters (and words) can only go so far. We want to take action and show you, so we hope to see you there!

What the Heck Do I Do With Zucchini?

We are definitely getting to the time of year where enthusiasm for having zucchini is diminishing.

While I was growing up, my mom used to repeat the community joke that when you are running errands in a rural town, you need to lock your doors, not out of safety but to keep mysterious bags of zucchinis from showing up in your front seat! So what do you do with zucchini? Because it is so prolific, I think people have found MANY uses for it - the internet is full of them! You can grate it up and use it in chocolate cakes (keeps it moist). Zucchini does really well with spices like cloves, nutmeg and cinnamon. You can make zucchini bars, bread or muffins. You can also bread it up for fries: baked or fried. You can also use a similar technique but slice in thin rounds for some zucchini chips. You can saute it up with other veggies. You can slice it thickly for kabobs to be grilled. Sliced up with yellow summer squash and tomatoes, drizzled with olive oil, garlic and some herbs, topped with parmesan and feta, then baked. If you have a spiralizer, zucchini is quickly converted into "zoodles" for either less carbs or more veggies in your diet. You can thinly slice it the long way and use it as noodles in a lasagna, or roll it up with some ricotta cheese and/or pesto. Scoop out the middle, fill the space with marinara sauce and other veggies for a no carb pizza. Personally, I love carbs: bread and pasta and pizza - my family likes to thinly slice zucchini and summer squash, lightly fry it up in some spices and use it to top our homemade pizzas. When in doubt, I like to grate it up and put it in the freezer. A nice zucchini bread is a wonderful treat in the winter time when the snow is blowing and everything is covered in white.

Crop	What's it look like?	Storage?	How do I use it?
Broccoli, Cauliflower OR Romanesco	Broccoli: Looks like a miniature dark green tree Cauliflower: A nice sized white head with green wrapper leaves. Romanesco: lime green florets resembling an alien christmas tree..	Store in a bag in the crisper, try to use it up within 2 weeks.	Roasted, stir fries, steamed or raw.
Cabbage: Green Savoy	Lime green, wrinkly, medium head of cabbage	Keep in the fridge in a plastic bag for up to a week.	Try it in this week's recipe: <i>Mexican Coleslaw</i>
Cucumbers	Skinny, shiny, long and green cylindrical veggie	Keep in the fridge for up to two weeks.	Chop up with tomatoes, feta and a light dressing
Garlic	A head of garlic.	Store on your countertop and use within a couple weeks.	Try it in this week's recipe: <i>Mexican Coleslaw</i>
Green Beans	It's green.. Looks like a bean.	Keep in the fridge for up to a week.	Add to a salad
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.
Jalapeño Pepper	Small, dark green peppers. There will be 2 of them in your box. <i>Spicy.</i>	Store in your fridge.	Try it in this week's recipe: <i>Mexican Coleslaw</i>
Melon	Softball sized tan cantaloupe	Store in your fridge	Eat Fresh!
New Potatoes	Yellow and a little "scuffed" looking in a paper bag...but so delicious!	Refrigerate after 2-3 days. Use within 2-3 weeks.	Grate some up for hash browns!
Onions: Sweet and White	Look like onions: Sweet ones are a little more yellow than the white onions	These are cured and can be stored on the counter.	Try it in this week's recipe: <i>Mexican Coleslaw</i>
Poblano Pepper	2 Dark green peppers with pointy ends.	Store in the fridge for up to a week.	Try it in this week's recipe: <i>Mexican Coleslaw</i>
Sungold Tomatoes	Little orange cherry tomatoes	Store on the counter.	Pop them in your mouth or cut in half for salads. Try it with cucumber.
Sweet Corn	Duh.	Store in your fridge.	Try it in this week's recipe: <i>Mexican Coleslaw</i>
Thyme	A few springs at the top of your box	Store loosely in a bag in the fridge.	Try it in this week's recipe: <i>Summer Squash with Garlic</i>
Yellow Summer Squash/Zucchini	Skinny, shiny yellow summer squashes/ green, shiny and oblong	Store on your counter or crisper drawer of your fridge. Ideally, they like 50 degrees.	Try it in this week's recipe: <i>Summer Squash with Garlic</i>

Mexican Coleslaw

6 cups green savoy cabbage
 1 poblano pepper, diced
 1 green bell pepper, diced
 1 cup black beans, rinsed and drained
 2 ears sweet corn, grilled (optional), cooled and kernels cut off of cob
 1 jalapeno, seeds removed and finely diced
 2 cloves garlic, minced
 ½ cup sweet onions, minced
 ½ - ⅔ cup mayo
 ½ - ⅔ cup sour cream
 ½ tablespoon each of: chili powder, cumin, paprika, chipotle powder (optional)
 4 Tbsp. lime juice
 Shred your savoy cabbage with a cheese grater or food processor with a shredder plate. In a large bowl, combine all the veggies and beans. In a separate small bowl, combine mayo, sour cream, spices,

and lime juice. Add mayo mixture to coleslaw mixture and stir to combine.

Summer Squash with Garlic

All the summer squash and zucchini in your box
 Salt and pepper (to taste)
 2 Tbsp Driftless Sunflower Oil
 4 cloves garlic, chopped
 2 Tbsp Butter
 2 Tbsp fresh thyme
 ¼ c. white wine
 Slice squash into ½" thick circles. In a large skillet over medium heat, add oil. Saute garlic until edges are browning (about 2-3 min). Add squash, salt and pepper. Cook until squash has softened (about 5 min). Stir in butter, thyme and wine. Remove from heat and serve.