



# DRIFTLESS ORGANICS CSA NEWSLETTER

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**Week 15:** Hello Fellow Veggie Lovers! Just a quick reminder - our harvest party is going to be here sooner than you think. Mark your calendars, we want to see you there! ~Rachael



## Did You Know?

Beets have been cultivated since about 300 BC, but not for the root that we eat now. It was cultivated for the greens. It has a similar taste to swiss chard and eaten in the same manner. Historically, the roots were more fibrous and used only for dyes and as medicine. Hippocrates used the root for binding and dressing wounds. The Romans have documented its use medicinally as a laxative or to cure fever. The beetroot that they knew looked more like a parsnip or carrot. It took hundreds of years to start cultivating the bulb we now know beets to have.

The beet we know today with the big bulbous root, was cultivated in either Germany or Italy, around the end of the 1500s.

Beets can be eaten raw, boiled, cooked, pickled or cold as a salad after cooking.

Beet's earthy taste is attributed to the substance called "geosmin". Humans are sensitive to geosmin, even in low doses which explains why there are extreme responses from love to hate among the general population.

In modern times, it is often used in

the food industry as a colorant for sauces, desserts, tomato juice, etc. There are many types of beets, different shaped bulbs and many different colors. You can get the traditional dark red beet but other varieties include Chioggia, which looks like a target with red and white colors (my favorite....if you roast them, the coloring of the rings stay!), golden beets and even white (albino) beets. Albinos are great if you love the flavor of beets but not dye which stains EVERYTHING it touches.

## What the Heck Do I Do With Lemongrass?

Lemongrass is an essential ingredient in many Thai and Vietnamese dishes. This herb loves the tropical weather, but will tolerate our midwest summers (especially this summer...wet and hot). It has a nice lemony scent. To use it for soups, cut off the lower bulb and remove tough outer leaves. The main stalk (the yellow area) is what you want to use. Cut the stalk into 2-3 inch lengths. The upper stalk is mostly green colored and more woody, best for flavoring soups only. "Bruise" these sections by bending them several times. This helps the flavor release. Remember, the stalk is used only for flavoring, so remove before serving. To use it for curries, you will need a little more processing. Instead of cutting the stalk into 2-3 inch lengths, slice it from the bottom up. Stopping when you have the upper 1/3 left. Place the slices in a food processor and process well. Now it should look like little yellow/green flakes. Do be warned that lemongrass is

extremely fibrous. Cooking is essential. You will need it to cook or be boiled for at least 5 minutes before it is soft enough to be eaten. In flake form, lemongrass can be used immediately or by freezing in a sealed container for future use. Lemongrass also makes a pleasant tea. Take 4 cups water and bring to a boil. Add 2 cups roughly chopped lemongrass stalks and boil rapidly for 5 min. Reduce heat to low and simmer the tea for another 5 min. Strain the stalks from the liquid. Add 1/4 cup sugar and stir until dissolved. Serve warm or chill in refrigerator and serve with ice.

WHAT'S IN THE BOX
Banana Pepper
Beets
Broccoli
Cayenne Pepper
Cucumber
Garlic
Lemongrass
Mini Peppers
Red Radish
Roaster Peppers
Salad Mix
Sweetheart Cabbage
Tomatoes: Mix
Yellow Onions

Crop	What's it look like?	Storage?	How do I use it?
Banana Pepper	Greenish- yellow long pepper (sweet tasting)	Store in your fridge.	Try stuffing the little guys for a snack or appetizer.
Beets	Mix of Red, Chioggia and Golden beets	Keep in your fridge in plastic for up to a week.	Roasted, boiled or raw (grated) on salads.
Broccoli	Looks like a miniature dark green tree.	Store in a bag in the crisper, try to use it up within 2 weeks.	Roasted with root veggies and peppers. Delish!
Cayenne Pepper (hot)	Red, skinny, <b>SPICY</b> cayenne pepper near the top of the box.	Store on the counter.	See this week's recipe: <i>Larb with Cabbage Cups</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 in this week's recipe: <i>Larb with Cabbage Cups</i>
Lemongrass	A bundle of a lemony smelling, grassy looking herb.	Store in the fridge.	Make into a tea or use in a soup See this week's recipe: <i>Larb with Cabbage Cups</i> .
Mini Peppers (sweet)	Look for the small red, yellow and orange peppers. These are SWEET.	Keep in the fridge in a plastic bag for up to a week.	Fajitas!
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.	Eat with some Mexican Street Tacos
Roaster Peppers (Sweet)	Look for the big dark yellow and/or red peppers that are pointy on one end.	Store peppers together, in a plastic bag, in your fridge	These sweet peppers are a great substitute for red or yellow bell peppers. They are so sweet and tasty!
Salad Mix	Mixed bag of salad greens.	Store in the plastic bag it comes in and try to use up in a week	Yummy on top of sandwiches or making up a quick healthy salad for side or entree
Sweetheart Cabbage	Look for the pointy "conehead" shaped green cabbage.	Store in your fridge, in plastic. Remember, you don't have to eat the whole thing at once - you can hack off hunks as needed.	In salads, your favorite coleslaw or check out the recipe below, <i>Larb with Cabbage Cups</i> .
Tomatoes: Mix	A bag of mixed varieties (and colors) of tomatoes.	Store on the counter - check their ripeness every day and use when ripe.	Marinara sauce, Margherita pizza, soup, salads, lasagna, fresh salsa
Yellow Onions	Yellow bulbs	Store on the counter.	Great base for meals

## Larb with Cabbage Cups

½ c. raw skin-on peanuts  
 2 Tbsp. Driftless Sunflower Oil (or a neutral oil)  
 4 garlic cloves, chopped coarsely  
 1 lb ground pork, beef or lamb (or combo!)  
 Kosher salt  
 1 medium onion, thinly sliced into rings  
 1-4 Cayenne Peppers, deseeded and deveined  
 (\*\*1 was a nice spice for this Midwest girl, add more if you like it spicy\*\*\*)  
 2 lemongrass stalk, bottom third only, tough outer layers removed, thinly sliced  
 2 Tbsp. Fresh lime juice  
 1 Tbsp +1 tsp fish sauce  
 ¼ - ½c. torn mint leaves  
 ¼ head of sweetheart cabbage, halved crossways, leaves separated  
 Cooked short-grain rice and lime wedges for serving

Preheat oven to 350. Toast peanuts on rimmed baking sheet, tossing halfway. When nuts are golden brown, 6-8 min, they are done. Let cool. Coarsely chop and set aside. Heat oil in large saucepan. When oil is shimmering, add garlic. Cook, smashing garlic down on cloves to break into smaller pieces for about 3 min. Push garlic to side, add ground meat and a pinch of salt. Cook, smashing and stirring meat and garlic together until no clumps remain and meat is no longer pink (about 4 min). Mix in onion, chiles, lemongrass, lime juice, fish sauce and half of peanuts. Let larb cool slightly, then stir in mint. Taste and season with more salt if needed. Transfer larb to a large bowl. Serve with cabbage, rice, lime wedges and remaining peanuts. If you want a crunch, eat cabbage raw. If you want to use the cabbage like a tortilla, blanch the outer leaves to make them more pliable.