



DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • Spring Issue 1 • May 3-4, 2019

Week 1: Whoohoo! We are so excited to start another season with all of you. We are so appreciative of your support and involvement in organic and LOCAL food!

There is always something so wonderful about new life. Every year we get to experience it and every year my excitement seems to grow. Growing a garden has helped me in recent years with that enthusiasm. Watching little seedlings popping up, looking for that first Robin, watching the weather, waiting for my irises to pop up. There is a constant anticipation that Spring brings. Now, I am loving teaching and sharing those moments with my two kids. Our next thing to look for is Morel mushrooms and to be patient about our Asparagus. It's popping up, but still too short. I hope you have your own special thing this Spring. Happy Eating!
~Rachael

Did you know: (Stinging) Nettles

Nettle plants are native to Europe, Asia, Africa and North America. They are well known for their stinging sensation. The stem and underside of leaf are covered with stinging hairs that rise from a gland containing formic acid, histamine and acetylcholine. Historically, there is documentation of people intentionally stinging themselves for reasons like: cure arthritic joints and to stay awake and alert for battle or hunting.

Nettles are a slow-acting nutritive herb, cleansing the body. It is used medicinally to detoxify the body, aids in feminine health, improves circulation, prevents kidney stones,

strengthens bones and helps with respiratory problems.

There is so much love out there for Nettles in the culinary world. There are soups, risottos, pestos, teas and salads that revolve around this plant. Nettles are considered a superfood, boasting Vitamin A, C, D, Iron, Calcium, Phosphorus, Potassium, Magnesium, and a good dose of protein and fiber.

Remember, it is still important to handle them with gloves (not plastic ones). However, the stinging effect goes away when those little hair follicles "wilt". This is expedited with cooking, but if you are patient and really want to eat Nettles raw, wait until the leaves and stem wilt. The leaves will wilt sooner than the stem, so be careful.

What the heck do I do with Radishes?

Radishes: Are they just for salads? Radishes and I are still somewhat new to each other. I've always looked at them as an added color to salads or a pretty garnish on our mexican street tacos. That's where our relationship has ended. Last year, working for Driftless, I got exposed to a few different types and varieties of radishes. I'm still slowly learning, getting to know what varieties I like and how I like to cook each one. But, it's still a journey. You may be like me, still exploring, so let's explore!

First off, Radish greens are completely edible and can be a great addition to any salad. A little rougher in texture, they have a nice flavor that will put a little pizzazz into a bland salad.

There are LOTS of different types of Radishes, but let us focus on the ones in this week's box.

French Breakfast Radishes: spring radish, elongated, oval like radish with white at the very roots. These radishes are mild and are typically used for hors d'oeuvres or sliced up in a salad.

Purple Daikon Radish: Fall radish, this is a lavender root with a brighter purple and white radial pattern in the flesh. This radish is dense and does very well in Asian stir fry dishes. It is also good pickled, used in coleslaw or kimchi. It keeps a nice crispy texture.

Red Globe Radish: spring radish, this is a spicy radish. These are what you typically get with a Mexican dish - tacos come to mind. These spicy little nuggets can be eaten raw, or if you saute them in a little butter, salt and pepper, the flavor mellows out and the texture gets softer.

Now it's your turn. Explore and find out what you like and HOW you like it!

WHAT'S IN THE BOX
Bok Choy
Chives
Dry Beans, Black
Green Garlic
Nettles
Potato: Red
Radish: French Breakfast, Purple Daikon and Red Globe
Spinach
Sweet Potatoes

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.
Chives	Look for the small bunch of fragrant "grassy" looking leaves.	Store in a small plastic bag or ziploc.	Chop up and add to an egg scramble or potato dish. Add at the very end before serving.
Dry Beans: Black	Bag of dry beans	Keep in your pantry or cabinets.	
Green Garlic	Bunched fresh green garlic with their long stalks	This garlic isn't cured yet - so should be stored in the fridge.	Milder than cured garlic - so use more!
Nettles	Stalks of green serrated leaves	Be careful when handling these - use gloves until they are fully wilted/cooked. Store in plastic bag in fridge for up to 5 days.	Soup, tea, pesto or use as a substitute for spinach - check out this week's article for more ideas.
Potatoes: Red	Round, red tubers	These potatoes were harvested last November and will want to sprout, so I would recommend keeping them in your fridge.	These red potatoes are wonderful for mashing roasting or making into hash browns. How about this: asparagus omelette and red potato hash browns for Sunday brunch?
Radish: French Breakfast, Purple Daikon and Red Globe	French Breakfast: red & white oval with green tops Purple Daikon: Light purple cylindrical bulb with purple radial patterned flesh Red Globe: Red sphere with green tops	Store (with the tops removed) in a plastic bag.	Check out this week's article for more information and ideas!
Spinach	A bag of dark green, wrinkly leaves.	Store in the bag it comes in and try to use up in a week or less.	<i>Check out this week's recipe.</i>
Sweet Potato	Misshapen, reddish/pink tubers in your box.	Store in a cool, dark place (not in your fridge!)	<i>Check out this week's recipe.</i>

Spinach Salad with Seared Bok Choy and Ginger

1 Tbsp Driftless Sunflower Oil
 1 Medium onion, finely chopped (about 1/3 c.)
 1 Bok Choy
 2 Green Garlics, minced (use white and green part until it gets tough)
 1 tsp. Fresh ginger, minced
 1 Tbsp. Tamari or soy sauce
 1/2 tsp. Fresh ground black pepper
 4 c. spinach leaves, ripped/chopped into large pieces
 Heat oil over medium-high heat in a large skillet. Add Bok choy, onion, green garlic, ginger and cook 2-3 minutes or until bok choy is tender yet crisp. Remove from heat and let cool for a few minutes. Serve over spinach. ***You can add either the Purple Daikon, julienned, to the bok choy for a quick stir fry OR add some red globe radish (not cooked) to Spinach with Bok Choy served on top for a little more spicy/peppery flavor.

Savory Sweet Potato Pancakes

3 cloves garlic
 1" piece of ginger
 1 tsp. Whole coriander seeds
 1 medium onion, quartered

1 large or 2 medium sweet potatoes (about 1#), peeled or unpeeled
 4 eggs
 1/4 c. all-purpose unbleached flour
 1 Tbsp Driftless Sunflower Oil
 1 1/2 tsp salt
 Black Pepper, to taste
 Freshly grated Nutmeg, to taste
 1/4c. Additional oil for frying
 In a food processor (preferred), mince garlic, ginger and coriander seed. Add quartered onion and pulse until onion is minced. Take out chopping blade and insert grating attachment, grate sweet potatoes into processor bowl with onion mix. In a separate bowl, whisk eggs, flour, oil, salt, pepper and nutmeg. Stir in sweet potato mixture until well mixed. Heat about 1 Tbsp of oil in a cast iron or non-stick pan until a drop of water sizzles instantly. Reduce heat to medium, Spoon 2 heaping Tbsp of batter into pan for each pancake. Fry about 2 minutes on each side, until nicely browned and crispy. Drain onto a paper towel lined plate. Repeat process until all the batter is gone. If you heat your oven 200 or 250 degrees, you can keep the pancakes warm until you are ready to serve. ***This is good served with creme fraiche & apple chutney. Makes about 15 pancakes.