



# DRIFTLESS ORGANICS CSA NEWSLETTER

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**Week 2:** The week started with wonderful weather, partly cloudy, warm and wonderful to work in the fields. Then came the rain. It was that all day rain, cold, windy, not so much fun for the humans. But rain makes those wonderful veggies grow! And THAT makes us happy! Now we are back to a warm and sunny day. Things are buzzing at the farm, every day is full of new things to transplant, to seed in the greenhouse, harvesting, washing and packing! We're doing 10 or more different things every day and we love it! Time flies when you are busy and having fun. The veggie ninjas always seem to have fun, laughs abound and the positive energy flows. We hope you are enjoying the green goodness that spring brings us. Happy Eating!  
~Rachael

## Did you know:

### Transplanting at Driftless

Did you know that we transplant about 40% of the veggies that we grow for you? That means that we plant seeds into plastic containers called "flats" in the greenhouse and raise them up until they are big enough to plant outside (which usually takes about a month or so). Different crops need different sized flats for the rate of their growth. Some flats have 98 cells, 128 cells and a 200 cell flat. We grow over 100,000 plants in

our greenhouse in a single year! Transplanting allows us to start crops like tomatoes, peppers and basil much earlier than we otherwise could. Transplanting also helps us get a little jump on the weeds, which is always helpful when you are growing things organically.

Don, our greenhouse guru, has been planting, watering, fertilizing and keeping his green babies happy since March. We started transplanting Brassicas in the fields: Kale, Collards, Broccoli, Cauliflower in mid-April. We will keep transplanting SOMETHING until August. Yep - AUGUST! We transplant all SORTS of veggies: kale, collards, broccoli, romanesco, cauliflower, onions, herbs, sweet corn, lettuce, tomatoes, sweet peppers, hot peppers, cucumbers, even winter squashes! We start many batches of the same thing to keep those veggies rolling in. It's only the beginning of May and we're already on our 4th Broccoli "planting" in the greenhouse!

### What the heck do I do with Rhubarb?

Rhubarb is a perennial vegetable that is commonly eaten like a fruit. The stalks are the only edible part of the plant. Rhubarb has a strong tart taste, which many people counter the tang with sweet. There are countless recipes out there for desserts of all kinds: Rhubarb

Bars, Rhubarb Crisp, Rhubarb Cream Pie, Rhubarb Strawberry Pie, Rhubarb Cobbler, Rhubarb Crumbles, Rhubarb Muffins, Rhubarb Cheesecake - the list could go on and on.... There are LOTS you can do with rhubarb. You can use it to make wine, Salsa, Margaritas and even pickle it. Rhubarb has never been a favorite of mine...until last year. I have discovered that I like Rhubarb with some sort of almondness with it. Check out this week's recipe, it's the same one that won me over to Rhubarb. This recipe will be the first thing I will use my Rhubarb for this season! Hope you love it as much as I do.

WHAT'S IN THE BOX
Asparagus
Bok Choy
Chives
Potato: German Butterball
Radish: French Breakfast and Red Globe
Rhubarb
Salad Mix
Spinach
Sweet Potatoes

Crop	What's it look like?	Storage?	How do I use it?
Asparagus	Bunched with a red rubber band: Light green and purple spears about 8-10" in length.	Ideally: store them in your fridge, standing up in a glass jar, in about an inch of water. Use within a few days.	Try roasting asparagus on the grill with olive oil and salt & pepper.
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.	Great chopped on baked potatoes or on a fresh salad
Potatoes: German Butterball	Round, yellow tubers	These potatoes were harvested last November and will want to sprout, so I would recommend keeping them in your fridge.	Scalloped potatoes are on the mind today: creamy and cheesy. Mom will love these on Mother's day! (*Hint hint!*)
Radish: French Breakfast and Red Globe	French Breakfast: red & white oval with green tops Red Globe: Red sphere with green tops	Store (with the tops removed) in a plastic bag. *Don't forget, tops are edible!*	Good for garnishes, some fresh eating or in salads.
Rhubarb	Looks kind of like fat, reddish green sticks of celery.	Store in your fridge, in the crisper drawer.	Check out the recipe below!
Salad Mix	Mixed bag of salad greens.	Store in the plastic bag it comes in, place in the fridge for a week-10 days.	So many uses: try tossing some into a veggie wrap this week..
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.	Tis the season for salads...or pizza!
Sweet Potato	Misshapen, reddish/pink tubers in your box.	Store in a cool, dark place (not in your fridge!)	Cut them up into french fry shapes, toss with some oil, sprinkle with some sea salt...Bake and enjoy!

## Bok Choy with Cashew Sauce

½ c. raw cashews  
 ¼ c. rice wine (or white wine) vinegar  
 ¼ c. white sugar  
 ¼ c. soy sauce  
 1 Tbsp Minced Ginger root  
 Pinch of red pepper flakes  
 About 1-1.5# Bok Choy ( If you don't have that - you will just have a lot of sauce, which is NOT a bad thing. \*It's also good on pan fried asparagus\*)  
 ¼ c. Driftless Sunflower Oil (peanut or canola oil is a good substitute)  
 Toast cashews in a dry skillet, tossing frequently, until lightly browned and fragrant. Combine cashews, vinegar, sugar, soy sauce, ginger, pepper flakes and 2-4 Tbsp water into a blender/food processor. Puree until smooth. Set aside. Wash bok choy - stems and leaves, making sure to rinse away dirt in the ribs. Separate the leaves from the stalks. Cut stalks into 1" pieces and roughly chop the leaves. Heat the oil in a large skillet on high heat until hot, but not smoking. Add stems and cook, stirring often, until crisp-tender (about 2-3 minutes). Add the leaves and cook until they wilt and turn bright green (about another minute or two).

Remove to a platter and cover with cashew sauce, or serve sauce on the side. \*\*\*Recipe is from the Cookbook: "From Asparagus to Zucchini" from Fairshare CSA Coalition out of Madison, WI\*\*\*

## Rhubarb Pudding Cake

2 c. chopped rhubarb  
 ¾ c. + ½ c. white sugar  
 3 Tbsp. softened butter  
 1 tsp. Baking powder  
 ¼ tsp. salt  
 ½ c. milk  
 ½ tsp. Vanilla  
 ½ tsp. Almond Extract  
 1 c. sifted flour  
 1 Tbsp. cornstarch  
 ⅔ c. Boiling water  
 Cover the bottom of an 8 or 9" square pan with chopped rhubarb. Mix ¾ c. sugar, butter, baking powder, salt, extracts, milk and flour together. Add more milk if it's too thick to pour. Pour over chopped rhubarb. Now, mix ½ c. sugar and 1 Tbsp cornstarch and sprinkle it evenly over the whole thing. Pour boiling water over the top. Bake 375 degrees F for 45 min.