



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 3: Already the end of the Spring Season. As it always does, it went fast! We're still in controlled chaos mode: doing multiple things most days - seeding, planting, harvesting, washing *and* packing. We're excited for the summer season and all the bounty that will come from the work we're doing now. Hope you've enjoyed all your springtime yumminess! We look forward to sharing with you summer's bounty come June. If you haven't signed up yet - it is NOT too late - just hop online and sign up! Happy Eating! ~Rachael

that we've put asparagus in CSA boxes? YEP! We finally got to production level back in 2016 and though some years are sparing, we've been able to keep bringing you organically grown asparagus. Asparagus is a perennial vegetable, meaning it comes back year after year after year. It takes a few years of nurturing after you plant a patch before you can start harvesting from that patch. Back in 2013, we planted a whole bunch of root stock (known as "crowns") and now we are able to start reaping the benefits. Asparagus plants can survive for a really long time. I've heard that there's a commercial patch in New Zealand that's over 50 years old?! Most patches will last for about 20 years of good production, as long as you feed the roots and keep them relatively weed free. We harvest from our nearly 2-acre asparagus patch 3 days a week for about 4 weeks. After that, we let the remaining spears grow up tall and leaf out, sending vital energy from the sun back into the crowns to keep them strong through the winter and into the next season.

with a sauce (or dressing). I grew up in rural MN where a "salad" in my home was a bowl of spinach. That's it. Just spinach. My mother-in-law though is AMAZING at salads. Maybe because my definition of a salad was so different, but I love her salads. I crave her salads. Her salads are a mix of greens, chopped up veggies (peppers, onions, tomatoes, avocado, radishes, etc.), nuts (toasted, candied or raw: almonds, walnuts, peanuts, cashews, pecans), cheese, dried or fresh fruit and of course, a choice of different dressings. It can be slightly different each week and if you use a different dressing, BAM, new salad!

In your box this week: Kale Mix can be made into some kale slaw, combined with quinoa or farro for a heartier, "stick-to-your-ribs" kind of meal. If kale mix is a little tough for you, you can always try braising it to soften it up. If you want to keep it light and fresh by using your buttery crispy bibb lettuce, or spice up a sandwich or a wrap with the Salad Mix. My family loves greens *especially* after winter. When we make a sandwich or wraps, we put some salad mix on it. When making sourdough pizzas, we often put a salad on top with a sweet vinaigrette - maple balsamic OR a lemon vinaigrette. That really makes the pizza taste FRESH and so so so good. And spinach? Saute it up and use it in eggs, use it for pizza, use it with pasta. Greens are wonderful - for you, for your body and for your soul.

WHAT'S IN THE BOX
Asparagus
Bok Choy
Green Garlic
Kale Mix
Lettuce, Bibb
Potato: Blue
Radish: Red Globe
Rhubarb
Salad Mix
Salad Turnips
Spinach

Did you know: Asparagus at Driftless

Did you know that 2016 Spring share box was the first time ever

What the heck do I do with ALL These Salad Greens?

Eat them, of course! Greens can be used in lots of ways. The term "salad" is such a general term and tries to encompass SO MANY culinary ideas. Salad is just a bunch of ingredients, at least a large percentage are green and is pulled together

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.	Check out this week's recipe: <i>Spinach & Asparagus Salad</i>
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 the recipes online, https://www.driftlessorganics.com/recipes/bok-choi/
Green Garlic	Look for a bunch of green leaves and white bottoms that sort of look like scallions (green onions).	Store in a plastic bag with your chives.	You can use all of the white some of the green that is closest to the white. Chop up and sauté in place of garlic.
Kale Mix	A bag of sharply lobed green leaves, some with purple stems.	Store in a plastic bag in the fridge with a paper towel to preserve greens longer.	Best cooked: steamed or braised (seared at high temp then slow cooked at low temp).
Lettuce: Bibb	Green "Butter head", also known as Boston Lettuce	Store in a plastic bag in the fridge with a paper towel to preserve greens longer.	Great addition to egg salad sandwiches.
Potatoes: Blue	Round, blue tubers	These potatoes were harvested last November and will want to sprout, so I would recommend keeping them in your fridge.	These potatoes are great for roasting or grilling in a foil packets. Keep in mind, these are a drier potato.
Radish: Red Globe	Red Globe: Red sphere with green tops	Store (with the tops removed) in a plastic bag. *Don't forget, tops are edible!*	Check out this week's recipe: <i>Spinach & Asparagus Salad</i>
Rhubarb	Looks kind of like fat, reddish green sticks of celery.	Store in your fridge, in the crisper drawer.	Great as pie or a crisp!
Salad Mix	Mixed bag of salad greens.	Store in a plastic bag in the fridge with a paper towel to preserve greens longer.	So many uses: try tossing some into a veggie wrap this week..
Salad Turnips	Look for the bunch of white roots that look like radishes.	Store like you do your radishes.	Salad turnips are great in salads - just slice super thin and throw on top.
Spinach	A bag of dark green, wrinkly leaves.	Store in a plastic bag in the fridge with a paper towel to preserve greens longer.	Saute up with some eggs and feta for a nice way to start the day!!

Spinach & Asparagus Salad with Lemon Vinaigrette

Your bag of Spinach, washed and roughly chopped
 Your bunch of Asparagus
 Your bunch of radishes
 Liberal grinding of sea salt
 Ground black pepper, to taste
 Your bunch of green garlic, chopped (optional to roast white part)
 4 oz. Feta
 Dressing:
 ½ tsp of lemon zest
 2 tsp. Honey
 2 Tbsp. Dijon Mustard

Liberal grinding of sea salt

¼ C. Lemon Juice

¼ c. Driftless Sunflower Oil

Roast: Asparagus and Radishes (and Green Garlic - just the white "head" part, use the lime green portion with spinach greens). Preheat oven to 400 degrees, cut asparagus in half. Remove the greens from radishes and cut into ¼" circles. Place all on a cookie sheet and drizzle with a couple of Tbsp of Oil. Make sure it's all coated well. Give a liberal grinding of salt and pepper. Roast 8-10 min. Remove and cool.

Dressing: whisk together lemon zest, honey, dijon and salt. Add lemon juice and whisk together again. While whisking, slowly add oil. Season with black pepper and more salt, if needed.

Salad: Divide spinach (and green part of garlic) between 4 plates, top with asparagus, radishes and feta cheese.

Serve: Drizzle dressing over the top and serve.