



DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • Issue 3 • June 19-22, 2019

Week 3: The weather has been good, nice doses of rain, good sunshine. There is always so much to do on the farm - if you aren't in the fields, then you're working in the pack shed or greenhouse. Cleaning is done weekly, but if it's an all-day kind of raining, there are always some restocking and "Spring cleaning" type projects to do. Rain is a great opportunity for us to "catch up". This past week we started harvesting broccoli (yeah!) and Last week, we started harvesting Kale. Sidenote: Kale is amazing...how much you can get from one plant in a season. Now, it looks low and full of leaves. You harvest the outer, bottom leaves but as the season progresses, the plant gets taller and by the end of the season the kale plants look like mini palm trees. Happy Eating!
~Rachael

Did you know? Broccoli!

Broccoli comes from the Mediterranean region and goes back at least 2,000 years. During the Roman times it was called the plural form of "Broccolo" which means flowering crest of cabbage. It was known in 18th Century England as "Italian Asparagus" It was a favorite of our American president, Jefferson, with documentation of purchased seed coming from Italy to Monticello in 1767. It didn't reach a more popular status until around the 1920s in the good US of A thanks to our southern Italian immigrants. Broccoli is high in Vitamin A and 1 cup of chopped Broccoli will give you the same Vitamin C as an orange! It has many minerals and both insoluble and soluble fiber - making sure you get what you need. The average American eats approximately 4 lbs of Broccoli per year. The US ranks # 3 in the world wide market, with China's 8 Million Tons taking the #1 spot. (India is #2, for those who want to know). The heaviest known broccoli was grown in Palmer, Alaska and weighed in at 35 lbs! That is a lot of broccoli!

and crunch like cabbage but a little zip to it like radishes. So what do I do with this? The leaves are edible and can be added to salads, sandwiches or eaten raw. They are very similar to a cabbage leaf. The Kohlrabi has a very thick outer layer that needs to be peeled off, it is too tough to eat, but after that step - Kohlrabi is really versatile. You can eat it raw (with a little salt) or cook it several ways: Boiled, steamed, sauteed, roasted (has more of a potato-like consistency) or fried (can you say FRITTERS?). Kohlrabi is in the same family as broccoli, cabbage, cauliflower, brussels sprouts, etc...so anywhere you see those, you can typically substitute one for another. They compliment the same things extremely well. Check out our [website](#) for recipes and more ideas!

Getting Kids to Eat: Spinach

Saying "But, Popeye eats it!" not working anymore? Well what about an "Alien Smoothie"?! Hear me out: a **Strawberry Spinach Smoothie**. They're delicious and bright green and healthy to boot! Here are the details:

1/2 cup milk 1/4 cup plain yogurt
2 cups spinach 1/2 cup fresh strawberries 1 frozen banana, broken into chunks 1/2 T. honey 1/4 t. vanilla extract 1/2 cup of ice

Place all of the ingredients in the blender. Blend until smooth. Serve in two glasses immediately.

What the heck do I do with Kohlrabi?

Kohlrabi is this weird knobby looking vegetable that looks a lot like vegetables that would grow under the ground - but with leaves. This odd little vegetable has some wonderful characteristics. It has a texture

WHAT'S IN THE BOX
Baby Bok Choy
For you EOW:A members - Basil PLANT - yes, PLANT!
Broccoli
Cilantro
Fresh Garlic
Kale: Green Curly
Kohlrabi: Green & Purple
Lettuce heads: Green & Red
Spinach
Spring Onions

Crop	What's it look like?	Storage?	How do I use it?
Baby Bok Choy	Kind of like a head of lettuce, but little, with thick white stems.	Gently take your bok choy out of your box and place in a plastic bag.	Great addition to most asian stir-fry. Check out our website for more recipes.
Basil PLANT	It's a beautiful green plant in a small square pot	Check out the article on taking care of your basil plant.	Margherita pizza, pesto, pasta, so many wonderful way to use BASIL
Broccoli	Looks like a miniature dark green tree. Should be about 1.5-2lbs	Store in a bag in the crisper, try to use it up within 2 weeks.	Roasted then topped with some butter at parmesan cheese while still warm.
Cilantro	A bunch of fresh cut cilantro plants with frilly green leaves.	Keep in the fridge in a plastic bag for up to a week.	Check out this week's recipe: <i>Kohlrabi Salad with Cilantro & Lime</i>
Fresh Garlic	1 to 2 fresh garlics with their long stalks	This garlic isn't cured yet - so should be stored in the fridge.	Milder than cured garlic - so use more!
Kale: Green	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.
Kohlrabi	There will be 3 of these: 2 is light green and 1 is purple, both are weird looking bulbs in your box.	They can hang out in your fridge, in a plastic bag. The bulbs will last a surprisingly long time (2-3 weeks).	Check out this week's recipe: <i>Kohlrabi Salad with Cilantro & Lime</i>
Lettuce heads	1 green, 1 red leaf lettuce heads	Store in a plastic bag in the fridge with a paper towel to preserve greens longer.	These greens are best for a good Salad - nuts, cheese, chopped up veggies, even a hard boiled egg!
Spinach	A bag of dark green, wrinkly leaves.	Store in a plastic bag in the fridge with a paper towel to preserve greens longer.	Check out the smoothie recipe in "Getting Kids to Eat: Spinach"
Spring Onions	A bunch of green onions (very similar to green garlic - give them a sniff and you'll tell the difference)	Store in a plastic bag in the fridge.	Check out this week's recipe: <i>Kohlrabi Salad with Cilantro & Lime</i>

Kohlrabi Salad with Cilantro & Lime

4 c. kohlrabi, green and/or purple, cut into matchsticks
 ¼ c. chopped cilantro
 ¼ c. chopped spring onions
 Orange zest from one orange
 Lime Zest from one lime
 Vinaigrette:
 ¼ c. Driftless Sunflower Oil
 Juice from one orange
 Juice from one lime
 ¼ c. honey
 ½ tsp. Salt
 ¼ tsp. Black pepper
 1 Tbsp. Apple Cider Vinegar
 Trim and peel kohlrabi. Kohlrabi has a thick skin, so you may have to peel twice to get through it. Cut off two ends. Cut in half from top to bottom. Thinly slice, rotate and slice again, making ¼ inch matchsticks. You can also use the grater attachment on a food processor to make it a little faster.
 Place the matchstick Kohlrabi in a large bowl with chopped cilantro, chopped spring onions, lime and orange zest. Mix vinaigrette. Squeeze the juice from the

orange and lime into a bowl, add the rest of the ingredients and whisk together.

Toss salad and vinaigrette and refrigerate until serving. The salad is best if you let it rest/sit about an hour before serving to let the flavors meld and juices tenderize the kohlrabi. Garnish with additional zest. Great to make the night before a big event!

Broccoli Roasted with Garlic and Chili

1-2 heads of broccoli, cut into 1 inch florets
 3 Tbsp Driftless Sunflower Oil
 A full head of FRESH Garlic - peeled and coarsely chopped (split each clove in half)
 1 ½ tsp. Chili powder
 Salt and Pepper, to taste
 Preheat oven to 425 F. Toss cut up Broccoli in oil with garlic and chili. Spread out on a pan. Roast for about 25 min. Serve warm!

***From the Cookbook: *Farm-Fresh and Fast*
 by Fairshare CSA Coalition***