



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 5: Happy 4th of July this week! Weather-wise it's as "up in the air" as it gets. Every day has a decent chance of thunderstorms. This kind of weather makes it difficult to plan on the farm! But rain or shine, we are working around here. All of us keep boots, rain gear and an extra change of clothes in our lockers. Some days, a nice little rain shower is a welcomed thing. A nice cool off on a hot day. Other days, it can get us down. We're human, right? But then, we stop for lunch or a break, we eat this food we grow, we laugh with our coworkers and remember, Life is really Good! Happy Eating! ~Rachael

WHAT'S IN THE BOX

Bok Choy
Broccoli
Cabbage: Napa
Cauliflower
Cucumber
Fennel
Garlic Scapes
Kohlrabi: Green
Lettuce: Green &/or Red Romaine
Parsley: Curly
Scallions: White
Strawberries
Swiss Chard
Zucchini

Getting Kids to Eat: Salad Greens/ Lettuce

Last week I got an email:

Hi,

Just read your newsletter for the week and would like to share a recipe. My kids do not like spring greens and will not eat salads. To use up extra lettuce, I make spring rolls and add cilantro, or basil or mint. Then add what I have on hand: julienned carrots, cucumbers, radishes, bell peppers, green onion. I'm vegan but you could add shrimp or shredded chicken and serve with a peanut dipping sauce. Thanks for they yummy veggies that keep us eating healthy!

~Shirley

Here is a Cashew sauce recipe that my family loves with Bok Choy, pork, wraps, and I bet it would be delicious with these spring rolls:

Cashew Sauce

½ C. Raw Cashews

¼ c. Rice wine vinegar

¼ c. white sugar

¼ c. soy sauce

1 Tbsp. Fresh Ginger, minced

Pinch of red pepper flakes (optional)

2-4 Tbsp water - however much you need to get a nice paste/sauce.

Combine all ingredients in a blender/food processor. Blend until smooth. Refrigerate for up to 5 days after use.

Did you know: Broccoli

Did you know that over the course of a CSA season, we will plant 8 rounds of broccoli? That's right - from the beginning of March until about now, we either seed in the greenhouse or out in the field, in the past, we normally do seven but now we are typically doing EIGHT different "plantings" of broccoli! We

love the veggie so much (and hope you do too) that we want to ensure that you have a steady supply of it for most of the season. We are harvesting from planting number one right now and the plan is, by the time this planting starts to diminish, the next will be coming on strong. Go broccoli, go!

What the heck do I do with Fennel?

Fennel is the striking white bulb with elegant green stalks and frilly leaves or "fronds". With these three distinct parts of this vegetable it's sometimes hard to figure out what exactly to do with all of it. We're here to help! I'll break it down for you:

1.) Bulb: This is the mostly commonly used part of the fennel plant. The bulb can be sliced or chopped up and roasted, sautéed, or braised. You can also enjoy the bulb raw: try grating it over salads.

2.) Stalks: The stalks of the fennel plant are crunchy and tougher than the bulb. You can roast these too, toss them into stir-fries or use them in bloody marys as stir sticks! If you don't have a use for them now, chop and freeze for later for use in stocks and soups.

3.) Fronds: These are oh-so delicate and when removed from the rest of the plant, can be stored in their own plastic bag in the fridge for around a week. You can add them to salads, cook with fish (YUM!) or use as a beautiful garnish.

Each part of the fennel has a sweet, nutty, anise-y flavor that pairs well with apples, beets, garlic, citrus, and fish.

Crop	What's it look like?	Storage?	How do I use it?
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.	Asian Stir Fry. Also, sauteed in oil, salt and pepper and topped with cashew sauce.
Broccoli	Looks like a miniature dark green tree.	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.
Cabbage	Napa: Long head of cabbage with thick white stems and green leaves.	Keep in the fridge in a plastic bag for up to a week.	Napa cabbage makes a yummy stir fry or coleslaw.
Cauliflower	A nice sized white head with green wrapper leaves.	Store in the crisper drawer of your fridge. You can remove some of the green leaves if it will make it fit better.	Roasted, steamed, boiled, put into stir fry, made into "rice", made into pizza crust, etc...
Cucumber	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
Fennel	A white bulbs with no fronds	Keep in your fridge for up to a week.	Check out this week's article, "What the heck do I do with"
Garlic Scapes	Loose, lime colored curly-q stalks with a little flower bud and pointy end.	Store cut-side down in a small glass jar with an inch of water, or in a plastic bag in your fridge.	Finely chop up to the white flower-y part and use like you would garlic.
Kohlrabi	Light green weird looking bulb in your box. Kind of "Knobby" looking	They can hang out in your fridge, in a plastic bag. The bulbs will last a surprisingly long time (2-3 weeks).	Marinated. Saute in butter. Eat raw with salt.
Lettuce	Look for 2 heads of green and/or red romaine lettuce.	Store in plastic bag with a paper towel to absorb excess moisture.	Not so great for "wraps" but good for "boats" or tacos...
Parsley	A small bunch of unruly curly parsley (milder flavor than flat-leaf)	wrap in a slightly damp paper towel in a resealable plastic bag and keep in the fridge.	Use it as a garnish, in your salads, you can even make tea or dry it to preserve it.
Scallions	White onion bunches with a blue tie (Also called Green onions).	Store in a plastic bag in the fridge and try to use up in the next 7-10 days.	Use as you would onions up to about half way up the green. Use the rest for garnish just before serving.
Strawberries	Red heart-like shaped berries.	Eat these up fast, store in refrigerator for a day or two.	Top your ice cream with fresh strawberries and some hot fudge sauce.
Swiss Chard	Leafy dark green with a sturdy stem	Store in a plastic bag in the fridge with a paper towel to preserve greens longer.	Delicious sauteed up with a little butter/oil and salt and pepper Also good for option for "lettuce wraps"
Zucchini	Green or Yellow, shiny and oblong	Store on your counter or crisper drawer of your fridge. Ideally, they like 50 degrees.	Grilled. Sauteed. Fry. Baked.

Broccoli Fennel Salad with Blue Cheese & Walnut

3 Tbsp. Driftless Sunflower Oil
 2 Tbsp. Fresh lemon juice
 1 tsp. Dijon mustard
 1 Tbsp Scallions, minced
 Salt & Pepper, to taste
 2 ½ c. Broccoli and/or Cauliflower florets
 1 small fennel bulb, cored and thinly sliced
 ⅓ c. walnuts, chopped and toasted
 ⅓ c. blue cheese, crumbled
 Fennel or Parsley leaves, for garnish

Whisk together oil, lemon juice, mustard, onions, salt & pepper in a medium serving bowl.
 Blanch broccoli/cauliflower in boiling salted water for 1-2 minutes, drain, cool in ice water & drain.
 Add to dressing with sliced fennel and toss with walnuts and blue cheese.
 Garnish with fennel leaves.
 Serve cold or at room temperature.