



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 6: The weather is wonderful! It is much better than last week's heat! I know, it's JULY, but still...heat is not fun. But this week, it's upper 70s, lower 80s with some intermittent rain. Absolutely lovely! This kind of weather creates misty mornings in the Driftless...the ridges are clear, the hollows are cloudy and somewhere in between are the roads taking you back and forth between the two. If you have never been out here, now is a great time to come and you will see what I'm talking about! A day trip or a weekend away to the Driftless never disappoints. We are just now on the brink of abundance. This week we've got some firsts - some first EVER (Dandelion Greens) and some first of the season (beets and carrots). Happy Eating!
~Rachael

Did you know: Savory

In your box this week, there is an herb, very similar looking to thyme. It is called Savory. There are two different kinds of Savory - Summer and Winter. Winter Savory is a perennial and has a pine-like taste. Summer Savory is an annual, has a peppery taste and THAT is what is in your box this week!

Romans used it as a pepper-like seasoning before they discovered pepper from Asia. The French have long used this herb too, they put it in the seasoning mix, Herbs de Provence.

Summer Savory goes really well with fresh green beans and other legumes (lentils soup would LOVE an addition of fresh summer savory). When using it for fish, add fresh minced savory to garlic, bay leaf and lemon for a good marinade. Make some infused oil for various uses. To infuse: *Wash and dry herb, bruise leaves slightly to release flavor. Place in a clean container, cover with warmed oil and seal tightly. Leave in a cool dark place to infuse for about 2 weeks. Taste. If not strong enough, add more fresh herbs. When it is to taste,*

strain out herbs. Refrigerate oil and it will last about 2 months. Sunflower Oil works best for getting the best flavor, but Extra Virgin Olive Oil can be used.

Savory is also really good added with other herbs: basil, marjoram, lavender, thyme, rosemary, sage, etc. and whipped into butter for an herb butter spread.

Summer Savory has been used for multiple medicinal benefits including: aid for indigestion, mild antiseptic, if taken as a tea, it can control diarrhea, stomach aches and mild sore throats. You can also use the sprigs topically on insect bites to bring relief.

If you'd like to save it for later, preheat your oven at 200 F and set the sprigs on a pan in the oven for a few hours. You will know it is dry by the feel and the "snap" of a sprig breaking. When it is all dried, save in a mason jar, it will save for a year or more.

What the heck do I do with Dandelion Greens?

Dandelions have so many benefits, it seems sad that they are considered pesky and ruin the look of a "pristine" lawn. Growing up, my grandfather was always on "Dandelion patrol" trying to eradicate them from our lawn (and his). Personally, I find them rather cheerful with their perky stature and bright yellow coloring. You can eat the flower, leaves and roots. It has a plethora of health benefits plus it has an amazing amount of vitamins and minerals. So what can I do with these? Dandelion leaves can have a slight bitterness to them. If you like that, cutting it into thin ribbons and add to a salad. Cooking it helps tame that bitterness down. It can be used a lot like spinach in many dishes. You can saute it up to add to your lasagna or pasta dishes.

Here is a saute that is great as a side dish:

*Whole Bunch of dandelion greens
2 tsp salt, divided
2 Tbsp Driftless Sunflower Oil
1 Tbsp butter (for flavor!)
½-1 onion, thinly sliced
¼ red pepper flakes (optional)
1-3 cloves garlic, minced
Salt and Pepper, to taste
Parmesan Cheese (optional)
Soak Dandelion Greens in a large bowl of cold water with 1 tsp of salt for 10 minutes. Drain. Bring a large pot of water to boil with 1 tsp of salt. Cook greens until tender, 3-4 min. Drain, rinse with cold water to stop cooking. Heat oil and butter in a skillet. Cook and stir onion and pepper flakes, if using, until tender (about 5 min). Stir in garlic until fragrant, then add dandelion greens. Cook until liquid is evaporated, about 3-4 min. Season with salt and pepper. If using parmesan cheese, top with freshly grated parmesan before serving.*

WHAT'S IN THE BOX
Beets, Green Top
Broccoli
Carrots, Green Top
Cauliflower: White
Cucumbers
Dandelion Greens
Garlic Scapes
Kohlrabi: Green or Purple
Lettuce: Red Romaine
Potatoes: Red
Savory
Scallions: Purple
Zucchini

Crop	What's it look like?	Storage?	How do I use it?
Beets	These beets are bunched and still have their leaves on (edible)	Keep in your fridge, tops removed, in plastic for up to a week.	Roasted, boiled or raw (grated) on salads.
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.
Carrots	A bunch of beautiful green top carrots	Remove the tops and store in a plastic bag in your fridge..	Delicious raw as a snack. Grated over a salad. Steamed, and topped with butter, salt and pepper.
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...
Cucumbers	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
Dandelion Greens	A bunch of jagged-edged, dark green leaves	Keep in fridge, in a plastic bag with a paper towel for a few days.	Check out this week's article " <i>What the heck do I do with Dandelion Greens?</i> "
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 and/or purple 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 1 head red romaine lettuce.	Store in a plastic bag with a paper towel to absorb excess moisture.	Salads, sandwiches, wraps
Potatoes	2 pounds of red, round tubers	These potatoes were harvested last November and will want to sprout, so keep them in your fridge.	These red potatoes are wonderful for mashing roasting or making into hash browns
Savory	Sprigs with tiny leaves and flowers, look similar to thyme	Keep in a plastic bag in the fridge for 5-6 days.	Infuse some oil with - check out directions in this week's article
Scallions	Red/Purple 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 halfway up the green. Use the rest for garnish just before serving.
Zucchini	Green AND Yellow, shiny and oblong	Store on your counter or crisper drawer of your fridge. Ideally, they like 50 degrees.	Grilled. Sauteed. Fry. Baked.

Veggie Fried Rice

2 c. long grain white rice, rinsed
 4 c. cold water
 1" Fresh ginger, peeled and sliced in half
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 3 Tbsp. Sesame Oil
 ½ c. onion, diced
 5 garlic scapes, edible part chopped in 1" pieces
 1 c. peas, chopped
 2 carrots & their tops, finely chopped
 1 c. broccoli, chopped
 1 c. zucchini, sliced
 2 large eggs, lightly beaten
 3 Tbsp Tamari Sauce
 1 Tbsp Hoisin Sauce
 Kosher salt

Cilantro leaves, for garnish
 In a pot with a tight fitting lid, add the rice and 4 c. cold water. Put in the half slices of ginger and 1 tsp salt. Bring to a boil, reduce to a simmer, cover and cook 15-20 min. Remove from the heat and set aside for about 10 min.
 Heat a wok or large skillet over medium high heat. When it is hot, pour in the sesame oil. Add the onions and minced ginger. Stir fry for 1 min until fragrant. Sit in the rest of the veggies. Cook for about 2 min. Pour in the eggs and stir fry until they are cooked.
 Remove the ginger from the rice. Add the rice to the wok/skillet and stir everything together. Break up any clumps of rice. Add the Tamari and Hoisin sauce and stir more. Taste for seasoning and add some salt, if needed. Stir in the cilantro leaves and serve.