



DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • Issue 7 • July 17-20, 2019

Week 7: It is hotter than blazes and doesn't look like this week will be much fun on the farm. The veggies still grow, thankfully, but there are some that will struggle. Greens are highly susceptible to heat. Poor things. The good news is we have started harvesting garlic! This heat is great to start the curing process. This means we are starting to cure garlic for future boxes. It also means we should have some fresh garlic soon in the boxes. Well - stay cool and HYDRATED! Next week looks so much nicer with low 80s all week. Happy Eating! ~Rachael

WHAT'S IN THE BOX
Beets, Green Top
Cabbage: Sweetheart
Carrots, Green Top
Cauliflower: Romanesco
Collards
Cucumbers
Dandelion Greens
Dill
Garlic Scapes
Green Beans
Lettuce: Green Leaf
Potatoes: Red
Scallions: Purple or White
Zucchini: Green and Yellow

Did you know: Sweetheart Cabbage

Did you know that you can grill your sweetheart cabbage? It's totally delicious! Just cut up your cabbage head into 4-6 "hunks". Skewer each hunk with grill safe skewers. Drizzle with olive oil (or better yet, our sunflower oil) and place on the grill. Cook until edges are blackened and crispy. Try to carefully turn them so you get all sides cooked. If you're really adventurous, you can make the cabbage hunks part of a larger shish kebob with sweet onion, zucchini, summer squash and eggplant.

Cabbage in general is low in calories but has some great nutrition packed in those leaves. It has fiber, high levels of Vitamin K & Vitamin C, plus a decent amount of Folate, Manganese, Vitamin b6, Calcium, Potassium and Magnesium. It has a number of antioxidants which helps protect the body from free radicals.

This variety, Sweetheart - is also called "Pointed Cabbage", "Conehead Cabbage" or "Hispi". It is tender, more flexible than other cabbages and has a sweetness to it's flavor.

What the heck do I do with Zucchini/Summer Squash?

Zucchini/Summer Squash (the yellow colored zucchini) is prolific. It is truly amazing HOW much one plant produces. If you are stumped with what to do OR you are in a rut with how you normally eat Zucchini - hopefully this will help, or at least inspire something a little different. I know I definitely need a little inspiration from time to time.

- 1) [304 special](#). A quick saute with zucchini, onion and any in-season veggies spiced simply with salt and pepper and topped with feta cheese before serving
- 2) Chips: Oil, salt and Zucchini, sliced thinly. Pat dry the sliced zucs, drizzle oil and salt. Bake at 225 F for 40 min, flipping halfway through.
- 3) [Fritters: Turkish style](#): Check out recipe online.
- 4) Fries: Cut zucs into quarters, or finger-sized. Dip fingers into egg or milk mixture and then breading mix of your choice (seasonings, flour, cheese and breadcrumbs). Bake 425 F for 15-20 min or until brown and crispy.
- 5) Pasta: Use Zucchini, sliced lengthwise thinly, like you would lasagna pasta - roll it up with ricotta cheese and herbs, top with shredded cheese and bake. Or - if you have a spiralizer, use it to make "noodles" for your gluten free friends.
- 6) Pie: [Tuscan Zucchini Pie](#) - basically a kind of quiche. Eggs are involved.
- 7) Pancakes: 4 eggs, ¼ c. oil, salt, pepper, 1 tsp dried basil, 1 tsp dried oregano, 3 c. grated zucchini, 1 c. sweet corn, 1 c. shredded cheese and 1 ¾c. Flour. Mix eggs, oil, spices. Stir to combine. Add corn, zucchini and cheese. Add in the flour and stir. Scoop out cups of batter to a hot skillet. Cook on each side 3-4 min. Serve with ranch, sour cream or salsa.
- 8) Cake: [Chocolate Zucchini Cake](#)
- 9) Brownies: Add ½ c. grated zucchini to your favorite brownie mix to assist their quest and maintenance of moisture.
- 10) Breakfast bread: [Carrot & Zucchini Bread](#)

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.	Check out this week's recipe, <i>Beet Salad with Walnuts and Spiced Sour Cream</i>
Cabbage	Sweetheart: Look for the pointy "conehead" shaped green cabbage.	Store in your fridge, in plastic. Remember, you can hack off hunks as needed.	In salads, your favorite coleslaw or use for cabbage wraps - so good! Steaming helps make them more pliable.
Carrots	A bunch of beautiful green top carrots	Remove the tops and store in a plastic bag in your fridge..	Check out this week's recipe, <i>Sesame Noodle Salad with Cucumbers</i>
Cauliflower	Romanesco: lime green florets resembling an alien christmas tree.	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...
Collards	Giant light sage green round leaves	Store in a plastic bag in the fridge, preferably with a paper towel.	Saute up with some lemon juice, some red pepper flakes, eggs and feta.
Cucumbers	Skinny, shiny, long and green cylindrical veggie	Keep in the fridge for up to two weeks.	Check out this week's recipe, <i>Sesame Noodle Salad with Cucumbers</i>
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.	Use like Spinach, but remember they are a bitter green.
Dill	A long bunch of frilly fern-like leaves.	Store in a plastic bag in the fridge.	Check out this week's recipe, <i>Beet Salad with Walnuts and Spiced Sour Cream</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.
Green Beans	It's green.. Looks like a bean.	Keep in the fridge for up to a week.	Add to a salad. Steam them, serve with melted butter, salt and pepper. Pickle.
Lettuce	Look for 1 head green leaf 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
Scallions ("Green Onions")	Red/Purple or White onion bunches with a blue tie	Store in a plastic bag in the fridge and try to use up in the next 7-10 days.	Check out this week's recipe, <i>Sesame Noodle Salad with Cucumbers</i>
Zucchini	Green AND Yellow, shiny and oblong	Store on your counter or crisper drawer of your fridge. Ideally, they like 50 F	Grilled. Sauteed. Fry. Baked.

Sesame Noodle Salad with Cucumbers

16 ounces spaghetti, broken into thirds
 4 Tbsp soy sauce
 3 Tbsp toasted sesame oil
 2 Tbsp Driftless Sunflower Oil
 6 Tbsp Lime Juice
 Dash of Cayenne Pepper
 3 cucumbers, seeded and thinly sliced
 2 carrots, grated
 3 green onions, minced
 3 Tbsp. Cilantro, finely chopped
 3 Tbsp. Toasted Sesame seeds
 Cook the pasta according to the package directions, drain and rinse with cold water. Set aside. Meanwhile, prepare dressing by whisking together soy sauce, oils, lime juice and cayenne. When noodles are cool, toss with the dressing to coat. Stir in the cucumbers, additional veggies (if desired), green onions, cilantro and sesame seeds.

****This recipe, Sesame Noodle Salad with Cucumbers, is from Fairshare's Cookbook: "FarmFresh & Fast"****

Beet Salad with Walnuts and Spiced Sour Cream

4 medium beet roots
 ¼ c sour cream
 1 Tbsp Driftless Sunflower Oil
 1 Tbsp FRESH dill
 ½ tsp. Nutmeg (freshly grated is best)
 ¼ c. walnuts, toasted and coarsely chopped
 Salt and pepper, to taste
 Boil whole beets (with stem end and tail intact) for about a half an hour with a dash of salt and sugar. Cool in ice water and drain. At this point, cut off the stem end and tail, slip off skins and slice into serving bowl. Whip sour cream, oil, dill, nutmeg, salt & pepper together in a small bowl with a fork and pour onto beets. Top with walnuts and serve cool.