



# DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • Issue 8 • July 27, 2019

**Week 8:** Such beautiful weather this week. This is what I think the perfect summer is made up of - 70s and low 80s with a scattered Thunderstorm (preferably in the evening) twice in a week, well spaced so I don't have to water my garden! The tomatoes are still green...but have filled out nicely. They just seem so close to turning red! The peppers started looking good on Friday, so they are on the list this week! I took a walk around to the different fields on Monday. It was such a gorgeous day. I loved listening to all the pollinators when I was in the tomato field. All the wonderful wildflowers that are blooming too. It was an incredibly satisfying walk. Happy Eating!  
~Rachael

## Did you know: Cucumbers

Did you know that cucumbers are one of the healthiest kinds of vegetables we grow? It's true!

### Check this out:

1. They are a quick pick me-up, loaded with B vitamins.
2. Rehydrates body and replenishes daily vitamins. Cucumbers have most of the vitamins the body needs in a single day.
3. Fights cancers - Cucumber are known to contain lignans that have a strong history of research in connection with reduced risk of several cancer types.
4. Relieves bad breath - Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
5. Hangover cure - cukes help to relieve the body of toxins.
6. Aids in weight loss and digestion - Cucumber is an ideal diet for people who are looking for weight loss. The high water content and dietary fiber in cucumbers are very effective in ridding the body of toxins and aiding in digestion.
7. Reduces cholesterol and controls blood pressure - Researchers found that a compound called sterols in cucumbers may help reduce cholesterol levels. Cucumbers contain a lot of potassium, magnesium and fiber. These work effectively for regulating blood pressure.
8. Promotes joint health, relieves gout and arthritis pain - Cucumber is an excellent source of silica, which is known to help promote joint health by strengthening the connective tissues. They are also rich in vitamin A, B1, B6, C & D,

Folate, Calcium, Magnesium, and Potassium.

## What the heck do I do with Fresh Garlic?

Fresh garlic is basically garlic that has been harvested but not cured or stored for very long. The garlic that is going in your box today was harvested last week and since then we have been storing it in the cooler to keep it "fresh". Keeping garlic in cold conditions prevents it from curing and drying out. The majority of the garlic we grow and harvest we cure, but we like to set a wee bit aside because fresh garlic is really it's own unique thing, apart from and oftentimes tastier than the cured garlic that we all know so well. Fresh garlic is a little harder to work with, but it is definitely worth it for its vibrant taste and crisp texture. The cloves don't separate as well, instead of the dried skin of a cured garlic, fresh garlic has a membrane that you can peel away. You can simmer it in water for 30 seconds, drain and chuck in a food processor with slightly less than equal parts olive oil for a delicious garlic cream spread (you'll have to use up a whole bulb's worth of membranes to make it worth your while). As for the cloves - use as you would regular garlic, more or less. There's tons more moisture in each clove, they are less potent, and are great coarsely chopped (instead of minced). Whatever you do, don't run the cloves through a press, there's just too much water and it'll make a sloppy mess. My favorite thing to do: coarsely chopped and spread on french bread with butter. Broil for a couple seconds. YUM!

### WHAT'S IN THE BOX

Broccoli
Carrots with tops
Cauliflower
Chard
Cucumbers
Fennel
Fresh Garlic
Green Beans
Onions
Parsley: Flat
Peppers: Banana & Jalapeno
Zucchini: Green and Yellow

Crop	What's it look like?	Storage?	How do I use it?
Broccoli	Looks like a miniature dark green tree.	Store in a bag in the crisper, try to use it up within 2 weeks.	Raw, steamed, stir fry, roasted, or grilled.
Carrots	A bunch of beautiful green top carrots	Remove the tops and store in a plastic bag in your fridge..	Try recipe: <i>Cauliflower &amp; Carrot Quick Pickles</i>
Cauliflower	Cauliflower: A nice sized white head with green wrapper leaves.	Store in the crisper drawer of your fridge.	Try recipe: <i>Cauliflower &amp; Carrot Quick Pickles</i>
Chard	Leafy dark green with a sturdy stem	Store in a plastic bag in the refrigerator for up to a week.	Saute with butter, salt & pepper. When in doubt, treat like spinach.
Cucumbers	Skinny, shiny, long and green cylindrical veggie	Keep in the fridge for up to two weeks.	Try recipe: <i>Tom's Cucumber Salsa</i>
Fennel	1 white bulbs (no fronds).	Keep in your fridge for up to a week.	Try recipe: <i>Green Bean &amp; Fennel Salad</i>
Fresh Garlic	One fresh garlic head with long stalk	This garlic isn't cured yet - so should be stored in the fridge.	Milder than cured garlic - so use more!
Green Beans	It's green.. Looks like a bean. There will be about .5# in a plastic bag.	Keep in the fridge for up to a week.	Try recipe: <i>Green Bean &amp; Fennel Salad</i>
Onions	2 sweet yellow bulbs	Uncured. You can keep on counter (they will start to cure) or keep in fridge (they will stay moist)	A great base for many dishes - and recipes included in the newsletter
Parsley	Dark, flat leaves with slender stems. Bunched with our blue twisty tie.	wrap in a slightly damp paper towel in a resealable plastic bag and keep in the fridge. Keeps for about a week.	Great for garnish, soup stocks or a fresh seasoning.
Peppers	Banana: Greenish- yellow long pepper (sweet tasting) Jalapeno: Small, dark green peppers. <i>Spicy.</i>	Store in your fridge.	Both peppers are great raw, roasted, stuffed, or fried. Just remember - bananas are sweet, jalapenos are spicy.
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.

## Tom's Cucumber Salsa

2 cucumbers, seeds removed, coarsely chopped  
 2 jalapeno peppers, seeds removed, finely chopped  
 ¼ c. Onion, finely chopped  
 3 Tbsp Cilantro, chopped  
 2 cloves garlic, minced  
 2 Tbsp. Driftless Sunflower Oil  
 Zest & juice of 1 lime  
 Salt and Pepper, to taste  
 Combine all the ingredients and let stand in fridge for an hour to meld flavors. Serve with chips or on grilled chicken. Will keep for several days (Do not freeze).

## Green Bean & Fennel Salad

¼ c. Driftless Sunflower Oil  
 1 Tbsp. White Wine Vinegar  
 1 tsp. Dijon mustard  
 ½ tsp. Honey  
 Salt & Pepper, to taste  
 ½ lb (Your whole bag) Green Beans, stems removed  
 1 fennel bulb & stm, cored and thinly sliced  
 ½ Sweet onion, finely chopped  
 ½ c. Walnuts, toasted  
 2 oz Feta, crumbled.  
 Whisk together oil, vinegar, mustard, honey, salt & pepper. Set aside. Steam green beans for about 4 minutes, or until slightly

tender. Cool under cold water & drain. Toss green beans, fennel & onion in dressing and top with walnuts & feta. Serve cold.

## Cauliflower & Carrot Quick Pickles

1 ½ c. water  
 3-4 cloves of Fresh Garlic  
 ½ tsp Coriander seed  
 ½ tsp. Mustard seed  
 ½ tsp. Black Peppercorns  
 ½ c. White Vinegar  
 3 tsp. Salt  
 3 medium carrots, cut in half and then ½" sticks  
 ½ of a medium onion, cut into thick chunks  
 1 ½ c. Cauliflower, cut into bite sized chunks (may need more or less to fill the jar)  
 4 hot red chiles or 1 tsp. Red pepper flakes (optional)  
 In a medium saucepan, bring water to a boil, reduce heat to a simmer. Add garlic. Cook for 5 minutes. Add next 5 ingredients, bring to a boil and stir until salt dissolves. Reduce heat to simmer for 5 min. Remove from heat. In a clean 1 qt mason jar, using tongs, remove garlic from the brine and place into jar. Using a spoon, ladle up and add spices. Pack the jars full of cauliflower, carrots, beans or other veggies. Tightly fill the jar. Pour hot brine over the veggies and completely cover. Let cool, then refrigerate.

\*\*\*Pickles will taste good in a few hours, best after a few days. Will keep for a few months.\*\*\*