



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 12: We are in between our plantings of sweet corn, so a little break until the last planting is ready. Sweet corn is a favorite of raccoons, who are smart and cunning. We have electric fencing around our sweet corn patches, but those little buggers are quite persistent. One of the challenges of farming! We love nature and do our best to work with it, but sometimes we have to protect what we plant. There are MANY animals who would love to eat ALL that we plant, and who can blame them? Our veggies are FULL of nutrition and organic - plus the flavor you get is amazing! Happy Eating! ~Rachael

What the heck do I do with Chard?

I have been told that chard is the new kale... that someday soon a study will be published in the latest issue of Martha Stewart or Good Housekeeping or whatever touting the amazing health benefits of chard and why you should stuff your face full of it. It is a nutritional powerhouse after all, with tons of iron and antioxidants. Still, chard remains the underdog. Just think, YOU could be the pioneer of the chard revolution. C'mon people, let's get our chard on! Remember that unlike kale, the stems of chard can be eaten; and they are quite delicious. You'll want to remove them from the leaves and cook them for a bit longer. Think of it like this: cook the leaves like you would spinach, the stems like you would asparagus. Some people like to blanch chard for 30 seconds - 1 minute to speed up cooking and to remove some of the

acids that give chard it's strong spinach-y/beet-y flavor. If you do, just remember to squeeze out the excess moisture before sautéing. Some simple uses for chard:

- Simply sauté chard in olive oil and garlic scapes or sauté in butter, garlic and... beer! (seriously, it's awesome... use 12 oz. of beer for one bunch of chard... drink the remaining six pack and the chard will be even better...)
- Use it in soups and stews (pairs well with lentils)
- Chop up the leaves very thinly and add to pasta dishes
- Add sautéed chard to a frittata or scrambled eggs
- Try juicing with apples & celery

*** There are a few recipes on our website. Check it out here: <http://driftlessorganics.com/csa-2/recipes/chard/>

Did you Know? Dragon's Tongue Beans

Do you know the difference between hybrid and heirloom varieties of vegetables? Well, it's a mighty lengthy discussion, but the gist of it is this: A hybrid vegetable is created when plant breeders intentionally cross-pollinate two different varieties of a plant, aiming to produce an offspring, or hybrid, that contains the best traits of each of the parents. Heirloom vegetables are open-pollinated (pollinated by wind, insects, etc) and have traits that are hand selected by gardeners and farmers. The seed from these selected plants is saved and passed down through the generations. Most of what we grow here at Driftless Organics are hybrid varieties. We are a big enough farm that we need to rely on more consistency than what most heirloom varieties can produce. However, we do grow a few very

special heirloom vegetables that we love so much.

Dragon Tongue beans are one such heirloom variety. Originally cultivated in the late eighteenth and early nineteenth century in the Netherlands, Dragon Tongue beans have been naturalized in a wide range of climates throughout the Americas, including here in Wisconsin. They are so easy to grow and ultra delicious to eat. We love to snack on them raw to preserve their beautiful purple markings; but lightly steamed and drizzled with olive oil, lemon juice, salt & pepper is a treat as well.

WHAT'S IN THE BOX
Beans: Dragon's Tongue
Beets: Mix
Carrots: Orange/Yellow Mix
Chard
Eggplant
Garlic
Herb: Italian Parsley
Kale: Red Curly
Onion: Candy
Peppers: Jalapeno, Mini & Roaster
Radishes
Sungolds
Tomatoes: Mix
Watermelon

Crop	What does it look like?	Storage?	How do I use it?
Beans (Dragon's Tongue)	Waxy yellow bean with purple striations on it.	Keep in the fridge for up to a week.	When cooked, beans will lose purple striations. Try a bean salad!
Beets	Mix of dark red, golden and chioggia (striped on the inside) beets	Keep in your fridge in plastic for up to a week.	Check out this week's recipe: <i>Mediterranean Beet Salad</i>
Carrots	Mix of orange and yellow carrots	Store in a plastic bag in your fridge..	Raw, roasted, steamed, Sauteed
Chard	Leafy dark green with a sturdy stem	Store in a plastic bag in the refrigerator for up to a week.	Think spinach substitute.
Eggplant	Purple oval shaped eggplants.	Store on your counter for 2-3 days or in your fridge for 5-7 days.	Roasting makes it a little sweeter.
Garlic	1 garlic, freshly Cured	Store on your countertop and use within a couple weeks.	Check out this week's recipe: <i>Gazpacho</i>
Herb: Italian Parsley	A small bunch of flat leaf parsley (stronger flavor than curly leaf)	wrap in a slightly damp paper towel in a 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.
Kale	A bunch of reddish/purplish ruffly leaves	Keep in a bag in your fridge for up to a week.	Try: Wonderfully Easy Pasta with Kale on our website
Onion	Candy: yellow onion - sweet	Store in fridge.	Check out this week's recipe: <i>Gazpacho</i> or <i>Mediterranean Beet Salad</i>
Peppers	Jalapeno: Small, dark green peppers, <i>spicy!</i> Mini Peppers: mini & sweet Roaster: Larger peppers, orange, red or yellow with pointy ends, <i>sweet.</i>	Store in your fridge.	Peppers are great raw, roasted, stuffed, or fried.
Radishes	Look for a bunch of red orb with green leaves in a bunch.	Store with the tops removed in a plastic bag with your scallions.	Slightly spicy raw, cook with some butter and salt, the flavor changes to creamy.
Tomatoes	SUNGOLDS: little orange cherry tomatoes MIXED: A mix of Colored, Roma (smaller, oblong red fruit with more meat and less seeds) and Slicer (bigger red, rounder fruit with lots of juice/seeds)	Store on the counter for a few days, then refrigerate for up to a week.	Pico De Gallo! Or check out this week's recipe: <i>Gazpacho</i>
Watermelon	Small watermelon	Store in your fridge.	Eat Fresh!

Gazpacho

2.5 lbs ripe red tomatoes, cored and roughly cut into chunks
 1 roaster pepper, roughly cut into chunks
 1/3 c. onion, finely chopped
 1 clove garlic
 2 tsp sherry vinegar, more to taste
 Salt
 1/2 c. Driftless Sunflower Oil
 Combine tomatoes, pepper, onion and garlic in a blender. Blend at high speed until very smooth, at least 2 minutes, pausing occasionally to scrape down the sides with a rubber spatula. With the motor running, add the vinegar and 2 tsp of salt. Slowly drizzle in the oil. The mixture will turn bright orange or dark pink and become smooth and emulsified, like a salad dressing. If it seems watery, drizzle in more oil until texture is creamy. Strain the mixture if you like, or leave as it is if you like the texture. Chill until VERY cold, at least 6 hours or overnight. Adjust the seasonings with salt and vinegar to taste. If the soup is very thick, stir in a few tablespoons of ice water.

Mediterranean Beet Salad

4 whole, unpeeled beets, trimmed leaving 1" stems attached
 1/4 c. minced onion
 2 Tbsp. minced fresh parsley, dill OR mint
 2 Tbsp. Driftless Sunflower Oil
 2 Tbsp. Balsamic Vinegar or Red Wine Vinegar
 Salt & Pepper, to taste
 1/4 c. crumbled Feta cheese
 Preheat oven to 400F. Bake whole beets on a cookie sheet until easily pierced with a fork (45-60 min). Once done, remove from oven and allow to cool. Peel (skin should slip off) and cut into 1/4" slices. While the beets are roasting, whisk together onion, herb, oil and vinegar in a bowl until blended, season to taste with salt & pepper. To assemble the dish, place the warm, sliced beets onto a serving dish, pour vinaigrette over beets & sprinkle with feta cheese. Garnish with extra herbs.