



# DRIFTLESS ORGANICS CSA NEWSLETTER

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**Week 15:** It is definitely a wet week, but the timing is actually pretty nice here on the farm. We are in full swing for our fall broccoli. Last week, we finished up harvesting our first round of potatoes (from our first planting in spring), and we finished up harvesting the winter squashes: Delicata (which you got last week!), Spaghetti (you are getting this week!), Butternut and a few Pumpkins for our upcoming Harvest Party! There is always plenty to do, but it is nice to have some breathing room at the same time you have a wet weather week. Happy Eating! ~Rachael

WHAT'S IN THE BOX
Beans: Purple/Yellow Mix
Beets
Bok Choy
Broccoli
Carrot
Eggplant
Garlic
Leeks
Lemongrass
Peppers: Habanero & Roasters
Salad Mix
Salad Turnips
Spinach
Tomatoes: Mix
Winter Squash: Spaghetti Squash

## What the heck do I do with Spaghetti Squash?

Spaghetti Squash is a small to medium sized squash that has a unique quality to it. When it is cooked, it's flesh falls away in ribbons or strands, looking very much like spaghetti pasta, hence the name. It is often used as a substitute for pasta for numerous reasons: cutting out carbs for dietary reasons, needing to find gluten-free options or just simply wanting to ADD more vegetables into your diet. Because of its unique quality, you will find countless recipes where the spaghetti squash is used as a pasta substitute.

So, how do I cook it!? It's still a winter squash, so all the same rules apply.

**BAKING:** This is the best way to get your vegetable spaghetti, Cut in half. Scoop out seeds. Set on a baking pan, flat (or cut) side down. Add about ½" water. Bake 375F for about 30-40 min. Using a fork, scrape out the flesh. The fork will help get your "ribbons" of flesh to look like spaghetti.

**BOIL:** Peel the squash, cut into uniform pieces (preferably 1"). Place into a pot of boiling water for about 20 minutes, until soft.

**SLOW COOKER:** Add the squash (peeled and cut up) and 1 c. of water to slow cooker. Cook on *Low* for 8-10 hours OR on *High* for 2.5 hours.

Once it's cooked - you can do a number of things with it. The easiest: add pasta sauce and serve. Spaghetti squash is a fairly mild tasting squash, so be aware, it's fairly bland on its own.

## Did you know? Bok Choy

Did you know that Bok Choy has been a staple in Asian cooking for more than 5,000 years? It is SUPER DUPER healthy with loads of Vitamin C & A, iron, calcium & beta carotene. Here are some other things you should know:

1. Bok Choy (or Choi) is the leafy green in your box that has white stalks and round green leaves.
2. Bok Choy might look a lot like celery, but it's a member of the cabbage family.
3. Bok choy, known for its mild flavor, is good for stir-fries, braising, and soups. You can also eat it raw (the stalks can be eaten like celery, and the leaves can be chopped up and put in a salad).
4. The leaves and the stalks can both be cooked, but they should be separated before washing to ensure that both parts are cooked (the stalks cook for longer and the leaves should be put in right at the last minute, like spinach).
5. Don't wash bok choy until you're ready to use it. Unused parts can stay fresh in the refrigerator for up to 6 days.

## Harvest Party 2019

**Saturday, September 28th** is our harvest party with pizzas,



tractor/wagon rides, fresh pressed cider and meeting some great people! See you there!

Crop	What does it look like?	Storage?	How do I use it?
Beans	Purple and Yellow mix of beans	Keep in the fridge for up to a week.	Check out this week's recipe: <i>Thai Coconut Vegetable Soup</i>
Beets	A bunch of red beets, with their green tops	Keep in your fridge in plastic for up to a week.	Roasted, boiled or raw (grated) on salads.
Bok Choy	Kind of like a head of lettuce, but with thick white stems.	Gently take your bok choy out of your box and place in a plastic bag.	Check out this week's "Did you know?" <i>Bok Choy</i> "
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	Orange, long roots loose in the box	Store in a plastic bag in your fridge..	Check out this week's recipe: <i>Thai Coconut Vegetable Soup</i>
Eggplant	Purple oval shaped eggplants.	Store on your counter for 2-3 days or in your fridge for 5-7 days.	Check out this week's recipe: <i>Thai Coconut Vegetable Soup</i>
Garlic	1 garlic, freshly Cured	Store on your countertop and use within a couple weeks.	Check out this week's recipe: <i>Thai Coconut Vegetable Soup</i>
Leeks	Looks like a GIANT scallion	Store in the fridge for up to a week.	Use it like you would an onion.
Lemongrass	A bundle of a lemony smelling, grassy looking herb.	Store in the fridge.	Make into a tea or check out this week's recipe: <i>Thai Coconut Vegetable Soup</i>
Peppers	Habanero ( <b>HOT!</b> ): pale orange, small golf-ball sized pepper Roaster (Sweet): large pointed pepper with thick walls	Store in your fridge.	Check out this week's recipe: <i>Thai Coconut Vegetable Soup</i>
Salad Mix	Mixed bag of salad greens.	Store in a plastic bag, place in the fridge for a week-10 days.	So many uses: try tossing some into a veggie wrap this week.
Salad Turnips	Look for the bunch of white roots that look like radishes.	Store with the tops removed in a plastic bag with your scallions.	Salad turnips are great in salads - just slice super thin and throw on top.
Spinach	Mixed bag of dark green rounded leaves.	Place a paper towel in the plastic bag it comes in, place in the fridge for a week-10 days.	So many uses: try tossing some into a veggie wrap this week.
Tomatoes	MIXED: A mix of 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.	Freshly eaten with a little salt, salads, gazpacho, salsa, bruschetta, margherita pizza, marinara sauce, get creative!
Winter Squash	Spaghetti: small to medium yellow oblong squash	Store in a cool dry place for up to 6 months OR at room temp for a few weeks.	Check out the article " <i>What the heck do I do with Spaghetti Squash</i> "

## Thai Coconut Vegetable Soup

\*\*Serves 4-6\*\*

8 oz. Rice Noodles - wide: cooked & Rinsed in cold water  
 2 Tbsp. Driftless Organics Sunflower Oil  
 1 Tbsp. Whole Coriander Seed (optional)  
 2 big stems lemongrass: trimmed, lightly pounded with the back of a knife & cut into 2" pieces  
 1 leek, sliced  
 2 cloves garlic, minced  
 1" chunk of ginger, thinly sliced  
 0-3 hot peppers (Habanero!), sliced (to taste)  
 2 Tbsp. Thai red curry paste  
 3 medium tomatoes, coarsely chopped  
 ½ Eggplant, cut into ½" pieces  
 1 carrot, cut into bite sized pieces  
 1 c. purple/yellow beans, cut in half  
 1 red or green sweet pepper, cut into bite sized pieces

1 can coconut milk  
 1 quart water  
 3 Tbsp. Lime Juice  
 3 Tbsp. Soy Sauce  
 Basil & or Cilantro for Garnish  
 Heat Oil in a heavy bottomed soup pot. Add coriander seeds, lemongrass, leeks, garlic, ginger and hot pepper & saute for a couple of minutes. Add curry paste and tomatoes. Stir. Add remaining vegetables, coconut milk & water. Bring to a boil. Turn down heat and simmer until vegetables are cooked. 10-15 min. Add lime juice & soy sauce, taste & adjust seasonings. Divide rice noodles evenly among 4-6 bowls, ladle in soup and garnish with basil and/or cilantro.