



DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • Issue 16 • Sept 18-21, 2019

Week 16: With nearly 6" of rain last week, we have a number of crops struggling. Our tomatoes are officially over. The Broccoli does not like all this moisture, but mold does. And the carrots are challenging to harvest with our mechanical harvester when it's this wet. So while we face challenges and reality, it is nice to have such great people to work with and work for. Happy Eating! ~Rachael

WHAT'S IN THE BOX
Beans
Beets
Bok Choy
Fennel
Garlic
Kale
Leeks
Peppers: Banana, Poblano & Roasters
Romanesco
Salad Mix
Salad Turnips
Spinach
Thyme
Winter Squash: Butternut Squash

Did you know? Fennel

Did you know that fennel has been around for a really, really long time?

Ancient roman texts mention the value of this herb for its aromatic seeds and succulent edible stalks. The ruler Charlemagne (745-815 AD) promoted fennel's use during the medieval time. He cultivated the herb on his imperial farms. Romans introduced the herb to Britain during the Roman occupation. The Americas were introduced to the herb way back in the 1700's. The root of the plant was one of the flavorings used in Sack, an alcoholic drink featuring mead that was popular during Shakespearian times. So c'mon - if all these ancient dudes were eating it and all loving on it, isn't it time you gave it another chance? Be brave! Be strong! You may just grow to love fennel. We know it can be pretty strong anise/licorice flavor when it's raw or lightly cooked, but did you know when you roast or caramelize it, it becomes sweet and has a deep flavor? I do not like licorice or anise flavors, so I was very hesitant to try fennel - but when I tried it roasted, it was a game changer. Yum! Now I am trying to explore Fennel's possibilities in my life.

Here are some cooking tips to help you along the way:

- Add fennel bulbs or stems to your favorite potato soup or gratin recipe.
- Roast fennel and beets for a side dish or marinated salad.
- Sauté with garlic (scapes), diced tomatoes and Kalamata olives to serve over penne.
- Combine shaved fennel with orange or grapefruit wedges, red onions, fresh mint and white wine vinegar.
- Caramelize sliced bulbs and serve on pizza or crostini with fromage blanc.
- Add minced stems instead of

celery to tuna, egg, chicken and potato salads

What the heck do I do with Winter Squash Seeds?

A yummy winter squash is waiting for you in your box and they are chock-full of delicious, nutritious seeds! Don't let those seeds go to waste - they're full of magnesium, protein and fiber. Plus they're pretty darn tasty.

Roasted Winter Squash Seeds

Preheat the oven to 275 degrees F. Line a baking sheet with parchment paper.

Clean the squash seeds by swirling in water and rinsing, so there aren't any bits of squash left of the seeds. For one cup of clean seeds, add 1 tablespoon Driftless Organics Sunflower oil (or olive oil) and a 1/2 teaspoon of salt. Toss.

****If you'd like to spice these seeds up you can add pretty much any herb or spice you like. I like to add a bit of chipotle powder and cumin.****

Spread the seeds out in an even layer on the prepared baking sheet. Bake for 15 minutes, or until seeds start to pop.

Remove from oven and cool on the baking sheet before serving.

Harvest Party 2019

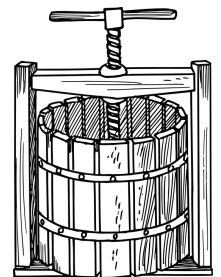
NEXT

WEEKEND!!!!

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	A bag of EITHER Purple OR Yellow beans	Keep in the fridge for up to a week.	Raw or cooked. Salad or side. Cook beans, add Butter, salt and pepper - simple. delicious.
Beets	Mix of Chioggia and red beets, no 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.	Asian meals. Also can be eaten raw on a veggie tray.
Fennel	White bulb, that looks "folded" with green light and wispy fronds	Keep in your fridge for up to a week.	Check out this week's article: <i>Did You Know? Fennel</i>
Garlic	1 garlic, Cured	Store on your countertop and use within a couple weeks.	Check out recipe: <i>Wine Braised Leeks & Salad Turnips</i>
Kale (Green)	A bunch of green kale with curly leaf edges.	Keep in a bag in your fridge for up to a week.	Check out recipe: <i>Quinoa & Kale Stuffed Squash</i>
Leeks	Looks like a GIANT scallion	Store in the fridge for up to a week.	Check out recipe: <i>Wine Braised Leeks & Salad Turnips</i>
Peppers	Banana (Sweet): yellow-ish small/medium skinny pepper Poblano (Spicy): dark green, medium sized pepper with a pointed end Roaster (Sweet): large pointed pepper with thick walls	Store in your fridge.	Banana Pepper:s delicious on sandwiches Poblano: with their slight heat are great for mexican dishes or to spice up your omelette Roasters: always good roasted (450 for 10-15 minutes until they blister) Blend them into an alfredo sauce for a new pasta sauce!
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	Use raw for a beautiful veggie dip tray or use cooked as you would broccoli or cauliflower.
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 a bunch of white roots	Store with the tops removed in a plastic bag in your refrigerator.	Check out recipe: <i>Wine Braised Leeks & Salad Turnips</i>
Spinach	A bag of dark green, rounded leaves	Store in the bag it comes in and try to use up in a week or less. Refrigerate.	A great base for salads or sandwiches, or use cooked into your pasta or egg dishes
Thyme	A few springs at the top of your box	Store loosely in a bag in the fridge.	Check out recipe : <i>Quinoa & Kale Stuffed Squash</i>
Winter Squash	Butternut: long cream colored squash with a "big butt" at one end.	Store in a cool dry place for up to 6 months OR at room temp for a few weeks.	Check out recipe : <i>Quinoa & Kale Stuffed Squash</i>

Quinoa & Kale Stuffed Squash

1 Butternut Squash
 1-2 tsp. Driftless Sunflower Oil
 Salt and Pepper
 ¾ lb of THICK cut bacon cut into 1" pieces (*Optional...but so good*)
 2 c. loosely packed green kale, deribbed and chopped small
 2 c. COOKED Quinoa
 Pinch of freshly grated nutmeg
 ½ lb extra sharp white cheddar cheese, shredded
 ½ Yellow Onion, chopped
 1 tsp dried thyme (about 8 fresh thyme sprigs)
 Preheat oven to 425. Cut squash lengthwise and remove seeds. Rub with oil and sprinkle with salt and pepper. Roast 40 minutes or until flesh is fork-tender. Meanwhile, in a large frying pan, cook bacon until crispy. Remove and place on a paper towel lined plate to drain. Reserve 1 tsp of the bacon grease (if not using bacon, use 1 tsp of Sunflower Oil or lard, if you have it). Saute Kale and onion in grease/oil over medium heat until wilted. When squash is cooked through, remove from oven and reduce oven temp to 375. Let squash cool enough to handle, then scoop out flesh, leaving a half inch border around the edges. Place flesh of squash in a bowl and mash with a fork. Add quinoa, bacon, kale, nutmeg, cheese and thyme. Mix well. Place mixture into

hollowed out squash and back 375 for 30 minutes, or until cheese is melted. Let sit for 5-10 minutes and then cut into slices and serve.

Wine Braised Leeks & Salad Turnips

1 large or 2 medium leeks, cut into ½" slices on the bias and rinsed and dried well in a colander
 1 bunch salad turnips, roots thinly sliced and greens coarsely chopped
 2 cloves garlic, smashed and coarsely chopped
 3 Tbsp. Butter
 1 sprig of fresh thyme (sage or rosemary are also options)
 1 c. white wine
 Salt and Pepper, to taste
 Melt butter in saucepan over medium heat and add leek and turnips. Saute, stirring occasionally, until starting to brown (4-5 min). Add garlic, and saute another minute. Add a sprig of fresh herb, white wine, salt and pepper. Bring to a simmer, lower heat and cover. Cook for about 10 minutes, remove lid and add turnip greens. Cook for about a minute, until greens are wilted and remove veggies onto a platter with a slotted spoon. Turn up heat and reduce wine liquid by half (1-2 min) and pour over vegetables.