



# DRIFTLESS ORGANICS CSA NEWSLETTER

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**Week 17:** The rain just keeps coming, which is making things increasingly difficult at the farm. These wet conditions can make for crop disasters, either through disease or rot. Normally, this is the time of year we are ramping up our harvesting of a lot of our root crops, but many of the fields are too wet to harvest. We are hoping to dry out soon. Our biggest carrot harvest of the year is right around the corner. This is the carrot harvest that sets us up for our winter. But despite the weather, we are in party planning mode, this weekend is our

## Harvest Party!



**1:00pm - 5:00pm Saturday, September 28th** is our harvest party with pizzas, tractor/wagon rides, fresh pressed cider and meeting some great people! See you there!

Happy Eating! ~Rachael

## Did you know? Romanesco

Did you know that romanesco isn't just a delicious vegetable, but that it also displays a fascinating math sequence?! Romanesco is a beautiful and edible example of a fractal, or a pattern that repeats

itself over and over. Maybe you remember the Fibonacci sequence from math class? Romanesco displays this sequence's logarithmic spiral on each one of its tiny pieces. If you break off a piece of Romanesco you'll be able to see the same spiral pattern on the next smaller piece you break off of that piece, and so on and so on. If you're interested in this phenomenon, I recommend reading more on the internet - it's really cool! There are other examples of the Fibonacci sequence spiraling through nature. You can also see it in the fruitlets of a pineapple, the arrangement of a pine cone or the uncurling of a fern. Even though nature has numerous examples of this mathematical wonder, you won't find any other CSA veggies that show off this pattern. Take a moment to appreciate your romanesco's uniqueness before you start choppin', grilling or just straight up devouring this nutty and delicate flavored vegetable.

## What the heck do I do with Chinese Broccoli?

Chinese Broccoli actually has its origins in the Mediterranean. However, it is widely cultivated in Southeast Asia and South China. It has a lot of bang nutritionally, especially considering it is only 30 calories for 100 grams. It has Vitamin B6, Vitamin K, Manganese, Vitamin C, Vitamin A, Vitamin B and Calcium. It has a lot of minerals too! So what am I supposed to do with this? It was my question too when I was given a bunch to cook with. I was a little intimidated. I took one of the leaves and ate it raw, to get a sense of what I was

working with. It is definitely more chewy than even kale leaves. But it soaks up sauces like crazy. So, with that in mind, I tried a few recipes. I've altered the one I liked best and put it in the newsletter. So here are some tips:

- 1) I found it to be a lot like bok choy - so I think it would be a great substitute.
- 2) the leaves are a little chewy, but soak up flavor.
- 3) the stems are pretty much like broccoli. I bet it would be great roasted. They are a little tougher on the bottom, so if you find it being too fibrous, peel the tough outer skin off before cooking.

WHAT'S IN THE BOX
Cauliflower: Purple
Chinese Broccoli
Fennel
Garlic
Onions: Red
Oregano
Peppers: Banana, Pimentos & Roasters
Potatoes: Red
Radishes: Red
Romanesco
Salad Mix
Spinach
Winter Squash: Butternut OR Delicata Squash

Crop	What does it look like?	Storage?	How do I use it?
Cauliflower	A nice sized purple head with green wrapper leaves..	Store in the crisper drawer of your fridge. You can remove some of the green leaves if it will make it fit better.	Check out recipe: <i>Aloo Gobi</i>
Chinese Broccoli	Dark green thick and long stemmed leafy green with small “florets” at the top	Store in the crisper drawer of your fridge.	Check out recipe: <i>Chinese Broccoli Saute</i>
Fennel	White bulb, that looks “folded” with green light and wispy fronds	Keep in your fridge for up to a week.	Roasted and shaved for pizza or salad
Garlic	1 garlic, Cured	Store on your countertop and use within a couple weeks.	Check out recipe: <i>Chinese Broccoli Saute</i>
Onion	Red: Beautiful purplish red onion	Store on counter	Check out recipe: <i>Aloo Gobi</i>
Oregano	Small but fat “almond” shaped bright green leaves on a woody stem.	Store in a plastic bag (with air), place in the fridge for 3-7 days.	Fresh oregano: 1 sprig is approx 1 tsp dried. Used in Italian, Greek and Spanish cooking.
Peppers	Banana (Sweet): yellow-ish small/medium skinny pepper Pimento(Sweet): small, red, heart shaped pepper Roaster (Sweet): large pointed pepper with thick walls	Store in your fridge.	Stuffed, Salads, Fajitas, or quick sautes
Potatoes	3 # of red potatoes	Store in a cool dry place	Check out recipe: <i>Aloo Gobi</i>
Radishes	Red radishes with green leaves in a bunch.	Store with the tops removed in a plastic bag in the fridge.	Great in salads, veggie trays, with Mexican Street tacos or sauteed up for a simple side.
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.
Spinach	Bag of smooth, dark green rounded leaves.	Store in the bag it comes in and try to use up in a week or less.	Chop up, saute and toss into a quiche recipe.
Winter Squash: Butternut OR Delicata	Butternut: cream colored long squash with a big “butt” at one end. Delicata: Small, oblong squash, yellowish cream colored with green stripes	Store in a cool, dry place for a few weeks OR in the fridge for up to 2 weeks. <i>Butternuts store for 1-2 months in a cool dry place. Delicatas should be eaten quickly.</i>	Squashes are great roasted with other root veggies and herbs, baked then mashed up with some butter and brown sugar, or make it into delicious soup!

## Aloo Gobi

2-3 Potatoes, cut into bite sized pieces  
 Head of Cauliflower/Romanesco, cut into similar size of potatoes  
 1-2 Tbsp. Driftless Sunflower Oil  
 1 Tbsp. Coriander Powder  
 ¼ tsp. Turmeric  
 1 c. water, divided  
 1 Tbsp garlic paste (or microplaned)  
 1 Tbsp. ginger paste (or microplaned)  
 1 “hot” pepper (Serrano, Jalapeno, or Poblano)  
 1 onion, coarsely chopped  
 1 tsp. Cumin seeds  
 Start by cutting up your potatoes, cauliflower/romanesco, onions and “hot” pepper. Make “wet” curry mix: 1/2 c. water, Ginger paste, Garlic paste, Coriander powder and turmeric. Heat oil in a good sized pan (about 3 qt). When it’s shimmering (but not smoking) add cumin seeds. Saute for 30 seconds - 1 min. Add onions and peppers. Saute for about 1-2 minutes. Now add wet curry. Cook for about 2-4 minutes, until it gets a little darker and slightly reduced. Now add the potatoes and cauliflower. Mix well, coating the veggies. Add remaining ½ c. water and cover. Simmer for 10-15 minutes (however long is needed to cook vegetables thoroughly.). Uncover and let

moisture cook off. This dish should be fairly dry at the end. Serve with Indian bread of choice. \*\*Naan or Paratas are our favorite.\*\*

## Chinese Broccoli Saute

1 bunch of Chinese Broccoli  
 1-2 Tbsp of Driftless Organics Sunflower Oil  
 1” Ginger, peeled and sliced thinly  
 2-4 cloves of garlic, peeled and sliced thinly  
 2 Tbsp. Soy Sauce  
 1 Tbsp. Rice Wine Vinegar (Seasoned)  
 2 Tbsp water with 1 tsp cornstarch mixed in  
 1 tsp. Sesame oil  
 Cut the Broccoli into “leafy” and stems. If the stems are thick, slice in half. Heat oil in a saucepan. Add ginger and broccoli stems. Saute for 2 min. Now add garlic. Saute for 1 min. Add leafy part of broccoli. Saute for 2 minutes. Add soy sauce, rice wine vinegar and water with cornstarch. Mix well. Let sauce “thicken” for about 2 minutes. When done, drizzle sesame oil over top and serve with rice.  
*\*Makes a good side or, if you want a main meal, add protein of choice and some other quick cooking veggies, like mushrooms\**