



DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • Winter Veggie Lover • Issue 1 • Nov 6-9, 2019

Week 1: Hello!!!! I am so excited to start the Winter Veggie Lover share with you. We have been harvesting around the clock (not literally), but definitely from sun up to sun down with a little organization and clean up afterwards. It's been pretty L O N G days on the farm. It's been cold and snowy, but it's coming a long. Today we are hoping to finish up with some Beauty Hearts and Kale tops. There is about 2+” of snow and it's still coming down - but we will get it done.

Happy Eating! ~Rachael

Did you know? Garlic Planting

We just got done with planting about an acre of garlic. Whew! We cut it pretty close, but we finally got it done! But for those who are new to garlic cultivation, let's back up a bit: we harvest garlic way back at the beginning of July. We then cure it and store it in our greenhouse. As we sort out garlic for wholesale, CSA and market, we also pull out a certain amount of the biggest and nicest looking bulbs that we will save for the fall and plant back for next year's crop. The reason we plant garlic the fall before is because it starts growing super early in the spring - earlier than when the ground is ready to work and plant. And garlic seed survives in the ground (most years) over the winter, although we do lose some seed to the cold, especially on those really crazy-cold winters. One thing that helps mitigate the loss is mulching. We spread a blanket of straw down on the field after we have planted the garlic. This helps regulate the temperature a little, which in turn helps keep the seed

alive and ready to sprout in the spring. The mulch also serves a number of functions during the growing season including weed suppression, moisture retention and it adds nutrients to the soil as it breaks down. Win for the crop! Win for the soil! And Win for your recipes...garlic is a wonderful flavor that goes with so many dishes!

What the heck do I do with Bok Choy?

Wondering what to do with your bok choy? This is a common question in my mind. My husband loves it the same way each time: saute with ginger, garlic, add some soy sauce, splash of rice wine vinegar and served as a side or all it's own.. However, I am good with that version of bok choy less often. This leads me to a constant search of trying to find more ways to make bok choy. It is a good and fairly quick growing little vegetable with a lot of good stuff, nutritionally, so what can you do with it?

- 1. Add to Salads:** Add cut bok choy to your favorite salad for a new layer of flavor. It has a sweet flavor and is a good addition to spinach or mixed green salads.
- 2. Sick of Celery?:** Fill raw bok choy stalks with anything you would use to fill celery sticks. Try peanut butter cream cheese, or guacamole.
- 3. Sandwiches:** Use raw bok choy leaves on sandwiches with hummus and peppers.
- 4. Add to Your Appetizers:** Add raw stalks of bok choy to your favorite vegetable tray!
- 5. A Leftover Makeover:** Add chopped bok choy and onion to any leftover meat and pre-cooked veggie or rice mixture then toss in a

skillet over medium-high heat Scramble one egg for each person, and pour over the veggie-meat mixture. Stir it all up and serve.

6. Grill It: Cut bok choy in half, drizzle with Driftless Sunflower Oil (or olive oil) and toss it on the grill. Add just a sprinkle of salt, turn once and enjoy.

7. Turbo-Charge Your Soups: Bok choy is great for adding last-minute nutrition to homemade or canned soups. Just chop up and add towards the end of your soup prep.

8. Stir Fry: The old standby - make an Asian-inspired stir-fry using chicken, cabbage, peppers, onion and bok choy. Clean the stalks, then give them a rough chop before adding to the wok.

WHAT'S IN THE BOX
Baby Bok Choy
Broccoli
Brussels Sprouts
Carrots
Garlic
Kale Tops
Leeks
Onion: Red
Potatoes: Harvest Moon
Radishes: Purple Daikon
Romaine
Salad Turnips
Sweet Potatoes
Winter Squash: Spaghetti

Crop	What does it look like?	Storage?	How do I use it?
Baby 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 article, "What the heck do I do with Bok Choy!?"
Broccoli	a mini green tree like shape	Store in the crisper drawer of your fridge. You can remove some of the green leaves if it will make it fit better.	Roasted, steamed, boiled, put into stir fry!
Brussels Sprouts	A plastic bag of these bright green mini-cabbage looking things	Keep them in their plastic bag and use up in a couple of weeks	Roast in oven and coat with a honey mustard sauce
Carrots	Orange, finger shaped roots, bagged up.	Store in a plastic bag in your fridge.	Grate and use with cabbage for some egg rolls or potstickers!
Garlic	Little white bulbous "pumpkin" with a hard stem in the middle.	Store on your countertop and use within a couple weeks.	Great base for recipes
Kale Tops	The tops of our Kale plants: looks like a mini palm tree	Place in a plastic bag and try to use it up in 7-10 days	Use as you would any kale. Use for soups, salads, pizza topping
Leeks	Looks like a GIANT scallion	Store in the fridge for up to a week.	Use it like you would an onion.
Onion: Red	Beautiful purplish red onion	Store on counter	Great roasted, minced in salsa or sauteed
Potatoes	About 4 # of Harvest Moon (a "blue" variety) potatoes. These look purple on the outside and creamy yellow on the inside.	Store in a cool dry place	Boiled, Mashed, Fried, etc...
Radishes	Purple Daikon: Light purple cylindrical bulb with purple radial patterned flesh	Store in a plastic bag with carrots	Roasted, pickled, grated or sliced - great in Asian Stir Fry!
Romaine	Look for the oh so cute little heads of lettuce in your box	Store in a plastic bag with a paper towel to absorb excess moisture.	Chop up in a salad or use on sandwiches.
Salad Turnips	Look for a 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.
Sweet Potatoes	Misshapen, reddish/pink tubers in your box. About 2-3 lbs of small tubers.	These are nice and cured, so they can stay in a cool dark place, same as where you keep your potatoes.	Sweet Potato Fries - with some paprika, garlic, black pepper and salt seasoning!
Winter Squash	Spaghetti: yellow oval looking squash	Store in a cool dark place.	Cut it lengthwise, scoop out seeds, bake with shell-side up in Oven for about 45 min at 400F. Scrape with fork to make "spaghetti" to use for various dishes.

Brussels Sprouts Hash

2-3 slices of bacon, chopped
 10 Brussels Sprouts, thinly sliced
 1 small red onion, diced
 1 Tbsp. Driftless Organics Sunflower
 2 Tbsp Chopped Nuts (pecans or black walnut)
 1-2 eggs
 Salt and Pepper
 Hot Sauce (optional)

Chop the bacon into squares. Slice Brussels Sprouts in half and then thinly slice. Heat a medium-sized pan over medium-high heat. Add half the oil and then chopped bacon. Cook bacon for 3-4 minutes until the edges start to crisp. Add brussels sprouts and red onion and saute for another 2-3 minutes. Add the nuts and toss though. Spoon your hash onto a serving plate and return the pan over medium-high heat. Add another half tablespoon of oil and crack your egg(s) into the pan. Once your egg is fried to your preference, slide it over your hash and sprinkle with desired amount of salt, pepper and hot sauce.

Southwest Winter Slaw

4 c. mixed root vegetables, grated (beets, peeled celeriac, turnips, peeled rutabaga, carrots, etc...)
 Juice & Zest of ½ lemon
 1 egg yolk
 1 tsp. Apple Cider Vinegar
 1 tsp. Grainy Mustard
 1 tsp. Honey
 ¼ tsp Dried Marjoram
 ⅛ tsp. Chipotle Powder
 ½ tsp. Cumin seed, toasted
 ½ c. Oil (Driftless Sunflower Oil has a great nutty flavor for this!)

Salt & Pepper, to taste

In a large bowl, whisk together lemon juice/peel, egg yolk, vinegar, mustard, honey & spices. While whisking briskly, add oil in a slow steady stream until emulsified. Fold vegetables into dressing, season to taste and serve.