



ONE POTATO TWO

NEWS FROM THE FIELDS OF DRIFTLESS ORGANICS

volume 5 • issue 14 • september 8-10, 2011

The ABCs of Driftless Organics

A is for Autumn, that dreadful (yet beautiful) season that is fast approaching.

B is for Butterballs. German Butterballs that is, which is a type of yellow potato we grow that are without a doubt the finest, creamiest, most delicious potatoes around.

C is for the CSA program, a business model that has allowed us and our employees to earn a decent living and to continue doing what we love most, farming.

D is for the Driftless region - this beautiful, geologically unique area that we call home.

E is for earworm, a worm that goes after sweetcorn. Most late-season organic sweetcorn will have these present as they are pretty much impossible to get rid of unless you spray.

F is for finger weeder, a tool that mounts on a tractor and is used for weed removal. It has tons of metal 'fingers' that spin around and pluck the weeds out of the soil.

G is for Green Top Carrots. Half awesome orange vegetable, half vegetable uselessness.

H is for Hefty G, a quirky cultivating tractor that we employ.

I is for Internation Harvester 966 Hydro. One of our main workhorse tractors. This baby packs the power of 95 horses!

J is for John Deere 4440 - another powerhouse of a tractor that we have rigged up for burning bio fuels. Go green; John Deere green.

K is for Kale, our #2 signature crop that we sell over 3,000 bunches of a week. Who knew there were that many people in the world that actually liked kale?

L is for lister, a tool that goes on the back of a tractor used to throw soil up into raised "beds". We'll then rototill those beds so that they are nice and flat and raised off the ground by about 4-6". Being raised like this helps with drainage during wet parts of the year.

M is for MatterMac, the brand name of our precision seeder. We use this seeder, built in Italy, to seed our carrots, beets, parsnips and even fall broccoli. This seeder is amazing! Using a vacuum suction system, it can place the tiniest of seeds at exactly the right spacing and depth, every single time! Those Italians...

N is for Nitrogen, one of the most important, if not THE most important fertilizer component that vegetables need to grow big and strong.

O is for Organic. We are certified organic and have been since our beginning.

P is for pyrethrum, an extract of the chrysanthemum flower, used as an insecticide in most organic operations.



Q is for quitting time, words that are music to our ears some days...

R is for Russian Banana, a variety of fingerling potato that we grow and a name I've never quite understood. Are there bananas in Russia? I think not.

S is for Sunflowers! We grow 60 acres of sunflowers and harvest the seed to be cleaned and cold-exPELLER pressed to

THIS WEEK'S BOX

Banana Peppers
Cilantro
Dill
Edamame
Garlic
Green Top Carrots
Green Top Red Beets
Jalapeno Peppers
Mixed Bags o' Tomatoes
Pickling Cucumbers
Red & Yellow Bell Pepper
Red & Yellow Italian Frying Pepper
Salad Mix
Sungold Tomatoes
Yellow or Purple Beans

make our famous "Olive Oil of Wisconsin":

T is for Temptation, a variety of sweetcorn that we grow. It is one of the favorite early season, bicolor sweetcorns that will germinate in slightly cooler soil.

U is for undercutter, a digger tool that we use in the the garlic field during harvest. An undercutter is dragged behind a tractor to loosen the soil and lift the garlic bulbs up so that they are about 100 times easier to pull out of the ground.

V is for vermiculite, a flaky sponge-like mineral that we use in with our potting soil (for seeding in the greenhouse). Vermiculite helps absorb water to keep the soil stay moist for longer.

W is for Winterbor, the variety name of the green kale that we grow.

X is for xihongshi, which is Chinese for tomato. So there you go.

Y is for Yummy, the variety of sweet mini peppers that we grow. We sell a lot of these guys to Whole Foods.

Z is for Zucchini, that vegetable that we all love to hate. Due to some unusually cool spring weather, and a bit of a miscalculation of planting schedules on my part, we had 7 or 8 consecutive weeks of the damn stuff, and now we are done for the year. (We had hoped to have a break in between the two plantings...)

Banana Peppers - There are two of these smooth greenish to red peppers and these puppies are pretty spicy so use with caution. Great in salsa, chili or on nachos.

Cilantro - If you haven't gotten any salsa in the freezer or canner yet, now's the time! Store your cilantro in plastic bag in the fridge and use up in a week or less.

Delicata Squash - the earliest of our winter squashes, this one also has the thinnest skin, making it the best for sautéing & the quickest for baking. Either way, cut the squash in half lengthwise & scoop out the seeds before cooking. Should keep on the counter for a couple weeks.

Dill - perfectly timed with the pickling cukes – something that often doesn't work out but is great when it does! Check out our pickling recipe, below.

Edamame - we've really got a bumper crop of edamame this year, hope you don't mind us passing it on to you. Make sure to blanch & freeze some (either shelled or not) for later if you're getting sick of it now.

Green Top Carrots - really tasty this year! Enjoy raw or cooked. Roots keep best if you store them in plastic after taking the tops off. Tops are edible, best to use them immediately in soups, casseroles, etc. as you would parsley.

Green Top Red Beets - What made me finally fall in love with beets many years ago was slic-

ing them into thick half-moons and roasting them (uncovered) in olive oil and a bit of water with rosemary & fresh garlic. Holy cow - they get so sweet and delicious I could eat them every day. These roasted beets make a great side dish to Greek or Italian meals. They're even great cold as left-overs. Beets are also delicious grated on top of salads or juiced with carrots, apples, & lemon. There is absolutely no reason to peel fresh organic beets. As if all of that weren't enough, the greens are edible & super-nutritious too! Simply cook them like (& combine them with) any other leafy green - steam, saute, wilt, etc...

Mixed Tomatoes - Make sure to store these at room temperature, not the fridge, or you risk making them mealy (unless you're cooking with them & then it doesn't matter too much). We send you tomatoes at various stages of ripeness so that they will last and you don't have to eat them up all in one day. Simply store them on your counter and when they are soft/slightly squishy to the touch and their color is full, then they are ripe. There will be a mixture of tomatoes in your paper bags again and if you are curious about what tomato is what, check out the tomato recipe page on our website! No time to deal? Core & cut them up & throw them in a freezer bag for winter soup or chili making.

Jalapeno Peppers - great in salsa, stir-fries, soups, & curry. Each chile can vary greatly in hotness – I like to cut each one open & touch it to my tongue to test the hotness before adding too much to a dish. Green to red in color.

Pickling Cucumbers - the best for pickling because of their thin skins, these cukes are also just fine for using like regular slicing cukes raw in salads or veggie platters.

Red and Yellow Bell Peppers - the classic sweet pepper - and super versatile. They go good in just about anything: salsa, sandwiches, eggs or nachos. Store them in your fridge for up to 7-10 days or freeze them by simply chopping them up and sticking them in a freezer bag.

Red and Yellow Sweet Italian Frying Peppers - nice red and yellow tasty peppers for sautéing in sauces or soups or roasting for salsa.

Salad Mix - a nice spicy mix best used within a few days. Great as salad or used to top sandwiches or tacos.

Shallots - are somewhere between an onion & garlic with something subtle added in. Delicious raw shaved thinly onto salads or sandwiches or blended into dressings. Or saute with mushrooms & minced red peppers & toss into pasta with fresh basil.

Sungold Tomatoes - as with the edamame – biggest harvest ever! If you're tiring of them raw, use them in tomato soup or pasta sauce or roast them in a bit of oil & freeze them.

Yellow or Purple Beans - The last of the beans for the year. They cook and eat (and freeze) just like green beans. **We put your banana peppers** in with your bag o' beans so that you can tell them apart from your spicy peppers.

Quick Refrigerator Pickles

4 3 - 4 inch long pickling cucumbers
¾ cup water
½ cup white vinegar
½ cup chopped fresh dill weed
2 tablespoons and 2 teaspoons white sugar
3 cloves garlic – or more if you'd like, chopped
1 ½ teaspoons coarse salt
1 teaspoon pickling spice
½ teaspoon dill seed
¼ teaspoon red pepper flakes, or to taste
1 or 2 sprigs fresh dill

Choose which way you want to have your cucumbers; thick slices, long and thin, thin slices, whole or halved. Combine all ingredients in a bowl and let sit covered at room temperature for a few hours or overnight. When it is time to put the cucumbers in jars, make sure that your jars are very clean; sterilize in the canner or dishwasher. Using a slotted spoon remove cucumbers from the brine and put in jars. Divide the brine between the jars to cover the cucumbers. Screw lids on tightly and place in refrigerator. Check after ten days to see if they are ready to eat! They will last at least a month in the fridge. Enjoy!

Creamy Tomato Soup

2 Tbsp. oil or butter
1 medium onion, chopped
1 hot pepper, de-seeded & minced
1 medium or 2 small sweet red peppers, chopped
3-4 cloves garlic, minced
4 large tomatoes (mix of slicers & heirlooms is nice) cored & chopped
½ a pint of sungold tomatoes
¼ cup fresh basil, chopped OR 2 Tbsp. fresh dill, chopped
½ cup half & half or crème fraiche
Salt & pepper to taste

In a medium sauce pan, sauté onions in oil or butter until translucent. Add peppers & garlic & sauté for another few minutes, stirring frequently. Add tomatoes, bring to a boil, reduce heat, & simmer for about 15-20 minutes. Add herbs & puree soup in a food processor or blender, or in pan with an immersion blender. Return to heat & add half & half or crème fraiche, salt & pepper to taste, bring back to a simmer, & serve. Serves 3-4. If you like, make a large batch & freeze it before you add the cream, adding cream when you heat it up later.