



NEWS FROM THE FIELDS OF
 DRIFTLESS ORGANICS
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Week #13! After a brief but frightening cold spell, the heat has returned. I for one am happy about it, as it is nice to squeeze a little more summer out of the season before we go too far forward into this "autumn" business. Planting the last of the year's lettuce marks the end of the mechanical transplanter for the season, and so begins the process of putting things away for yet another year. Fall comes all too quickly around here and we do our damndest to ignore it the best we can. You see, we've done the majority of the work already and now we just want to harvest and harvest and harvest. We'd hate to see that cut short by an untimely frost. We can't think of that now, only of the incredible bounty that lies at our fingertips. It's good living out here!

This past weekend, Dani and I headed up to Minneapolis to attend the wedding of some good friends of ours. Throughout the course of the evening, the topic of fresh vegetables came up in conversations several times. With my closest college buddies, I chatted about everything from restaurants in the Twin Cities area serving good local food, to the varying taste of tomatoes.

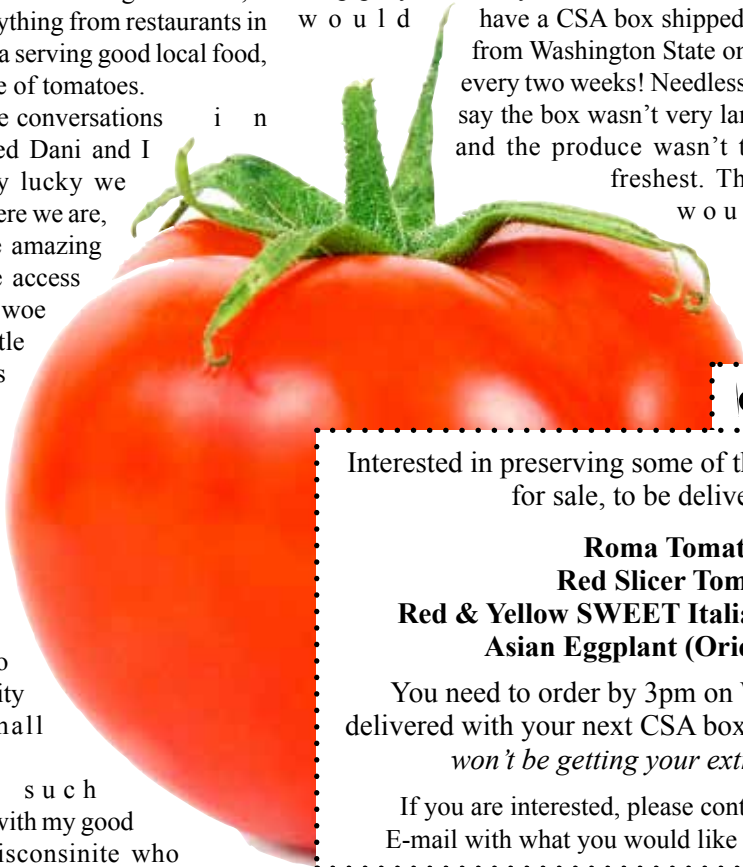
A few of these conversations in particular reminded Dani and I of how extremely lucky we are to be living where we are, surrounded by the amazing food that we have access to. I heard tales of woe as new parents battle to keep their kids from eating the crap that is so readily available in our society; and I listened to a friend's experiences in trying unsuccessfully to start up a community garden in a small southern town.

Another such conversation was with my good friend Eric, a Wisconsinite who

lives out in San Francisco. He is a food lover and was the first to show me what it means to be passionate about quality ingredients in cooking. He was lamenting on how sorely he missed the Midwest this time of year and one thing he wished for the most was fresh, vine ripened tomatoes! Apparently, California is so geared towards mass food production for shipment purposes that it pays little attention to fresh, seasonal food. He went on to explain that it is somewhat hard to find the varieties of produce that are grown more for their flavor than for their shelf life. At Driftless, we select and trial varieties based almost completely on taste - because we don't have to worry about shipping our produce across the country.

Another story I'd like to relate to you was from my friend and his girlfriend who are in Alaska. They live in a small town so remote, you have to take a plane to get there. That, combined with the very short growing season means that fresh produce is in extremely short supply.

They told me of how they would have a CSA box shipped in from Washington State once every two weeks! Needless to say the box wasn't very large and the produce wasn't the freshest. They would



this week's box!

- Cilantro
- Dragon Tongue Beans
- Garlic
- Green Kale
- Green Top Purple Carrots
- **Hot Pepper Mix:** Banana, Cayenne, Jalapeno & Poblano Peppers
- Mixed Tomatoes
- Red Onions
- Red Potatoes
- Sweet Corn
- **Sweet Pepper Mix:** Red
- Italian Frying Peppers,
- Red Pimientos, Red or Yellow Bells

cherish those veggies though, rationing their carrots to one a day at first, and then half of one a day until they were all gone.

It is easy I feel (especially with CSA boxes like this weeks) to take for granted this amazing bounty that pours forth this time of year. From inundation comes complacency and I really cannot believe that I am almost already saying "I can't possibly eat another gourmet heirloom tomato..." We truly do live in the breadbasket of the country (or should I say, the CSA box of the country...) and I for one am completely grateful for it.

--Mike

extra Veggies for sale!

Interested in preserving some of this bounty? We have the following available for sale, to be delivered with **your next CSA box.**

Roma Tomatoes: 20 pounds for \$30

Red Slicer Tomatoes: 20 pounds for \$30

Red & Yellow SWEET Italian Frying Peppers: 15 pounds for \$30

Asian Eggplant (Orient Charm): 10 pounds for \$20

You need to order by 3pm on Wednesday, Sept 5. Your peppers will be delivered with your next CSA box. *Therefore, if you are an EOW member, you won't be getting your extra veggies until the following week.*

If you are interested, please contact Mike at csainfo@driftlessorganics.com. E-mail with what you would like and quantities that you would like to receive.

this week's box!

Cilantro - great for making a batch of salsa (with all of those tomatoes you've been getting). Store in the fridge in plastic with a paper towel to absorb extra moisture.

Dragon Tongue Beans - gorgeous roma-type beans that lose their pretty markings once cooked. Delicious blanched, steamed, braised, sautéed, stir-fried, or roasted.

Store in plastic in fridge & use up within a week. Make sure to snap ends & pull off any strings they might have.

Garlic - some of our porcelain type garlic. Store with your onions.

Green Kale - try the kale chip recipe below for a healthy snack. Works great in a dehydrator if you have a nice one, instead of the oven.

Green Top Purple Carrots - so pretty! Eat them raw, barely cooked, or cooked whole to best maintain their intense color. Stores best without the green tops, in plastic in the fridge.

Mixed Hot Peppers - there will be a bag of a mixture of hot peppers including: Banana - semi-hot, yellowish-green, good in pasta sauces or fajitas. Cayenne - red or yellow, very skinny, small and kind of wrinkly. Good in chili or spicy Asian food. Very spicy! Jalapeno - green, small, oval shaped. **SALSA!** or just chopped up raw in southwest or Mexican food. Poblano - dark green and about the size of a fist. Traditionally poblanos are roasted & peeled before eating, but these are young enough that the skin isn't too tough, so you can just chop it up & sauté, stir-fry, or simmer it like you would other peppers. Their hotness will vary from pepper to pepper, so be sure to test it before adding lots to something. They're delicious in fajitas, eggs, chili, beans, enchilada & cream sauces. Also - if you are up for

it, try making *chile rellenos*. Store on the counter for several days or the fridge for longer. **When working with hot peppers, you may want to wear some sort of glove to protect your hands. At the very least, wash your hands after chopping!**

Mixed Sweet Peppers - This time of year farmer Josh & his wife Teresa stuff a whole bunch of raw peppers with seasoned rice, beans, & cheese & freeze them to pull out for quick-but-special winter dinners. There will be an assortment of Italian Frying and pimientos. **Just remember: sweet peppers are loose in your box, hot peppers are in a bag.** Eat your fill or chop some up & freeze for later – no need to blanch first.

Mixed Tomatoes - There will be an assortment of red slicers, romas and a few heirloom varieties as well. All tomatoes should be stored upside down on your counter and NOT in your refrigerator. Some may be a touch on the unripe so. Simply let them sit out for a day or so until they are soft to the touch. For a better explanation of varieties, check out our recipe page on the website.

Red Onions - slightly sweeter than yellow onions, but more pungent than sweet onions. Use on sandwiches, salads, or for cooking. Store on the countertop or in a pantry.

Red Potatoes - perfect for potato salad now that it's hot again! Store in a dark place in your pantry or cupboard.

Sungold Tomatoes - These are the little orange sweet things. If you are getting sick of them, you can freeze them whole or dehydrate them (cut in half).

Sweet Corn - When you cook these (either boiling or better yet – grilling!), save an ear after eating the rest & try making corn salsa – cut the cooked corn off the ear & mix with chopped tomatoes, red onion, some minced jalapeno (or a poblano that has had its skin charred & removed) & garlic, lime juice, & chopped cilantro.

Homemade Hot Sauce

- 5-6 hot peppers, stems removed (remove seeds too if you want a milder hot sauce – use gloves!!)
- 1-2 colored sweet peppers, quartered, seeds & stem removed
- 2 cloves garlic
- Apple cider vinegar
- Sugar or honey
- Salt & pepper

Combine hot peppers, sweet pepper(s), & garlic in a food processor & pulse to mince finely (not puree). Carefully place minced peppers/garlic in a small, heavy bottomed, non-reactive (stainless steel, glass, or enamel) sauce pan & just cover with apple cider vinegar. Bring to a boil over medium heat, reduce heat to medium, & simmer for a about 20 minutes. When peppers are very soft, add a bit of sugar or honey & a pinch of salt & pepper. Carefully taste (it will be hot!) & adjust seasonings. Bring back to a boil & pack in a clean canning jar. Use chunky (my favorite way) or puree & strain into a bottle for a liquid sauce. Keeps in the fridge for a very long time.

Kale Chips

- 1 bunch of curly kale, stems removed, leaves cut into bite sized pieces
- 2 Tbsp. olive or sunflower oil
- 1 Tbsp. apple cider or white wine vinegar
- 1 tsp. salt
- Pinch of black pepper, paprika (sweet, smoked, or hot), or cayenne/chipotle powder

Preheat oven to 300 degrees. In a large bowl, whisk together oil, vinegar, & seasonings & carefully fold in kale pieces to coat. Let sit for 10 minutes or so as oven preheats. Spread seasoned kale out on a cookie sheet, making sure none of the pieces overlap, & bake for about 10 minutes. Flip pieces over & bake another 5-10 minutes, until edges start to brown. Let cool on pan & store in an airtight container. You can also place seasoned leaves in a dehydrator until crisp.

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WORRIED ABOUT BEING WITHOUT PRODUCE AFTER THE CSA SEASON IS OVER?

We have TWO fall vegetable storage boxes this year: Nov. 15 & Dec. 13.

Each box will be about twice the size of your current CSA boxes and will include storage veggies like potatoes, carrots, squash, sweet potatoes, parsnips, beets and more! ORDER NOW BEFORE THEY ARE SOLD OUT!

<http://csaweb.driftlessorganics.com/>