

# ONE POTATO

NEWS FROM THE FIELDS OF  
DRIFTLESS ORGANICS

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# TWO

## THE BOX

**W** eek #3 is weighing on us and I tell you what, it has been a tough one. With temperatures in the low 90s and humidity at about 7,000%, it has been an oppressive week to say the least. But the crew has persevered and we're chugging right along.

### What the Heck Does "Driftless Organics" Mean, Anyway?

**A** s many of you already know, Josh and Noah started growing potatoes a long time ago and over the years the name of their farm has changed a couple of times. From "Rainbow Potatoes" to "Engel Bros Organics", the two eventually decided on "Driftless Organics". You see, they wanted a name that somehow expressed their commitment to the area in which they live and farm in. They wanted a name that embodied a connection to the land. And Driftless Organics was born.

We all know what "Organics" means, but what the heck does Driftless mean? At first glance it seems to be a

term that describes some sort of wayfaring stranger "drifting" about. To make matters even more complicated, the word "driftless" is a bit difficult to say and understand (over the phone, especially). You wouldn't believe the variations on "driftless" that we have heard over the years. We have endured everything from "Dirt-less Organics" to "Driftwood Organics". I think my favorite rendition, from a governmental farm agency, was "Shirtless Organics".

If you are familiar with this region, or by chance majored in geology in school, than you would know the word and it's geological reference. Here's "Wikipedia's" definition: *"The Driftless Area or Paleozoic Plateau is a region in the American Midwest noted mainly for its deeply carved river valleys. While primarily in southwest Wisconsin, it includes areas of southeast Minnesota, northeast Iowa and northwest Illinois. This region's peculiar terrain is due to its having escaped glaciation in the last glacial period. The term "driftless" indicates a lack of glacial drift, the material left behind by retreating continental glaciers."*

Basically the glaciers didn't plow through this area like they did north and east of us and therefore we are left with

- BASIL
- BROCCOLI
- CILANTRO
- FENNEL
- GARLIC SCAPES
- GREEN GARLIC
- GREEN ONIONS
- RADISHES
- REDLEAF LETTUCE
- SPINACH
- STRAWBERRIES

this beautifully rolling hill and valley landscape. Most of the slopes are too steep to farm and therefore you are often surrounded by forested hills with the fields laying in the valleys, like what is shown.

There are multitude of streams and creeks that meander through the valleys that make the area even more picturesque and a hotspot for trout fishing as well. Unfortunately, these streams don't have the capacity to hold much water and therefore you all too often see flooding, as we've experienced the last couple of seasons. But when they aren't causing havoc, the streams and rivers of the region are a wonderful place to escape too after a hot day in the sun.

I feel it is more than just a desire to reference geology that so many organizations have adopted the word Driftless for their name (there's "Driftless Radio", "The Driftless Cafe", "Driftless Folk School" to name a few...). For those who live here or have spent time here, the name is synonymous with a region of the world that is chock full of good people, organic pioneers, musicians, back-to-the-landers, farmers, entrepreneurs, artists and conservationists. I suppose there may be a few wayfaring strangers "drifting" about as well.

We are proud to be among those who call this place home and we are doubly happy to be farming here. From the Driftless Area to you, I hope you enjoy this week's box!

--Mike



*The Driftless Organics' kale field.*

Hi Everybody! Happy Summer! This is Elizabeth the Driftless Organics' Lunch Lady. I have the privilege of bringing your fine crew good food made with their amazing produce three days a week, and now I have the honor to work for you too! Every day I come to the farm I get to go into the walk-in cooler and discover what it is that I have to work with for the week, it

is always an exciting challenge. Sometimes I have had an idea of something to make for days and other days there is just the inspiration of the elements to help me along. Maybe that's what it is like for you when you get a CSA box. I hope that I can bring you some more joy with your vegetables and inspire you to do something new!

## YOUR BOX

**BASIL** - it's HERE!! A Great Joy of the summer is when the herbs start coming in; the best part is we know that this is just the beginning. This isn't quite enough for pesto, so do something fun with it like put it in a salad dressing or an omelet with parmesan.

**BROCCOLI** - is off the charts in vitamin C and the illustrious vitamin K. Its health benefits have been known for ages. But you knew that, and my guess is that you have a favorite way to prepare it too! Just the other day I made smashed potatoes with lightly steamed spinach and broccoli for the crew. I'll admit that it was covered in cheese... they loved it! Ahhh... beloved broccoli...

**CILANTRO** - means summer. Crisp and refreshing it lends a finishing touch to many a dish. Great in a summer dip with sour cream and cream cheese as well as in a Thai salad with rice noodles. Cilantro is used by many cultures, check out the recipe!

**FENNEL** - is a cousin to dill, carrots and parsnips but certainly has its own sweet and refreshing licorice flavor. It is very high in vitamin C and is a great source of dietary fiber. Try it sliced thinly in salads or grilled!

**GARLIC SCAPES** - Who knew that flower stems could be so useful and tasty? When the garlic bulb sends up its shoot (Scape) for the flower we cut the stem to concentrate energy back into the bulb production before it gets the chance to make a flower. This too is a short but sweet garlic visit for us to experiment with, so enjoy them while they last.

**GREEN GARLIC** - OH! To me a sad day when the Green Garlic goes away. It certainly is a precious moment in the season, thankfully followed quickly by the beloved Scapes. Garlic really gives us all she can. My favorite way to eat Green Garlic this year has been in salad dressings and goat cheese spreads! Give it a shot!

**GREEN ONIONS** - otherwise known as white scallions, these can be used as a substitute for onions in many recipes, but really have a subtle fresh flavor all their own. Store in the fridge for several days; if the outer layer starts to brown, simply peel it off.

**RED LEAF -OR- GREEN BUTTER LETTUCE** - Just can't get enough of that lettuce! Remember to keep it nice and dry after washing it for storage. Or you can just eat it all right now and then you won't have any

problems with soggy lettuce. Try it with one of those dressings I keep urging you to make.

**RADISHES** - This may be the last we see of radishes for a while, much to my sadness. They just don't do so well in the heat of the summer, which is surely upon us! I enjoy them thinly sliced in a salad, but I hear that the French like to dip theirs whole, in melted butter with salt and pepper on top. I might try it tomorrow!

**SPINACH** - There is never enough spinach for me, will this really be IT till Fall? We sure will miss it! I could put spinach in everything, I like to cook with it but also enjoy it in salads and on sandwiches. I've heard something about a salad made with Spinach and Strawberries!

**STRAWBERRIES** - Due to a late May frost that killed many of our blossoms, it has been a terrible strawberry year! But, with the help from Mary's Berries and Keewaydin Farms, we were able to provide a pint for you. We apologize that it is just the one...

**SUGAR SNAP PEAS** - These are MY strawberries. I can eat them fresh by the handful - you? These are nice and young, but be sure to see if they need to be "stringed" before eating them. A simple quick stir fry or steam will do for cooking or, like I said - fresh by the handful!

### MOROCCAN SPINACH AND LENTILS SIDE DISH

*Adapted from Café Morocco by Anissa Helou*

3/4 c. green lentils

1/2 lb spinach

1 bunch cilantro - minced

1 small onion (or your green onions) - thinly sliced

1/4 c. olive oil

1 1/2 t. cumin

1 t. paprika

Sea salt & black pepper to taste

Juice of 1 lemon - or to taste

Put lentils in a large saucepan and cover with 2 1/2 cups of water. Bring to a boil, reduce heat to medium high and cook covered for 15 mins.

Stir in spinach, cilantro and onion. Cover again and cook until spinach has wilted. Stir in olive oil, cumin, paprika and black pepper. Continue to cook covered until lentils are tender and the dish is saucy. Be sure the dish doesn't dry out, add water if necessary, or boil uncovered if too watery.

Finish with lemon juice and salt to taste.

### ELIZABETH'S NEVER-FAIL SALAD DRESSING

*This is an experiment type of thing, so there will be no amounts. Let yourself fly free and be prepared to accept the consequences.*

Take a jar, chop some sort of garlic (green, scape, clove) scallion or onion. Put in jar. Add a bit of salt and pepper. Are there any fresh herbs available? Dill? Basil? Parsley? Great! Chop 'em up and throw 'em in the jar. Add a good glug or two of sunflower oil - or olive oil. Add a nice amount of some tasty vinegar like white wine, balsamic or red wine. The Clincher - got any maple syrup? Just a bit would REALLY do the trick. If not, just a tablespoon of sugar will do. Put the lid on the jar and shake! shake! shake! Taste and adjust! Fun Fun Fun! Play with it, you won't buy salad dressing for the rest of the summer!