



# ONE POTATO TWO

NEWS FROM THE FIELDS OF DRIFTLESS ORGANICS

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*Week FOUR! After a week of rain last week, the weather has calmed down for us and given us tons of sun and dry weather. This is EXACTLY what we need right now to get back on track - to start replanting some of the things we lost in last week's flood, and to start getting rid of those pesky weeds in the crops we still have. What a strange season it has been out if the fields. And this goes not just for us, but for vegetables farms all around the area. The story is the same: everything is a week to three weeks later than normal. Everything that is but the weeds, which didn't mind the cool weather one bit and used it to their advantage to get ahead of the vegetables. In fact, weed pressure has been worse this year than I can ever remember. It is a good thing we have such an amazing crew to keep on top of it all!*

## THE DRIFTLESS CREW!

Every season, I make a point to let our CSA members know how important our crew is to the success of the farm. On a small scale vegetable farm like ours, labor is an extremely large part of the operation and by far the biggest expense as well. There is no way around it, growing organic vegetables on this scale takes a LOT of hands to do it. Even with our level of mechanization; with tractors and transplanters, cultivators and forklifts, it still takes a lot of people to get the job done.

The hand tasks are infinite; everything from weeding to most harvests, from the greenhouse work to setting up irrigation must all be done by skilled, knowledgeable and hard working people.

And we are so lucky to be working with just those type of folks. We are into the fourth week of the CSA season and some crew member introductions are long overdue. This year, we were lucky enough to have 5 awesome crew members come back for another year, and to top it off, the 7 new hires are all amazing additions. All in all, the 2011 Driftless team is as good as it has ever been.

This year we have lots of new faces and I am happy to say that they are all working out great. There's Erik, our new packing shed coordinator, who is taking over for our long time veteran packing shed guru, Adrian, who is headed off to Madison. There is the other Eric, an avid gardener/orchardist who is quickly becoming one of

our fastest bunch-makers around. Lilly, who is the younger sister of Josh and Noah, is an absolutely essential washer, bagger and all around packing shed extraordinaire. Next is Dustin, a local dude who doesn't at all mind the hard work that comes with each and every day. Then there's Matt, another one of those extremely hard workers that approaches every task with a great attitude and a smile. Lauren, one of the veteran employees at Driftless, is the new harvest coordinator and I tell you what, she is kicking major ass. Luke is yet another long time employee who hovers between the all-experienced harvest crew to a great tractor operator. Then there is Kaleb, who has never worked on a farm before (but you wouldn't at all suspect it, given how fast and confident he is in the field). Liz is helping us out one day a week for kale harvests (we wish we could get her to work full time!) and Rachel who has been working with Driftless since its inception, is invaluable beyond words. One can't forget Mike K., our Twin Cities CSA delivery driver.

## THIS WEEK'S BOX

- Broccoli or Cauliflower
- Fennel
- Green Butterhead Lettuce
- Garlic Scapes
- Green & Purple Kohlrabi
- Green Top Red Beets
- Green Savoy Cabbage
- Red Scallions
- Snap Peas
- Strawberries
- Summer Savory

Last but not least is our ace tractor operator, Patrick. I swear, I don't know what we ever did without Patrick on the farm. He is that good.

So, that's the 2011 crew. They are not only our coworkers, but our friends and neighbors as well. We can't thank them enough for all of their hard work, dedication and most importantly, good attitudes!

-Mike



**The Driftless Crew: From Left to Right:** Top row: Erik, Adrian, Eric, Lilly, Dustin, Matt, Lauren, Luke and Kaleb. Bottom row: Mike, Josh, Liz, and Rachel. (Most regrettably not pictured: Noah, Patrick, Mike K. and Keefe)

**Broccoli or Cauliflower-** the broccoli is extremely late this year – but we think worth waiting for! So young & tender, eat it raw or lightly steamed or stir-fried. Don't forget to peel & use the tasty & healthy stems! Keep in plastic in the fridge.

**Fennel** - is one of my favorite veggies, raw or cooked. Try it in salads, soups, stir-fries, pasta, au gratin, anything where you want a slightly anise-y flavor & texture similar to celery. The whole plant is edible – the bulb, stems, & leaves. Store in plastic in the fridge & use up the stems/leaves within a few days & the bulb within a week.

**Garlic Scapes** - it bears repeating that garlic scapes are your super-cool looking local, seasonal alternative to garlic cloves in any application, just use about twice as much. Chuck the pointy tip starting right above the flower bud but use everything else. Makes awesome pesto. Store in a vase on the counter for up to a week or several weeks in plastic in the fridge.

**Green Butterhead Lettuce** - so pretty & tender & sweet!! Store in plastic in the fridge with a paper towel. Wash carefully as the heavy rains last week splashed a lot of grit around.

**Green Savoy Cabbage** - the prettiest of cabbages! Delicious in salad, coleslaw, stir-fries, & soup. Store in plastic in the fridge (or loose if you'll use it in a couple days). The outer leaves of this cabbage can be removed if they get wilted or too tough. The inner, slightly yellowish green leaves are where the taste is. Try this simple side dish: coarsely chopped cabbage sauteed with garlic scapes, purple scallions and olive oil.

**Green Top Red Beets** - Yea for beets! These mineral-rich freshies definitely don't need peeling & are

wonderful raw on veggie platters or grated on salads. The greens are nutritional powerhouses & can be cooked like you would spinach or chard, but are best used within a few days. The beetroots will store in plastic in the fridge for weeks.

**Kohlrabi** - These are the funky bulbous vegetables with the leaves attached. In your box there will be one purple and one green one. Both the bulb & the leaves are edible. Peel the bulb with a sharp paring knife to slice or cut into wedges & eat raw (makes a great cracker alternative with dips or spreads if you slice it thinly) or cooked (like you would a turnip or a potato), especially in soups or au gratin. Cook the leaves as you would kale or collard greens (remove the tough stem first).

**Purple Scallions** - Delicious raw or cooked (cook the purple parts first & the green parts at the end or as garnish). They go great in stir fries, salads or anywhere else you would be using an onion. Try grilling them! Store in plastic in the fridge & use up within a week.

**Snap Peas** - also called sugar snap peas because they're so sweet! Best to eat these raw, but if you must cook them, just barely cook them. This is just a small teaser bag this week. There'll be much more to come!

**Strawberries** - Our strawberry patch just didn't cut it, so we purchased some berries from Hoch Organic Orchards in La Crescent, MN. It has been a pretty tough strawberry year for everyone so this will most likely be the last week for berries. Boo!

**Summer Savory** - tastes kind of like a mix of oregano & thyme – especially good in bean dishes & egg salad. Summer savory can easily be dried by hanging it upside down in your kitchen, or put in a paper bag with slits cut into it on your counter for 5-7 days. Once dry, strip leaves off of stems into a

## Fennel & Snap Pea Salad with Lemon and Feta Cheese

1 fennel bulb, bulb cored & thinly sliced, stems thinly sliced, leaves reserved  
2 cups snap peas, strings removed  
5 scallions, thinly sliced  
3 Tbsp. olive oil  
juice & zest of 1/2 a lemon  
1 garlic scape, minced  
salt & pepper to taste  
1/2 cup feta, crumbled  
fresh mint & parsley, optional

Combine fennel, snap peas, & scallions in a medium bowl. In a small bowl, combine lemon juice, zest, garlic scape, & salt & pepper. Whisk in olive oil & toss into veggies. Fold in feta. Serve immediately with fennel leaves & optional herbs as garnish. Serves 2 - 3.

## Asian Savoy Cabbage Salad

*This recipe is tasty and quick. Feel free to add things like the scallions (chopped up), grilled chicken (sliced), or toasted, slivered almonds*

1 cup snap peas, coarsely chopped  
4 cups green savoy cabbage, shredded  
1/4 cup olive oil or Driftless sunflower oil  
1/4 cup rice or white wine vinegar  
1 tablespoon sugar  
1 tablespoon tamari or soy sauce  
1 teaspoon grated fresh ginger  
1 teaspoon toasted sesame oil  
1/4 teaspoon crushed red pepper  
1 package of ramen noodles  
2 teaspoons toasted sesame seeds (to toast simply use a skillet on low heat, stirring constantly until golden brown.

**Dressing:** Mix together the seasoning packet from the ramen noodles, the oil, vinegar, sugar, tamari, ginger, sesame oil, and crushed red pepper. Set aside.

In a large bowl, combine cabbage, peas, and scallions Mix dressing well; pour over cabbage mixture. Toss lightly to coat.

Break dry ramen noodles into small pieces. Add noodles to cabbage mixture; toss lightly to mix. Top with toasted sesame seeds.