



# ONE POTATO TWO

NEWS FROM THE FIELDS OF DRIFTLESS ORGANICS

volume 5 • issue 6 • july 14 - 16, 2011

*Week SIX! We're cruising right along and I hope you are too! Isn't summer just the best time of year? Right now it sure does feel so. The farm is humming along nicely and here's some news from the field...*

## MID SUMMER FIELD REPORT

At least twice a week, I like to drive around and visit each one of our fields to check on the state of things, like the progress of a particular vegetable, the bug or weed pressure, whether or not something or another needs watering or if it is ready to harvest or not. As the season progresses, and our fields fill up, this becomes quite the lengthy process. And it is always filled with a range of emotions, from elation (seeing the broccoli exploding with giant, beautiful heads), to despair (seeing the weeds get out of control in the kale field), to worry (wondering when the heck that planting of sweet corn is ever going to germinate), to excitement (seeing the first ripe tomato).

The season has been an interesting one and with 'things being behind' no longer an issue, we struggle to keep up with some pretty amazing harvests of broccoli, cauliflower, zucchini and green beans. Whether it was that 5 inch rain we received 3 weeks back, or the incredibly hot and humid weather we've had since, or something entirely unexplainable, most crops are doing remarkably well.

And as we work our tails off reaping this bounty, we must always remember to keep up with the planting. You see, unlike the corn and bean farmers, planting for us vegetable guys is a lengthy and complicated process spanning over several months. It is called succession planting and with about three quarters of the crops we grow, we must plant at least 2 and up to as much as 8 plantings of certain crops.

We are thankfully nearing the end of our succession planting schedule as we start to plant our fall seedings of storage crops like carrots, beets, turnips and winter radishes. This week and the next are the final big push to get those seeds in the ground and then get them watered (unless we are blessed with a perfectly timed rain...)

Speaking of rain, last Sunday's 3/4 of an inch couldn't have come at a better time. Patrick, our tractor operator, was spending most of his time setting up irrigation and NOT working the fields like we had wanted. Because you see, for every succession planting, ground needs to be worked and prepared for the seeding to even happen. And then, it needs to get cultivated to keep those pesky weeds down. Ahh, the work never ceases - but it sure does make things easier when we get a nice 3/4 to 1 inch of rain. Vegetables are inherently needy crops and ideally they should be drinking up to an inch of water a week.

Unfortunately, not *all* of our fields are looking as nice as the ones I've talked about thus far. Our onions are a bit of a worry, as it is already mid-July, the onion growing season is nearing to an end, harvest is approaching and the bulbs just haven't sized up yet. We are still holding out though, hoping that with enough water and fertilizer (liquid fish, mostly), we can get those buggers to grow big in the next couple of weeks.

We'll just have to take the bad with all of the extraordinary amount of good that we have going on right now. We are happy, the crops are happy and we hope that all of you are happy with your boxes!

-Mike

## THIS WEEK'S BOX

- Broccoli
- Cauliflower
- Cilantro
- Fresh Garlic
- Green Beans
- Green Leaf Lettuce
- Green Top Carrots
- Green Top Gold Beets
- Green Zucchini
- Purple and White Scallions
- Snap Peas
- Yellow Summer Squash



*Above: the onion field. Below: In this field you see 3 different plantings of broccoli: broccoli 3 (being harvested right now), broccoli 4 and broccoli 5.*



**Broccoli** - my favorite thing to do with broccoli right now is to cut it into wedges lengthwise, brush with oil, & grill. Yum!!! If you just can't eat it all, you can freeze some: bring a large pot of salted water to a boil, drop in the size broccoli chunks (florets & peeled stem) you want (just make sure they're all the same size) & blanch for 3 - 4 minutes, depending on size of chunks. You're looking for bright green color & crisp-tender texture, not mush. Remove from water & immediately drop in a bowl of ice water. After a few minutes drain them, then freeze in freezer bags (you can freeze them loose on a sheet pan first if you don't want them to stick together after they freeze).

**Cauliflower** - also awesome grilled!! Cauliflower is closely related to broccoli, & can be cooked similarly, in stir-fries, sauteed with garlic, or in creamy pureed soups. Cauliflower's sweet, slightly nutty flavor is especially delicious in Indian curries. It can also be broken into florets & steamed (about 5 minutes, drizzle with olive oil & lemon juice, salt, pepper) or tossed with oil, garlic, & salt & roasted (450 degrees for about 15 minutes). High in Vitamins C & K. Store cauliflower in plastic in fridge & use within a week.

**Cilantro** - an essential ingredient in lots of different ethnic dishes, including the two recipes to your right. Store in the fridge in a plastic bag.

**Fresh Garlic** - uncured, so use it within a couple days or store in the fridge. It's really easy to peel. Use it like cured garlic, just use a little extra since it has a higher moisture content.

**Green Beans** - soooo delicious lightly steamed & drizzled with olive or Driftless sunflower oil & fresh lemon. Mike & I often just

eat a big bowl of these for dinner. Best eaten within a few days. Store in their plastic bag in the fridge for up to a week.

**Green Leaf Lettuce** - still looking great, despite the heat. Outer leaves make great wraps for grilled meat, egg salad, etc. Stores best in plastic with a paper towel so it's not sitting in water.

**Green Top Carrots** - although technically edible, most people just compost the greens - the carrots will keep better without them in plastic in the fridge. Eat 'em raw!

**Green Top Gold Beets** - the mildest of the beet greens - cook with them as you would spinach or chard. Delicious chopped up & tossed into the pea recipe in last week's newsletter at the last minute. Gold beets are a sweeter version of regular beets so even if you don't like the red ones, you should really try these! Especially delicious tossed in oil and then roasted (with zucchini perhaps?) or grated raw onto salads.

**Green Zucchini** - delicious cut into long wedges & grilled. Do up a bunch of them & store them in a ziploc bag in the fridge for sandwiches, pizza, eggs, etc. Zucchini store best uncovered in the warmest part of your fridge.

**White Scallions** - The last of the scallions and then finally, starting next week, we will have regular onions! These are another good griller or just eat raw with salt. Use like you would an onion.

**Snap Peas** - this has been our best year ever for peas - we're so excited & hope you're enjoying their bounty! Use these up soon, as they are starting to develop white spots on them. This does not affect the flavor, but it they certainly don't look as beautiful as last week's. Store in the fridge in the bag they came in.

**Yellow Summer Squash** - use and store as you would zucchini.

## Lemongrass Chicken Lettuce Wraps

### Marinade:

1 stalk fresh lemongrass, trimmed, cut into 1/2" pieces  
3 cloves fresh garlic OR 2 garlic scapes, cut into 1" pieces  
1 tsp. coriander seeds  
1 Tbsp. honey  
2 Tbsp. Asian fish sauce  
1 Tbsp. tamari  
1 lime, juice & zest  
black pepper to taste

1 1/2 lb. boneless chicken breast or thighs, cut into finger sized strips

8-10 leaves green leaf or butterhead lettuce  
1/4 c. cilantro, coarsely chopped  
1/4 c. scallions, chopped  
1/4 c. roasted salted peanuts, coarsely chopped

Combine marinade ingredients in food processor & pulse until not quite smooth (there will be some lemongrass fibers still present - it's OK). Place in a non-reactive baking dish, stir in chicken to coat, cover, & marinate in fridge for 1-3 hours. Thread onto bamboo skewers & grill over medium-high heat for 2-4 minutes per side. Let cool a bit. Meanwhile, wash & dry lettuce leaves. Place a piece of chicken on each lettuce leaf, top with cilantro, scallions, & peanuts & serve. Serves 4-6

## Curried Cauliflower with Snap Peas

3 c. cauliflower, cut into bite-size pieces  
3 c. snap/snow peas or green beans  
4 cloves fresh garlic, minced  
1 Tbsp. oil  
1 tsp. cumin seed  
salt & pepper to taste  
2 1/4 c. milk  
1/2 stick butter  
4 Tbsp. curry powder  
2 Tbsp. all-purpose flour  
juice & zest of 1/2 lemon  
cilantro, chopped, for garnish  
scallions, chopped, for garnish

In a large lidded skillet, heat oil over medium-high heat. Add cauliflower, stir, & cover. Meanwhile, set milk to heat over medium heat until about to boil. After cauliflower has cooked for about a minute, give another stir, cover, & after another minute add the snow peas & cumin seed & cover. After another minute, add garlic & stir a few times. Season with salt & pepper to taste & transfer on to a plate. Return empty skillet to stove & melt butter. Whisk in curry powder until bubbly. Add flour & stir constantly for another minute. In a slow stream, whisk in hot milk until incorporated. Continue whisking until boiling & thickened (about a minute after boiling). Stir in lemon juice/zest & veggies & serve over rice with garnishes. Serves 4-6