



one potato two

News from the Fields of Driftless Organics

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Here we are, into week #7! This is the kind of week where there is simply too much to do and not enough time to do it. It is at this point where one can decide to kick, scream and pull hair out....or one can choose to prioritize and just start chipping away at the mountain of work, one task at a time.

As I reach for my remaining hair with my hands shaped in a claw like fashion, Josh and Noah calmly reassure me that, it will all get done. One way or another, it will all get done.

After a few deep breaths, I realize they are right. This is one of the many reasons I like working with these two guys. They are calm and collected when it is the most essential to be so. They use their experience to keep them focused and loose. Because after all, who wants to eat veggies grown by a stressed out farmer?

Know Your Farmer, Know Your Food (part 2)

Josh and Noah are about two of the most humble guys I've ever met (another reason I like working with them). So, it comes as no surprise that they shy away from the me suggesting, "maybe we should do another newsletter about the farmers?" But, y'know, I'm thoroughly convinced that it is good to know your farmer(s) and specifically what the heck they do all day.

After our morning cup of coffee, crossword puzzle and cheese danish, we usually start out into the field about 10 am or so....

Ha ha, just kidding.

We, Josh, Noah and I, have a good thing going with our task division. We basically have taken what each of us is good at, or really enjoy and put ourselves in charge of that part of the farm.

For example, Josh is good with

numbers and organization and therefore he does most of the paperwork, the planning, the logistics of the farm and the books. He is the one that keeps us certified year after year by making sure all of the proper paperwork is completed.

Josh does all of this as well as raise his sunflowers, barley and other row crops. In addition, he is the perennial guru; spearheading the task of planting the raspberries, asparagus and other such crops. And nearly every Thursday he takes up the CSA boxes to the cities as well. Not to mention, Josh is the face you see the most at the farmers market in Madison.

Noah is one of those MacGyver type fellows could easily build a potato harvester out of some duck tape, safety pins and a hearing aid. Therefore, he's in charge of designing, building and utilizing the wide array of cultivation equipment needed to keep the weeds down. He is the "on the ground" logistics coordinator, making sure that all the pieces of the puzzle, from fertilizer, to equipment to irrigation supplies, to the plants themselves fit together where they are supposed to.

And when Noah isn't busy with all of these tasks, he helps with crew supervision, keeping quality standards up and inefficiency down.

Both Noah and Josh have the most experience with the machinery and therefore do the majority of the tillage and other heavy tractor work.

My role on the farm is a little simpler (and easier because unlike Noah and Josh, I can go home at 5 or 6 o'clock). I do most of the marketing and graphic work like the website and newsletter. As many of you know, I am in charge of the majority of the communication between you and the farm. I also am in charge of a fair amount of paperwork, from greenhouse records to the CSA box packing plan. I try to get my hands in all aspects of the CSA, for this

the BOX!

Arugula
Broccoli
Chard
Fresh Garlic
Green & Purple Beans
GreenTop Carrots
Iceberg Lettuce
Raspberries
Red Opal Basil
Sweet Onions
CHOICE: FENNEL

is the part I enjoy the most.

In the fields, I do most of the seeding of crops like beans, beets and carrots. This is one of the more stressful parts of my job (what if that spinach doesn't come up?...) I also help out with the crew when I can, bugging them by being nit-picky about this bunch or that pint. And, when I am allowed to, I jump on a tractor now and again.

As I say, the labor division we have set up works pretty darn good. If nothing else, it keeps us all working hard and busy. And when you stay busy, you are always hungry. Speaking of which, where the heck did I set that cheese danish?

--Mike



YOUR BOX!

ARUGULA - oooh one of my favorite salad greens! A member of the mustard family, its peppery piquancy is so refreshing & unique that it adds fascination to anything you mix it with. You can cook arugula like you would spinach (lightly steam, sauté, or wilt) but I would suggest eating this zippy baby arugula raw in salads, as a garnish, on tacos (check out the fish taco recipe), or on sandwiches. It doesn't store long so eat it quick! If you wash it before storing it, make sure to dry it thoroughly before putting it in plastic in the fridge.

BROCCOLI - yea for more nice broccoli

FRESH GARLIC - should be stored in the fridge or used within a couple of days, as it isn't cured yet (see last week's newsletter for an explanation of this). The skins pull off super easy!

GREEN & PURPLE BEANS are such a great mid-summer treat! Tasty fresh with dip or on salads (you should highlight the gorgeous purple ones raw as they turn green when you cook them). Or lightly steam & top with olive oil/butter & lemon juice or add to pasta or potato salads. Delicious sauteed/stir-fried in olive oil/garlic or toasted

sesame oil/garlic/ginger. Our local bar makes an awesome breaded & deep-fried green bean appetizer (only in Wisconsin!). Or try the tasty & easy Green Bean & Chevre Salad recipe below...

GREENTOP CARROTS - as I said last week - the greens are worthless unless you're a bunny or a compost pile, so cut them off to store the roots. Try grated carrots combined with arugula - their sweetness is the perfect foil for arugula's peppery spiciness.

ICEBERG LETTUCE - withstands the summer heat better than most other varieties, hence it's presence in this late July box. It's sweet & crunchy & refreshing for light summer salads. Spice it up with some arugula, grated carrots, red basil, & some of those beets that you haven't used yet from last week (just try them freshly grated - delicious & beautiful!!!)...

SWEET ONIONS these sweet onions are called "Ailsa Craig" & are an heirloom variety (an open-pollinated [capable of reproducing true to seed] variety that has been cherished & saved for many generations, versus hybrids that are intentional crosses between two or more varieties & won't reproduce true to seed). They are tasty & sweet, but don't keep as long as regular yellow storage onions, especially since they haven't been cured (dried in the greenhouse for several weeks under fans) yet. Enjoy them fresh on salads, sandwiches, tacos, etc.

RASPBERRIES - mmmm... there's nothing like fresh raspberries. Absolutely divine covered with half & half & a sprinkling of sugar...

RED OPAL BASIL - this gorgeous variety is a stunning & tasty addition to salads, sandwiches, pasta, stir-fries - you name it! Best stored like a cut flower - with freshly cut stems in water on the kitchen table. It will also store in the fridge in a plastic bag for a few days.

GREEN & PURPLE BEAN SALAD WITH CHEVRE

Dressing:

- 1/3 c. olive oil
- 2 Tbsp. white wine or white wine vinegar
- 1 tsp. Dijon mustard
- 1 Tbsp. fresh onions, minced
- salt & pepper to taste
- 1/2 lb. fresh green & yellow beans, stems removed
- 1 small fresh onion, thinly sliced
- 1/2 c. walnuts, toasted
- 2 oz soft chevre (soft goat cheese), crumbled

Whisk ingredients for dressing together & set aside. Steam green beans for about 5 minutes, or until slightly tender. Cool under cold water & drain. Mix green beans, fennel, walnuts, & dressing together & top with goat cheese.

Serve cold.

FISH TACOS W/ ARUGULA & CARROTS

- 1 lb. white flaky fish like cod, mahi mahi, or walleye or tilapia, cut into long strips
- Corn tortillas
- 2 carrots, grated
- 2 c. arugula, washed, dried, & shredded
- 1/2 sweet onion, thinly sliced
- lime wedges for garnish

Sauce:

- 2/3 c. plain yogurt or sour cream
- 3 Tbsp. mayonnaise
- 1 lime, juiced
- 1 jalapeno pepper, minced OR 1 Tbsp. hot sauce
- 1/2 tsp. ground cumin
- 1/2 tsp. ground coriander
- 1/4 tsp. chipotle powder (optional)
- 3 Tbsp. cilantro, chopped (optional)
- Squeeze lime juice & salt over fish.

Whisk sauce ingredients together & set aside.

Either grill or bread & deep fry. (Mix 1 c. flour, 2 Tbsp. cornstarch, 1 tsp. baking powder, 1/2 tsp. salt & quickly mix in an egg beaten with some light beer. Roll each piece of fish in flour then dip in breading & slide into a couple of inches of 375 degree oil until golden brown. Drain on paper towel.)

Warm each tortilla on a hot pan & serve topped with fish, veggies, sauce, & lime wedges.