



ONE POTATO TWO

NEWS FROM THE FIELDS OF DRIFTLESS ORGANICS

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Week Eight! As July turns to August, we keep cranking the veggies out. We are finishing up with the last of the fall seedings of carrots, beets, and winter radishes. Next week, we'll transplant the last planting of broccoli and with that we are one step closer to putting the transplanter away for the season.

In other non-vegetable farm news, Josh's work in the grain fields is really heating up and he's here to talk a little bit about a side project of his that he has been working on getting going the last few years.

DRIFTLESS GRAINS

Hello all! This is Josh, one of the rarely heard from folks here at Driftless Organics. If you're lucky, I will even spell everything right. I'd like to fill you in a little on all the grains and oilseed crops that we grow here at Driftless. Right now we are harvesting canola seed. It is a tiny black seed just a little bigger than a poppy seed and when pressed can yield up to forty percent of its weight in oil. Then, right after I finish that, I have two types of wheat to harvest. One is a hard red winter which will hopefully be good enough for my baker friend, who is eager to try it in his breads. The other type is a soft white winter wheat good for milling for pastry flour.

Another grain that I'm growing is rye. Like winter wheat and canola, rye is planted in the fall. As for the this year's rye (planted last October), most of it had terrible germination and we only have two small patches to harvest from this year. It is nearly ready to come out and will be used for cover crop seed and milling for rye flour. The last but not least grain we have is spelt, which is a peculiar old school cousin of wheat. Spelt is rather easy to harvest and is also used for milling of flour for bread. The tricky thing with spelt is after harvest and before milling, it has a little husk on the outside of the seed that needs to be dehulled, which is rather a pain in the a__.

Now for the cash cow sunflowers of course, which are just about getting ready to bloom. What a sight it will be! We have about forty five acres of the pretty little things in this year and if all goes well I will harvest forty five acres. They usually get combined around the end of September through early October.

Now you may ask how the heck do you get all these different crops out of the field? Well that is a good question. We use just a regular old combine (a International Harvester model 1440 to be precise) similar to the ones you see in a corn field in late

THIS WEEK'S BOX

- Banana Peppers
- Broccoli
- Carrots
- Cucumbers
- Eggplant
- Fresh Garlic
- Green Beans
- Green Kale
- Green Zucchini
- Napa Cabbage
- Sungold Tomatoes or Raspberries
- Sweet Spanish Onions
- Thyme



Josh's International Harvester combine

fall around these parts. These combines are amazing; they are designed to harvest anything from rice to sunflowers to the oats you eat in your oatmeal. In theory the combine is quite simple. There are four major areas of the combine: the first being the head or collecting mechanism which is different for every crop but is responsible for taking the crop from the field into the combine. Once the crop has entered the combine it is threshed so that the seed (what we want to keep) is separated from the pod/

stem and stalk (the chaff - what we don't want). Next the mixed up mumbo jumbo of seeds and chaff need to be separated and this happens in a series of adjustable sieves that have a large fan that blows up through them creating an environment where the heavier seed will fall down into an auger to go to the grain tank and all the chaff are blown out the back of the combine. OoofffffDaaaa!!!! Did you get all of that?? Well anyway, here is a picture of the old girl maybe that will sum it up. Over and out.

-josh

Banana Peppers - there will be 5 of these in your box. They are yellowish-green and have a slight spice to them. Cut out the seeds if you are at all worried about the spiciness, and you may want to wear gloves when preparing them for a meal. I highly recommend cutting them in half, filling them with some sort of cheesy filling, and then baking them for a short while.

Broccoli - quite possibly the funkiest looking broccoli we have ever grown - and we are attributing this to the crazy heat wave of last week. The good news is that it still tastes good!

Carrots - Be sure to put your carrots in a plastic bag as soon as you can or otherwise they will get rubbery. Store in plastic in the fridge. Carrots are a great addition to salads, coleslaws or just as sticks with your favorite dip.

Cucumbers - delicious & cooling in salads, mixed with yogurt & lemon juice in tzatziki, diced in tabouli, on sandwiches, dipped in hummus...

Eggplant - you will either be getting an Italian type (purply-black and bulbous), or an Asian type (long and slender and light pinkish-purple). Eggplant is a great addition to pasta sauces, soups for dips like baba ganouj. If you are adding to a homemade pasta sauce, it is best added after the onions but before the tomatoes. Store uncovered in the warmest part of your refrigerator.

Fresh Garlic - a bit less strong than regular cured garlic, but so much easier to peel! Will keep on the counter for a few days or the fridge for a couple weeks.

Green Beans - my favorite way to eat green beans is to simply steam them, and then add lemon juice, salt and lots of pepper. This is a great side dish that goes with just about any dish. Green beans freeze very well if you are getting sick of them.

Green Kale - green curly kale. Strip the leaves off the stem, chop, & add to soups, sauces, stir-fries, you name it, towards the end of cooking time. Or lightly steam whole & serve with olive oil & lemon juice or shaved aged cheese. Or try the recipe to the right!

Green Zucchini - delicious & pretty, thinly

sliced on pizza with caramelized onions, fresh tomatoes, goat cheese, & kalamata olives... Or eat them with eggs or pasta or stir-fry or soup. Or roast them as a side dish. If you're going to use them within a few days they're fine on the counter (most refrigerators are actually too cold for their taste - they love to be stored around 50 degrees, ideally).

Napa Cabbage - Napa is a lovely cabbage great in asian style coleslaws or stir fries. Store in your fridge, in a plastic bag. Try making a simple salad with shredded napa, carrots, tamari, ginger and slivered almonds and/or sesame seeds.

Raspberries or Sungold Tomatoes- Both are sweet like candy! Use the raspberries up quickly, as they don't last long in the fridge. The sungolds are an orange cherry tomato that we have been growing for a number of years. They are super sweet and awesome in salads or just by themselves. There will be much more of these to come. Store sungolds on your counter and NOT in your fridge.

Sweet Corn - the sweet corn is really coming on strong now and we are happy for it. Now, we don't spray our corn and with sweet corn that hasn't been sprayed, there will inevitably be a worm or two here and there. We apologize for this and hope it doesn't gross anyone out too much. Simply cut that worm (or worm damage) out and eat the rest, being assured the whole while that it is organic! Store your sweet corn in the fridge but try to eat it up right away, as the longer it sits, the less sweet it becomes.

Sweet Spanish Onions - are to be stored in the fridge, as they are a fresh (uncured) onion. These onions are great pungent, oniony but with a sweetness that sets them apart from a yellow storage onion. Eat raw on sandwiches or burgers, or cooked in sauces. Last weekend, we put a few whole onions in the coals of a campfire and then ate them just as is. They were delicious.

Thyme - one of my favorite fresh herbs! To remove the leaves, grab the top with one hand & strip downward with your other hand's pinkie & pointer finger.

Yellow Summer Squash - are subtly different than green zucchini - and both should be stored and cooked the same. Personally, I love cutting zucchini into wide strips, brushing with oil and then grilling (or broiling).

Zucchini & Pepper Frittata

6 eggs
2 Tbsp. butter
2 fajita peppers
1 medium zucchini
1 medium sweet onion, sliced
2 cloves fresh garlic, minced
1 Tbsp. fresh thyme, chopped
salt & pepper to taste
1/2 cup feta cheese. crumbled (optional)

Lightly beat eggs in a bowl with salt & pepper to taste. Set aside. Turn on broiler & set a rack about 4" below.

De-seed peppers & slice thinly lengthwise. Cut zucchini in half lengthwise & slice into long strips on the bias. Heat 1Tbsp. of butter in a 10" cast iron/oven proof skillet. When butter is foamy, add peppers, zucchini, & onions & saute over medium-high heat, stirring frequently, until softened & starting to brown. Add garlic, thyme, salt & pepper to taste & stir a few more times. Add remaining 1 Tbsp. of butter & once it's melted, add eggs all at once, swirling to coat pan evenly if necessary. Turn heat to low, sprinkle feta over the top, & cook until sides are just starting to set. Put pan in broiler for 1-2 minutes, until top is lightly browned & eggs are set. Serve immediately or at room temperature. Serves 3-4.

Green Kale Chips

1 bunch kale (any type works; in this case we used green)
2 tbsp olive oil or Driftless Sunflower Oil (use the amount of oil that you feel comfortable with - just remember it doesn't take much).
salt and pepper to taste

Preheat oven to 350 degrees. Wash kale, strip leaves from stem, cut into uniform 2" pieces, spin dry in salad spinner, lay out in parchment lined cookie sheet, drizzle with oil, sprinkle with salt & bake for 10 minutes. Remove from oven & eat immediately or let cool on pan.