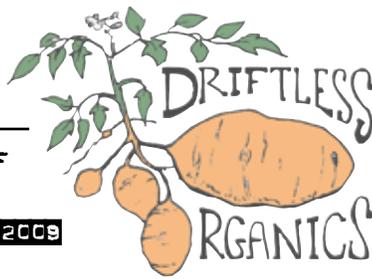


# ONE POTATO

NEWS FROM THE FIELDS OF  
DRIFTLESS ORGANICS

VOLUME 3, ISSUE 8 JULY 30-AUGUST 1, 2009



# TWO

## THE BOX

**M**onday night brought some pretty crazy weather and we were about a mile away from a tornado touchdown. With our hearts in our throats, we were reminded how vulnerable we really are. With so much good-looking abundance being produced, we were starting to feel pretty darn invincible. All it took was about 30 seconds of nature to remind us otherwise.

Alas, we remained relatively unscathed - the edamame took a pretty powerful hit and this week's lettuce has some signs of hail damage. The good news is we received plenty of much needed moisture and the crops are just loving it!. With moisture like this, crops tend to go a little crazy and produce amounts that are sometimes a little more than we know what to do with. Luckily there's groups like Kickapoo Harvest to help find homes for some of the excess veggies. Hope ya like the box!

## KICKAPOO HARVEST

Written by Dani Lind

**O**n a lovely Friday afternoon a couple of weeks ago, Driftless welcomed me and 5 other volunteers out to their fields & packing shed to harvest (or "glean") around 400 pounds of seconds, last pickings, culls, and market returns that were then distributed to low income residents of nearby Viroqua, WI.

This was the first run of a pilot project of our community's Farm & Food Initiative called "Kickapoo Harvest: Gleaning for Healthy Communities", aimed at getting healthy, locally produced food into the hands of those who need it most in our region.

Many low-income residents lack access to locally produced fresh fruits and vegetables, while most area vegetable farms, including Driftless, must ship their produce to surrounding urban areas to make a living (the biggest town within 45 minutes of Driftless Organics is Viroqua with a population of about 4,300). In the vegetable farming business, only the cream of the crop gets shipped to market, oftentimes leaving blemished and odd-ball

veggies, or "seconds" - which usually don't make economic sense to harvest, wash, pack, & ship - to rot in the field.

This year's pilot program will engage volunteers to harvest this excess "unmarketable" produce and fruit grown at Driftless Organics and other area farms and distribute it to interested residents of Park View Manor, a subsidized apartment complex located in downtown Viroqua which is home to senior citizens and disabled people living on a fixed, limited income. Once a month through October, harvested produce and fruit will be cleaned and nicely boxed, CSA style, by volunteers before being distributed to Park View Manor residents.

In addition, area chefs are offering cooking demonstrations and recipes to residents along with their gleaned food boxes to help them out with some of the more unusual contents. Excess gleaned produce is being distributed to area food pantries (which are normally disturbingly devoid of fresh food) or Viroqua Public Schools' lunch program. The School is partnering with us to provide them with free gleaned produce as well as purchased seconds for their burgeoning Farm to School Program in exchange for the use of their High School cafeteria for washing and packing.

With a year of experience under our belt, we hope to be eligible for grants to expand our project next year, enabling us to supply gleaned food to more community members in need. In the future we'd also like to administer a local produce (and possibly

- ARUGULA
- BROCCOLI
- CAULIFLOWER
- CIPPOLINI ONIONS
- CUCUMBERS
- GARLIC
- GREEN BEANS
- GREEN SAVOY CABBAGE
- GREENTOP CARROTS
- ICEBERG LETTUCE
- ITALIAN PARSLEY
- RAINBOW CHARD
- YELLOW SUMMER SQUASH



The gleaners (from left to right): Nicole, Sarah, Dani & Mary

dairy & meat) purchasing/distribution program for our local institutions (like schools, hospitals, nursing homes, jail, etc.) - increasing their access to locally produced food and providing a new market for area farms' seconds.

## A REMINDER TO YOU:

Please try to bring back you empty boxes the next time you pick up your box. We love to reuse them over and over again. There will be an empty (larger) box at your pick-up site for you to stow your old box when you come to pick up your new box. The boxes are a bit tricky to get apart - just remember, don't force it because it may rip and once it's ripped, they are no good!

**THANK YOU** to everyone for your help in keeping costs (and resource usage) down!

# YOUR BOX

**ARUGULA** - doesn't keep long, so get it in the fridge right away & eat it within a couple of days. It contains lots of calcium, iron, & vitamins A & C. As part of the mustard family, arugula makes a nice spicy-peppery addition to raw to salads, sandwiches, tacos or cooked to pizzas (also great chopped up & added raw after cooking the pizza), pasta, stir-fries...

**BROCCOLI** - is one of America's most popular vegetables because of its versatility & fantastic nutritional profile. Eat lots of it & don't overcook it! And eat the stem, too - it has all the great nutrients that the florets do - peel it & slice it to cook alongside florets, or grate it for use in coleslaw. Broccoli goes well with mac & cheese for a great and easy dish.

**CUCUMBERS** - are delicious sliced & mixed with fresh shallots, mint, parsley, garbanzo beans, feta cheese, olive oil, & lemon juice. Serve with toasted pita.

**FRESH CIPPOLINI ONION** -

hasn't been cured yet, so only keep it out of the fridge for a day or two. Cippolini onions are an Italian heirloom onion know for its sweet flavor. A great onion for carmelizing.

**GARLIC** - Our idea is that everyone does (or should) use about a head of garlic in various meals throughout the week. We hope this is enough/not too much garlic for everyone.

**GREEN BEANS** - should be stored in plastic in the fridge & are the best eaten within a few days. They're high in fiber & vitamins C & K. Snap off the stem end before lightly cooking. Beans freeze very well, if you have had enough for a while and want to save some for winter.

**GREEN SAVOY CABBAGE** - is a stunning cabbage that can be used like regular cabbage or substituted for Napa cabbage. Store in crisper drawer of fridge & peel off any outer leaves that get wilted. Try the pasta recipe, below!

**GREENTOP CARROTS** - remove the greens right away for the compost pile & store carrots in plastic in the fridge.

**RAINBOW CHARD** - chard is related to beets & has the highest vitamin K concentration of any vegetable, as well as phytonutrients that may reduce the risk of cancer. Make sure not to overcook it. Try the easy Middle Eastern recipe, below.

**ICEBERG LETTUCE** - crunchy & sweet, is best eaten within a few days. It bruises easily, so handle it with care. This lettuce has taken a beating from the hail and hot temps, but still it perseveres and is a great tasting head of lettuce.

**ITALIAN PARSLEY** - is the best! High in vitamins A & C, it can top off just about any dish, hot or cold. I love adding whole leaves to lettuce salads.

**YELLOW SUMMER SQUASH** - We are getting to the end of the yellow squash (for a while), so enjoy it while it is here!

## MIDDLE EASTERN CHARD WITH YOGHURT

1 bunch chard  
1 medium onion (or fresh shallots), thinly sliced  
1 cloves garlic, minced  
2 Tbsp. olive oil  
2 Tbsp. chicken or vegetable broth or water  
1 c. plain yogurt (thick Greek-style strained yogurt works best)  
salt & pepper to taste

Wash chard. Remove stems & chop separately. Coarsely chop leaves. In medium sauce pan, saute onions in olive oil over medium heat. When softened, add garlic & chard stems & saute for a couple of minutes. Add chard leaves, stir to coat, add broth or water & cover with a lid to steam for a minute or two. Remove from heat & in a serving bowl combine chard mixture with the yogurt, salt, & pepper. Serve warm or cold. hot oven & roast for for 20-25 minutes, stirring a couple of times, until the top is lightly brown. Remove from oven and sprinkle generously with Parmesan cheese & parsley. Serve immediately.

## ROASTED CAULIFLOWER WITH LEMON & PARMESAN

1 head of cauliflower, cut into bite-size pieces  
2 cloves of garlic, minced  
Juice of one lemon, freshly squeezed  
Olive oil  
Coarse salt and freshly ground black pepper  
Parmesan cheese  
chopped parsley  
Preheat oven to 450°F.

Put cauliflower florets in a single layer in an oven-proof baking dish. Stir in the garlic & pour lemon juice and olive oil over cauliflower & stir to coat. Sprinkle with salt and pepper.

Place casserole uncovered in hot oven & roast for for 20-25 minutes, stirring a couple of times, until the top is lightly brown. Remove from oven and sprinkle generously with Parmesan cheese & parsley. Serve immediately.

## PASTA WITH SAVOY CABBAGE

*from the Featherstone Farm cookbook*

2 Tbsp. butter  
1 small head or 1/2 large head savoy cabbage, thinly sliced  
1 small onion (or fresh shallot), chopped  
12 ounces pasta (such as tagliatelle, fettucine, or penne)  
1 Tbsp. chopped fresh parsley  
2/3 c. light cream (half & half)  
2 ounces Gruyere cheese, grated  
1 1/4 c. hot vegetable or chicken stock  
salt & pepper

Preheat oven to 350 degrees & butter a large casserole. Place the cabbage in a mixing bowl. Melt the butter in a small pan & fry the onion until it softens. Stir the onions into the cabbage in the bowl. Cook the pasta until al dente. Drain & stir into the bowl with the cabbage & onion. Add the parsley, mix well, then pour the mixture into the prepared casserole. Beat together the cream & Gruyere cheese, then stir them into the hot stock. Season well & pour over the cabbage & pasta, so that the sauce comes about half way up the casserole (if necessary, add more stock). Cover tightly & cook in the oven for 30-35 minutes, until cabbage is tender & stock is bubbling. Remove covering during the last 5 minutes to brown the top.