

# one potato two

News from the Fields of Driftless Organics

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*Week #9! With a week of near perfect weather and some hard core weeding, our potato fields are looking spectacular. I tell you what, if all our fields looked like potato field #24 looks right now, we'd all be driving Lexus. (yeah, right...). Anyways, the farm is doing good.... we are all doing great.*

**W**hen I was attending college, I had the opportunity to study abroad. From the moment I learned I was going, it was all I could think about. In my mind I had, in effect, left months before I actually physically left. I guess you could say I was living in the future. I'm sure we are all guilty of doing this every once in a while, be it a promotion or a vacation we are looking forward to. And who's to say it is a bad thing? Well, I personally think that if you live in and obsess about the future ALL the time, then you may have a problem with dealing with your present.

With farming, we are constantly thinking about that next step (or the next 10 steps). Whether it be scheduling our weeks' work around the weather or what is going in the box next week, or when that next round of green beans will be ready. We are always thinking about the next hour, day, week or even season. In this sense, farmers are masters at living in the future.

You can imagine the danger in this (especially, after a hard week, when we start thinking about how nice winter is going to be). The danger lies in the fact that when we are too focused on the future, we don't pay attention or more importantly, appreciate, the present.

If we continually live for what comes next we may find ourselves missing what is right in front of us. If we think of life as a journey with a destination "up ahead", and focus too much on that "up ahead", then we don't see all that is around us.

I realize this is a lesson we all know and have even read on the cover of some self-help book or inspirational calendar. But, to me, it is always worth repeating and reminding oneself of daily. Enjoy the day.

So let's all take a minute, complete this silly little cross word, and repeat today's lesson: BE HERE NOW.

--Mike

## Down

1. A vegetable that Bugs Bunny digs.
3. Where we live and farm. (2 words)
5. Driftless Organics' star crop.
6. Long, green and goes SNAP! (2 words)
7. Today's lesson. (3 words)
9. Rhymes with froccoli.
11. Curious George is pissed that we do not grow these.
13. Red on the outside, white on the inside, spicy all around.

## Across

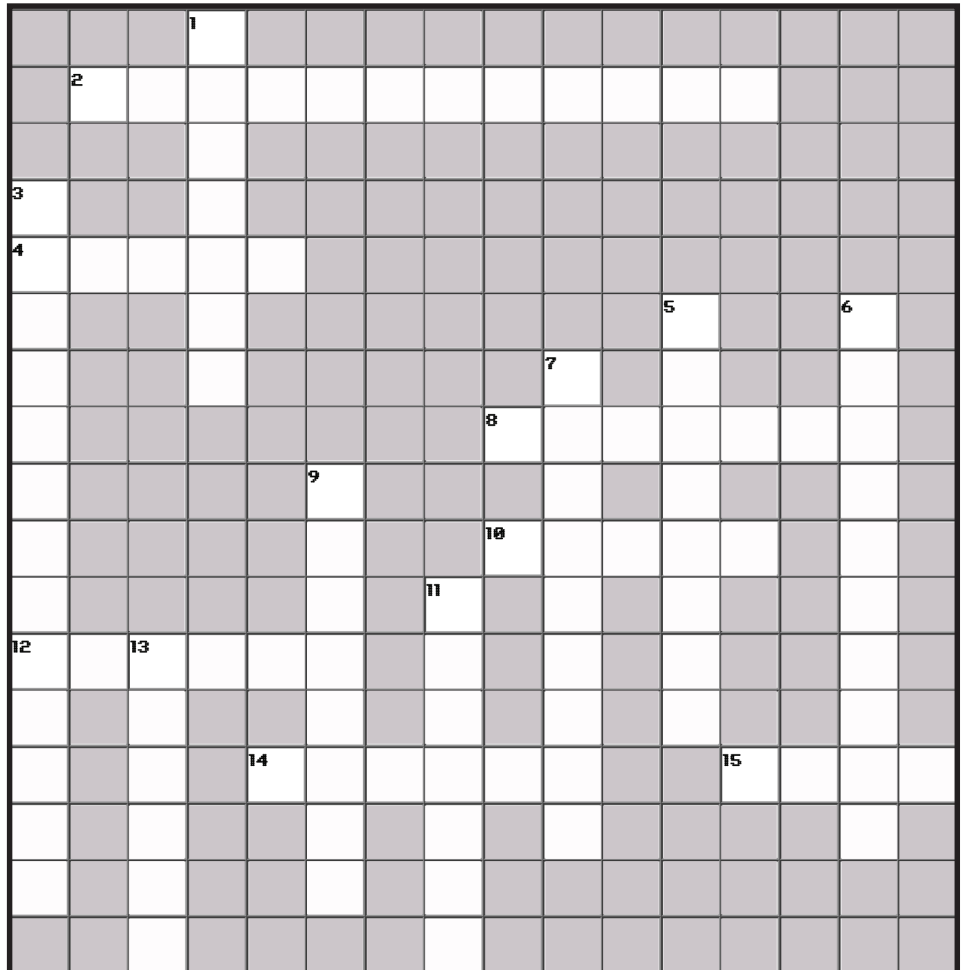
2. Small and sweet, a nice wild treat!
4. No hamburger is complete without a slice of this.
8. I got my bacon, I got my tomato, now I need...
10. Hey! Hey! It's our favorite root vegetable! Red and earthy...

## the BOX!

Carrots  
Cucumbers  
Garlic  
Green & Purple Beans  
GreenTop Beets  
RedLeaf or Iceberg  
Lettuce  
Tomatoes (mix)  
Yellow Onions  
Wild Blackberries  
Zucchini or Summer Squash

**BONUS:** Bunched Radishes

12. Vampires beware.
14. A red fruit for your sandwich.
15. Mojitos, anyone?



## INDIAN CUCUMBER RAITA

2 cucumber, diced or thinly sliced  
1 c. plain yogurt  
2 Tbsp. onion, minced  
2 Tbsp. fresh mint, chopped  
1/4 tsp. ground cumin OR 1/2 tsp. toasted whole cumin seed (optional)  
salt & pepper to taste

Combine everything but cucumbers in medium bowl & fluff with fork to mix. Add cucumbers & stir to coat. Serve cold.

## BEEF SALAD with Walnut and Spiced Sour Cream

4 medium beet roots  
1/4 c. sour cream  
1 Tbsp. olive or walnut oil  
1 tsp. dried dill leaf (or 1 Tbsp. fresh - this is best!)  
1/2 tsp. nutmeg (freshly grated is best)  
salt & pepper to taste  
1/4 c. walnuts, toasted & coarsely chopped

Boiled whole beets (with stem end & tail intact) for about a half hour with a dash of salt & sugar, cool in ice water, & drain. Cut off stem end & tail, slip off skins, & slice into serving bowl.

Whip sour cream, oil, dill, nutmeg, salt & pepper together in a small bowl with a fork & pour onto beets. Top with walnuts & serve cool.

## YOUR BOX!

**BEETS** - A mixed bunch of red (classic), chiodgia (a bright red beet with red and white stripes on the inside), and bull's blood beet (like the classic but with dark maroon leaves). If you're going to eat them fresh (delicious and beautiful grated fresh on salads) or sliced & roasted (at 400 degrees for about 30 minutes with olive oil & a bit of water, garlic, & rosemary) **DON'T PEEL THEM!** Many of their nutrients lie in & just below the skin. The skin is thin & tender on young beets like these, just scrub them good. If you want to boil/steam/roast them whole you do remove the skin, but only after they're cooked: leave some stem & the whole tail intact & cook until a fork can easily go in, usually about a half hour. Cool them in a bowl of icy water. The stem is then easily slipped off & you can slice up the beets & marinate for any variety of salads. Or add butter & chives & serve while they're still hot. Try the gorgeous & nummy beet salad we brought to a pot-luck the other day - the recipe's below. Don't forget, you can eat the tops too (just steam them and top with tamari... YUM!)

**CARROTS** - Try carrots boiled in salted water & topped with butter, salt, pepper, & chopped fresh mint!

**CUCUMBERS** - These are just starting. Try them on green salads, or mixed with tomatoes, basil, fresh mozzarella, olive oil, & balsamic vinegar. Or mix with yogurt & mint for an Indian Raita (recipe below). Raitas are cooling mixes of yogurt & vegetables or fruits traditionally served alongside spicy

dishes in India. They can be served as salads or dips as well (delicious with toasted pita bread).

**GARLIC** - still fresh, not cured - so use it up in a few days or refrigerate.

**GREEN & PURPLE BEANS** - I mentioned last week, green beans are a snap to freeze - you don't even have to blanch them (steam/boil for a couple of minutes then dunk in ice water), just remove stem & toss in a freezer bag with the air sucked out & use them within 6 months. Or you can just eat them up!! Delicious sauteed in olive oil with garlic & chopped fresh tomatoes, or in toasted sesame oil with garlic & tamari. Or steamed & topped with olive oil or butter & lemon juice.

**LETTUCE** - Either red leaf or iceberg - this is the last of it for a while.

**MINT** - Hey - dig up that Mojito recipe from week #2. Or try the Moroccan mint tea - it is delicious and can be iced.

**YELLOW ONIONS** - These are partially cured, so they should be good on the counter for several weeks.

**TOMATOES** - Red Slicers/Heirlooms - the first of the season!! They're a bit late & sparse this year because of how cool the early summer was (tomatoes

along with peppers love heat!) so there's just a few for now. Red slicers are perfect for sandwiches, fresh salsa, tomato basil salads, etc. The heirlooms will vary on the box and they all have their own unique taste and texture; one thing they all have in common: they are great tasting!

**NEW RED POTATOES** - oh one of the very best veggie treats ever! Don't even think about peeling these - the skin is super tender, nutritious, & beautiful. Please try simply steaming these lovelies & topping them with butter, a bit of sour cream, some chives or onion tops, salt, & pepper. So good!!!

**ZUCCHINI & SUMMER SQUASH** - Summer squash is such a versatile veggie. Use them in pasta sauces, stir-fries, fajitas, omelets/scrambled eggs, on pizzas, or roast them with garlic & herb of choice (I like marjoram or oregano). For a tasty sandwich addition, slice them thinly lengthwise, rub them with olive oil & salt, & roast them (flipping once) until starting to brown but still soft. The roasted strips last for several days wrapped up in the fridge to add to weekday sandwiches.

**WILD BLACKBERRIES** - A truly unique treat. These beauties were wildcrafted from the edges of the forests around the farm.

**BONUS ITEM: BUNCHED RADISHES** - So, we didn't have enough radishes for all the boxes and we hope those that want a bunch will grab one from the table where the newsletters are.