



# one potato two

News from the Fields of Driftless Organics

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*Week #10! The weather continues to baffle us and now it is trying to convince us that it is Autumn. With temps down into the high 40s/low 50s at night, it seems like a lot of our crops having taking a break from growing. Let's all hope it heats up a bit as we swiftly move towards the REAL Autumn.*

*Well, we've reached the halfway point of our 2008 CSA season. I'd like to say so far, so good, and I hope you all agree. This has been quite the year thus far and every week we learn a little bit more about what it takes to be a CSA farm. As you may or may not know, this is only our 2nd season with a CSA program and therefore the learning curve has been immense. This is unlike anything we have done before, as many of the crops you see in your box we've never grown before (on a large scale, that is). But we're doing it: us, our crew and all of you. We are a CSA farm! We are walking the walk and doing our little bit to help build a more sustainable food system. I think that we should be proud of ourselves, don't you?!*



Adrian on the transplanting tractor.

One of the folks that helps us do what we do is Adrian Fuentes. In the past 2 and a half years, Adrian has become, on all fronts, an essential part of this farm. He is the cheese to our macaroni, the peas to our carrots; we simply could not function as we do without him.

You could say that Adrian grew up in the business, as he is the son of Linda Halley (of Gardens of Eagan and formerly of Harmony Valley Farm). Adrian was raised going to farmers markets, helping a CSA grow to 700+ members and always participating in some part of the farm. To put it simply, Adrian knows vegetables. With this knowledge Adrian excels at his work, be it harvesting or packing your boxes.

At Driftless, after the springtime greenhouse and early transplanting tasks are well on their way to being completed, Adrian transforms into the CSA coordinator. It is he who oversees the packing of your box. Every week, Adrian and his crew transform my CSA plan notes, numbers, ramblings, ideas and expectations into washed, bunched and bagged vegetables ready to be packed into your boxes. He then, on Thursday morning, sets up the CSA "line"; where that week's washed veggies are carefully and efficiently packed into their boxes and loaded onto truck, ready for delivery.

Packing boxes is second nature to

## the box!

Carrots  
Cucumbers  
Garlic  
Heirloom Tomatoes  
Lacinato Kale  
Pickling Cukes  
Red Slicer Tomatoes  
Sungold or Grape Tomatoes  
Sweetcorn  
Sweet Pepper Mix:  
Chocolate, Gypsy,  
Pimientos, Mini Sweet Mix  
White Onions  
Zucchini or Summer Squash

Adrian. He understands the subtle details that make a CSA box stand out from the crowd. Heavy stuff on the bottom (of course) and then build from there, creating a box full of good quality vegetables that jumps out at you when you open it.

The main reason Adrian is so good at what we does, in my opinion, is because he takes pride in his work. He knows what good quality is and understands that the vegetables he handles will eventually make their way to people's plates. I feel that in the heat and discomfort of the job, many people lose sight of this reality. But Adrian has been doing this for long enough; he has seen and met enough of his customers, to know that a good quality vegetable is appreciated by all.

What's more, Adrian believes in the mission of the farm. He's here not just for the money, but also because he agrees with what we do and why we do it. "I feel that CSA is an absolutely essential method of keeping food local. People need to know where their food comes from, how it is grown and who grows it." Says Adrian. "In an ideal world, we'd all belong to CSA's..." Y'know, I think I agree with him on that one...

## REFRIGERATOR PICKLES (bread & butter type)

7-8 pickling cukes, thinly sliced (NOT peeled)  
1 medium onion, thinly sliced  
1 1/3 c. cider or white vinegar  
1 2/3 c. sugar  
3 Tbsp. pickling or non-iodized sea salt (the minerals in the sea salt might make the pickles slightly cloudy but will not impair them any other way)  
1/2 tsp. celery seed  
1/2 tsp. mustard seed  
1/4 tsp. tumeric

Mix sliced cukes & onions in a large bowl. Dissolve sugar in vinegar & mix in salt, celery & mustard seeds, & tumeric. Pour over cukes/onions, stir gently, & pour into clean jars (make sure liquid covers vegetables). Store in refrigerator, keeps for many many months.

## INDIAN CARROT-YOGURT SALAD

\* adapted from "Quick & Easy Indian Cooking"  
by Madhur Jaffrey

1 c. plain yogurt, beaten lightly with a fork  
2 medium carrots, coarsely grated  
1/2 tsp. sugar  
salt & cayenne pepper to taste  
1 Tbsp. vegetable, safflower, or canola oil  
1/4 tsp. whole cumin seeds (or ground if that's all you've got)  
1/4 tsp. whole black or yellow mustard seeds  
3 Tbsp. raisins

Mix yogurt, carrots, sugar, salt, & cayenne. In a small frying pan, heat oil over medium-high heat. Add cumin & mustard seeds. Stir a few times & as soon as they start to pop add raisins. Stir once & empty contents into yogurt-carrot mixture & mix.

## YOUR BOX!

**CARROTS** - as a root vegetable, soak up a lot of minerals like potassium & calcium from deep in the soil. They're also the best natural source of beta carotene (which your body converts to vitamin A - almost 700% of your RDA of it in one serving of raw carrots!!!). Try the tasty Indian carrot & yogurt salad recipe below with any Indian meal, or by itself with some crusty bread or pita.

**CUCUMBERS** - so refreshing & crunchy! There's absolutely no need to peel these super fresh organic cukes (plus the peel contains lots of minerals & fiber). The flesh is a good source of vitamin C & an excellent source of, uh, water.

**GARLIC** - of the almost cured variety! Go ahead & keep them on the counter, preferable in a cool spot out of direct sunlight.

**LACINATO KALE** - my favorite kind again!! Kale has been cultivated longer than any other veggie in the brassica family ("Brassicas" include broccoli, cabbage, cauliflower, kale, etc.). Ridiculously delicious lightly sauteed with garlic & shallots in olive oil, simply seasoned with salt & pepper, maybe a squeeze of lemon juice. Cut or strip off the stem & toss it - it's pretty tough. Kale is really easy to add to eggs (just saute them as described above), pasta sauce, soup, stir-fries - anything at all! Way tastier than a multi-vitamin, kale is just about as high in vitamin C, B6, cal-

cium, potassium, & iron & probably higher in vitamins K & beta carotene (vitamin A).

**YUKON GOLD POTATOES** - are so pretty & golden! Keep the skins on, please, & boil/steam, fry (with onions, garlic, zucchini, tomatoes, & kale topped with your favorite melty cheese), mash (with garlic & fresh rosemary if you've got it!), or make them into super yummy potato salad. Fresh potatoes make really really good hash browns.

**PICKLING CUCUMBERS** - Try the easy bread & butter type refrigerator pickle recipe below. If you like dill pickles better, there's lots of recipes on the internet. Pickling cukes make crunchier pickles than regular cukes. And they're cuter.

**SUNGOLD OR GRAPE TOMATOES** - sweet tasty juicy little treats!

**SWEET CORN** - our patch is looking pretty sad, so we had to supplement with some corn from our friends at Gardens of Eagan. Hats off to them for being amazing producers of notoriously hard to grow well organic sweet corn!

**SWEET PEPPER MIX** - In your box there will be mixture of gypsy (yellow), chocolate (brown) or pimiento (red)

plus a pint of mini colored peppers. All our sweet and tasty on greek salads.

**TOMATOES** - Again, a mixed batch of tomatoes and I wish we could be more specific as to what types of heirlooms you are getting. We grow about 7 different types and they each have their own unique taste and texture. In each bag we put an heirloom slicer, a red slicer, and a roma. Have fun experimenting and finding your favorite.

**WHITE ONIONS** - almost fully cured - go ahead & keep them on the counter. White onions are usually milder & sweeter than the common yellow storage onion - they're a good candidate for caramelizing (cook sliced onions in olive oil - about 2 c. thinly sliced onions to 3 Tbsp. olive oil - covered in a large fry pan over low-medium heat for about 20 minutes, then uncovered over medium heat for another 20 or so, until dark & squishy). Caramelized onions are so special in pasta or on pizzas with soft goat cheese...

**ZUCCHINI & SUMMER SQUASH** - 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).