



# ONE POTATO TWO

NEWS FROM THE FIELDS OF DRIFTLESS ORGANICS

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*Week Thirteen! August comes to a close and we aren't even going to begin to talk about the end of.... well you know. Despite what you may all think, summer is fully upon us, we are loving every minute of it and on a beautiful sunny day (like the ones we've been having for the last couple 'o weeks), we feel like we can stay like this forever. Long live summer!!!*

## WATER!

Despite the gentle rain falling as I write this, it has been an overall very dry year for us. In early June, we were blasted with a 5 inch downpour, but then the sky cleared up and stayed that way for about 7 weeks! We'd have a bit of drizzle here and there but never really enough to give our thirsty vegetables the drink they needed.

Let's face it, vegetables need a LOT of water to grow. We can usually rely on the Mother Nature to help us out with giving us the rain we need, but in a year like this one we must start watering the plants ourselves. And when we start irrigating, we start thinking about those all too important issues of resource use, sustainability and the fair and right use of a public commodity.

You see, we firmly believe that using water isn't a right, it is a privilege. We are blessed to be living in an area where water is abundant in the creeks that flow around us and the artesian wells beneath us. But this doesn't mean we can squander what is there.

Knowing full well that water is indeed a resource for everyone and not to mention a very limited resource at that, we try to conserve water as much as we can. Here's what we do:

**Drip irrigation:** for many of our crops we will bury a small plastic tube next to the row. These tubes have tin holes in them and when we hook them up to water, it will slow dispense water into the soil at just the right spot for a vegetable plants' roots to utilize each precious drop.

With the tubes buried, you don't have to worry about losing water to evaporation and you can rest easy knowing that water is going exactly where you want it to: to the veggies.

**Plastic mulch:** we use plastic mulch as not only a way to keep the weeds down, but also to save on water. With the mulch around each plant, the sun can't get to the soil and dry it out. It is wonderful to feel the soil around these plants on a hot dry day, when the ground in the wheel tracks is baked and cracking. It is as moist as can be.

**Water at night:** There are a lot of fields where we just can't use drip irrigation. In these cases, we must rely on what is called 'overhead irrigation'. This is a sort of like a sprinkler used on lawns, only a lot bigger and a series of them all connected together with aluminum pipe. We try to use these minimally and only at night, so that we don't lose water to evaporation.

**Water only at the most crucial times:** If you can get a plant established and growing, then it can do wonders in finding water in soil that seems dry to you or me. With this in mind, when it is dry out, we try to limit our watering to when it is needed the most: germination of the seeds and when the plants are wee seedlings.



## THIS WEEK'S BOX

- Cilantro
- Edamame
- Eggplant
- Garlic
- Green Beans
- Jalapeno Peppers
- Mixed Bags o' Tomatoes
- Pimiento Peppers
- Poblano Peppers
- Salad Mix
- Sungold Tomatoes
- Sweet Mini Peppers
- Sweet White Onions
- Tomatillos
- Yellow Potatoes

**Cover cropping:** Cover crops like oats, peas, vetch and rye help protect and build the soil. Healthier soil is able to hold more water which means less irrigating in dry years. We try to plant a cover crop in to a field as soon as we have harvested all of the vegetables from it.

Obviously there is much more we can do to keep our water use at bay. What we hope to someday do to further conserve water:

**Recycle water** to reuse in our irrigation systems. We've seen other packing houses on various farms that reuse the water they used for washing vegetables, or harvested water from roofs for irrigating. Once we're settled into a permanent packing shed, we hope to implement some water recycling methods on the farm.

**Reduced tillage.** Excessive tillage (plowing, rotovating, etc) can really damage your soil and damaged soil doesn't hold water very well. We are learning more and more how to pamper our soil, keeping them happy, healthy and able to hold more water during summers like this one.

Like every other aspect of our farm, we try to use water *sustainably*. We don't waste it, we use it only when necessary and above all we treat it like the extremely precious and limited resource that it is. In this way, we hope that it will be around for generations to come!

-- Mike

**Carrots** - perfect for a quick snack or adding to salads, stir-fries, soups, etc. The little yellow guys are a variety that we've never grown before - and probably won't again. As a raw carrot, they are a bit bland. Try them in stir fries or grated onto salads for some extra color.

**Cilantro** - The ultimate herb for Thai cooking or maybe make some salsa quick! Store in plastic with a paper towel in fridge & use up within a few days.

**Edamame** - You can also blanch & freeze these guys to cook up later, but they do keep for at least a week in the fridge. Boil in salted water for about 4 minutes, drain, salt again, & pop those buttery beans straight into your mouth! Or you can shell them at that point & use them in a variety of recipes. **We put your jalapenos in with your edamame so that they wouldn't get mixed up.**

**Eggplant** - you will either be getting the classic dark purple eggplant or the lighter purple skinny and long Asian eggplant. Taste, texture and how they cook are very similar. Best to store on your counter or in the warmest part of your fridge.

**Green Beans** - The last of the green beans - and this variety is something special indeed. They are soooo delicious & tender! Eat them raw or blanch them in salted, boiling water for 1 minute & immediately plunge in ice water to add them to new potato salad, pasta salad, etc. Or you can steam them or sauté them or roast them - just

PLEASE don't overcook them! Store in fridge & use up within a few days.

**Mixed Tomatoes** - Make sure to store these at room temperature, not the fridge, or you risk making them mealy (unless you're cooking with them & then it doesn't matter too much). We send you tomatoes at various stages of ripeness so that they will last and you don't have to eat them up all in one day. Simply store them on your counter and when they are soft/slightly squishy to the touch and their color is full, then they are ripe. There will be a mixture of tomatoes in your paper bag again and if you are curious about what tomato is what, check out the tomato recipe page on our website! Getting too many tomatoes, remember you can freeze or dry them for use later on this winter.

**Jalapeno Peppers** - great in salsa, stir-fries, soups, & curry. Each chile can vary greatly in hotness - I like to cut each one open & touch it to my tongue to test the hotness before adding too much to a dish. **We put your jalapenos in with your edamame so that they wouldn't get mixed up.**

**Pimiento Peppers** - You will be getting 2 -3 of these roundish red sweet peppers. Great for scooping out the insides, filling with cheese and baking for 20 minutes. Or simply use like you would any other sweet pepper.

**Poblano Peppers** - We put 2-3 of these dark green squished looking peppers in your box to go with the Chile Verde recipe below.

**Salad Mix** - This may be one of the nicest salad

mixes of the year. Eat it up quick! Store in its plastic bag for up to 5 days.

**Sungold Tomatoes** - try them in the hot sauce recipe included with the bonus cayennes... Also yummy thrown in at the end of sautéing vegetables to be tossed in pasta...

**Sweet Mini Peppers** - there will be a smattering of these yellow, orange and red peppers rolling about your box. Chop them up, seeds and all (to save on time) and use in stir fries. They add wonderful color quickly!

**Sweet White Onions** - the best for fresh eating, eat 'em while you can! Store in the fridge or on your counter.

**Tomatillos** - are the green golf ball sized fruits in your box. Some have a inedible paper husk that you'll want to remove before putting in the fridge (they keep longer that way). Tomatillos can be eaten raw in salads, roasted, sautéed or stewed. Cooking softens the acidity and brings out the sweetness in the fruit. Try grilling them! Cut them into wedges and lightly oil them and throw them on the grill for a couple of minutes on each side. Then add to your other fajita or taco fixings, or simply eat them as a side dish. Check out the website for our famous salsa verde recipe (or try this week's recipe below).

**Yellow Potatoes** - new potatoes finally - hur-ray! Steam, boil, bake, or fry - it's all super good. Skins are thinner than spuds harvested later for storage, so these won't keep super long - store them at room temp for up to a week or in cold, dark storage for a little longer.

## Chicken in Chile Verde

1 pound boneless chicken thighs, skinless if you like  
1 Tbsp. oil  
½ medium onion, diced  
1 tsp. coriander seeds  
6 cloves garlic, minced  
1-2 jalapeno chiles, seeds removed if you wish, chopped  
1 small poblano chile, seeds removed, chopped  
1 pounds of husked tomatillos, coarsely chopped  
1/2 cup chicken stock  
juice and zest of 2 limes  
¼ c. cilantro, chopped  
salt & pepper to taste

Rinse chicken thighs, pat dry with a paper towel, & season with salt & pepper. Set aside. In a medium/large sauté pan, heat oil. Add onion & coriander seeds & sauté for a minute or two. Add garlic & chiles & sauté for another minute. Add tomatillos & sauté for another couple minutes. Add chicken stock, lime juice, & zest & cook for a couple minutes. Puree with an immersion blender or in a food processor or blender & return to the pan. Bring to a boil & add chicken thighs. Reduce to medium heat & maintain a simmer uncovered for 25-30 minutes, until chicken is tender & juice runs clear when pierced with a knife in the center. Season with salt & pepper to taste & sprinkle with cilantro. Serve with sour cream, rice, roasted vegetables, & tortillas

## Dijon Potato & Green Bean Salad

4 eggs  
½ lb. green beans (around 3 c.), snapped, large ones cut in half  
2 lb. new potatoes (around 6 medium-large potatoes), whole with peels  
½ c. thinly sliced sweet onion or shallot  
2 Tbsp. Dijon mustard  
2 tsp. honey  
2 tsp. sherry vinegar  
1 tsp. dried tarragon (or 1 Tbsp. fresh)  
Salt & pepper to taste  
3 Tbsp. Driftless sunflower oil  
1/3 c. fresh parsley, chopped

Hard boil eggs & let cool. Bring salted water to boil in a medium sauce pan. Add green beans & blanch for about 2 minutes. Using a slotted spoon, remove them & immediately plunge into a bowl of ice water to cool. Drain. Add new potatoes & boil until just tender, 15-20 minutes. Drain & fill with cold water to cool. Meanwhile, in a medium serving bowl, whisk together mustard, honey, vinegar, tarragon, salt & pepper. Continue whisking while adding oil. Slice potatoes & eggs. Gently toss green beans & onions into dressing, then fold in potatoes & eggs. Serve with parsley. Serves 5-6.