

ONE POTATO



TWO

NEWS FROM THE FIELDS OF
DRIFTLESS ORGANICS

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W e e k #13! A h h h ? ! We continue to experience quite possibly the strangest summer on record. Sunday night saw a low of 38 degrees. 38?!? What the ?!?! The newsletter reflects what kind of summer it has been these past couple of weeks - a bit screwy!

A n all work and no play attitude is the prevailing mantra in the world of farming. And for good reason, as the life and work of any farm-family is pretty tough. Early mornings, late nights, and always that feeling that there is something that should be getting done. Farming truly is a never-ending series of tasks. At Driftless Organics we find ourselves falling into this routine bit, even during the height of the season's stresses. As Dani and I get back from a 4-day weekend in the Upper Peninsula, and Josh and his partner, Teresa, head for the family cabin in Northern Minnesota, we are reminded of how lucky we are to have 3 of us who can each take a breather. Our prevailing idea is that a balanced and rested farmer who is able to pursue interests off the farm once in a while is a farmer that grows better vegetables. The fact of the matter is, and something at the core of the whole idea of 'stopping to smell the roses', is that life passes by too damn fast. I think we can all agree to this one. It is downright frightening to step back and realize how quickly life counteracts this relentless forward motion now and again and I hope we can continue with the current arrangement. We are extremely fortunate, to say the least. Now if we can newly convince Noah and Ximena to take some time off...



Mattie, taking some time off for a jog on the beach.

For reasons that I am still trying to figure out, it seems like when days are completely filled with nothing but work, times pass by that much faster. A sit-down by a river, to swim in the mighty Lake Superior seems to add depth to life, to anchor time in my memory where it will survive a while longer and ear mark that time of my life as Like my dad always says: "when you are on your death bed, you probably won't look back and think 'I sure do wish I would have spent more time working ...' ". However, I have an idea I will remember all the summertime boat rides and campfires with great fondness. I really do realize how lucky we are to be able to take a

Please try to bring back your empty boxes the next time you pick up your box, as we would love to reuse them again. 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 to us!
THANK YOU to everyone for your help in keeping costs (and resource use) down.

YOUR BOX

CARROTS - store quite well in a plastic bag in the fridge.

CILANTRO - makes a delicious yogurt sauce with fresh mint & chives for topping Indian, Middle Eastern, or North African dishes. Use it with tomatillos to make Salsa Verde (see the recipe in the August 13-15 newsletter) or tomato salsas (a couple of recipes are in the August 20-22 one). Keep it in the fridge in plastic, preferably with a paper towel on the bottom, & use it up within a few days.

CUCUMBER - This may be the last of the cukes - this cold weather has really put a damper on them. Enjoy!

EGGPLANT - You will get either a "Black Beauty" (your normal-looking eggplant) or "Rosa Bianca" which is white and pink and more round - shaped. Both can be roasted whole (& made into baba ganoush) or in slices for sandwiches, breaded & fried for Eggplant Parmesan, simmered in green curry... Store in the warmest part of your fridge or the counter for a couple of days.

GARLIC - Store on the counter, use with just about anything! Try roasting it in the oven.

GREEN BEANS - this has been a fantastic year for green beans! Store in plastic in fridge & use up within a few days if possible. You can freeze them raw (good quality for several months) or blanched for a minute or two (good quality through the winter) in freezer bags.

JALAPENO PEPPERS - hotness can vary, so be sure to just add a bit & then taste it to see if you want more. Remember the hotness resides mostly in the seeds & white ribs, so be careful handling those parts & if you don't like the spice, leave those parts out of your dishes. There should be three in your box.

SWEET PEPPERS - Some more mini peppers rolling around in your box. These are the only types that are ripening now - they are a nice alternative to a green bell. Remember: you have 3 jalapenos in your box (green and long). The rest of the peppers should be sweet.

RED POTATOES - can be stored in their paper bag in a cool dark place. These potatoes are still considered 'new' and have great flavor when boiled or steamed and eaten whole. Leave the skins on!

SUNGOLD TOMATOES - have such a high sugar content that they don't keep as long as other cherry tomato varieties, especially now that it's getting late in the season, so use them up! Try them skewered with fresh basil & mozzarella as an hors d'oeuvres.

SWEET CORN - if you haven't tried your corn the Mexican street food way described last time you got corn, you really must this time: Rub the cooked ear (either boiled or roasted) with a lime wedge, slather in mayo, sprinkle with grated Romano or Parmesan cheese & ground chipotle, chili, or cayenne pepper. Super yum. Best stored loose in the fridge with husks on & used within a few days.

SWISS CHARD - is such an easy green to incorporate into different dishes, from breakfast (how about a cheesy bacon & chard omelette?) to soups, casseroles, pasta, & stir-fries. The July 30-August 1 newsletter had a yummy Middle Eastern Greens with Yogurt recipe. You can use the stem & the leaf, the stem just takes a bit longer to cook, so I usually chop them separately. Store in plastic in the fridge.

TOMATILLOS - are closely related to tomatoes, but are typically cooked instead of eaten raw. They're the main component of Salsa Verde, but can also be added to soups, chili, sauces, etc. You can store them out of the fridge for a few days or in for over a week.

TOMATO MIX - Here are some of the last tomatoes from our first patch that has finished producing about a month earlier than we had hoped. Let's hope the second patch makes it!

YELLOW ONION - Store on your counter and use in just about anything.

YELLOW SUMMER SQUASH - a colorful & tasty addition to pastas, pizzas, curries, stir-fries, & eggs. Store on counter for a day or two or in the fridge for almost a week.

GREEN BEANS, CILANTRO AND ALMOND SALAD

1/4 cup whole almonds
(about 1-1/2 ounces)
4 teaspoons tamari
Your bag of green beans,
trimmed, cut into 1-inch
pieces
2 tablespoons rice vinegar
1 tablespoon vegetable oil
1 large garlic clove, pressed
1 teaspoon minced peeled
fresh ginger
2 tablespoons thinly sliced
yellow onion
1/3 cup fresh cilantro leaves

Place almonds in small
nonstick skillet. Stir over
medium heat until almonds
are lightly toasted, about
5 minutes. Increase heat
medium-high. Add 3
teaspoons tamari and stir until
tamari evaporates and coats
almonds, about 1 minute.
Transfer to plate and cool.
Chop almonds.

Cook beans in large pot of
boiling salted water until
just tender, about 5 minutes.
Drain. Rinse beans under cold
water. Drain well.

Cover almonds and store at
room temperature. Cover
and refrigerate beans; bring
to room temperature before
continuing.

Whisk vinegar, oil, garlic,
ginger and remaining 1
teaspoon soy sauce in large
bowl to blend. Add beans and
toss to coat. Sprinkle green
onions, cilantro and almonds
over salad and serve.

Serves 4