

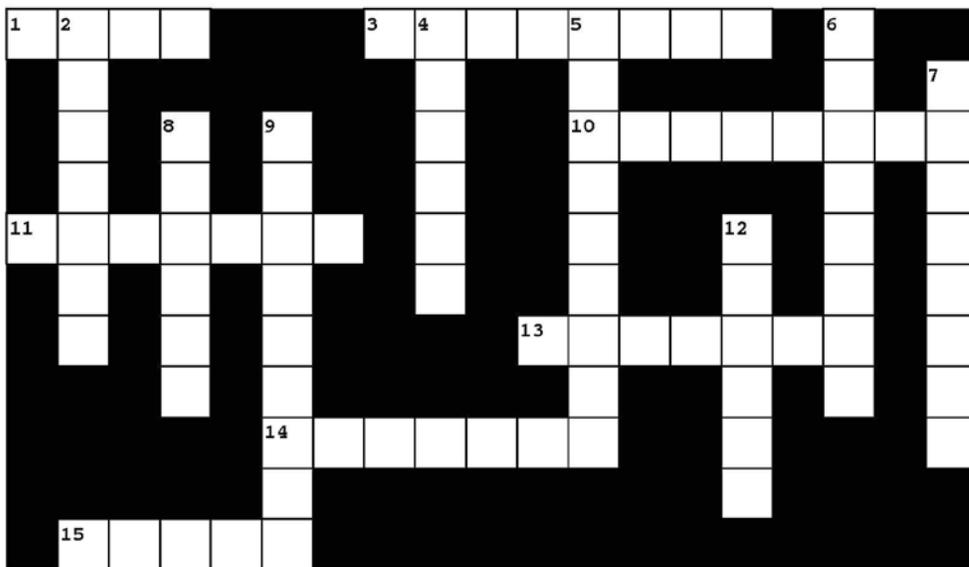


News from the Fields of Driftless Organics

Week #14! With grey skies and cool temps, we can't help but think about fall. This is a special time for us, as we start really bringing in all of that bounty we have worked so hard for. The potatoes are coming in and are looking good. The other fall crops like carrots, turnips and such have some growing to do for sure and we

are hoping for some warmer weather and lots of sun before that first dreadful frost. When will it be??? We are hoping that it will hold up for a couple more weeks at least. Here's some fun puzzles to take your mind off of the fact that summer is nearly over, and old man winter is on his way...

What's in the box? Crossword Puzzle



Across

- 1. You may need to call in a plumber for this one.
- 3. Supposedly George H. Bush disliked this vegetable.
- 10. Its seeds are known as coriander.
- 11. Highest in beta carotene.
- 13. A salad staple.
- 14. Pick a pack a _____
- 15. An allium worth crying over.

Down

- 2. Goes well with Sapporo or sake.
- 4. It is kind of spicy. Slice on salads or sprinkle with salt.
- 5. Slices of these have been known to help eliminate wrinkles around the eyes.
- 6. Our signature crop.
- 7. Believed to be poisonous by the Europeans into the 1700s.
- 8. Good for the immune system. Not so good for the breath.
- 9. Sorta like a mini yellow flying saucer. Only it's edible. And it doesn't fly; very well.
- 12. Summer or winter _____

THIS WEEK'S BOX:

- Bell Pepper
- Broccoli
- Carrots
- Cilantro
- Cucumber
- Edamame
- French Breakfast
- Radishes
- Garlic
- Green, Purple or Dragon Tongue Beans
- Green Iceberg Lettuce
- Red Potatoes
- Tomatoes
- Yellow Onions
- Yellow Patty Pan Squash

Here's a fun farmer-related crytoquip that I stole from the Star Tribune via my mom-in-law, Carrie.

Crytoquip

Each letter stands for another. If you think X=O, for example, it would equal O throughout the puzzle.

Here's some clues for this puzzle:

- Z equals A
- S equals E
- RPSH ZD Z MZEYSEK' QZEDL,
- N NYZTNHS QSXQCS RXFCV
- OSSQ ZKONHT "KX, RPZD
- MNSCV ZES LXF NH?"

Name that Veggie:



(see answers on next page...)

THIS WEEK'S BOX by Dani Lind

Banana Pepper – a hot pepper to be added to a batch of salsa or any dish that you want some spice in.

Beans – dragon tongue, purple, or green. Blanch, steam, stir-fry, or throw into soups. Or you can freeze them raw or blanched, whole or chopped. Store in plastic in fridge for up to 5 days.

Bell Pepper – red, green, or yellow. No time to cook? Chop up and freeze raw to add to sauces, soups, or stir-fries this winter.

Broccoli – These are some sideshoots from the last broccoli patch. They looked too good to leave them on the plants! Blanch in salted water, toss in olive oil & chopped garlic, & roast at 450 degrees for 10 minutes. Add fresh grated Parmesan, a sprinkling of salt & pepper, (& a squeeze of fresh lemon juice if you wish) & roast another few minutes. Serve immediately.

Carrots – beautiful roasted whole alongside a beef roast or whole chicken. Or try the Moroccan carrot recipe to the right.

Cilantro – a small bunch just perfect for a batch of salsa or Thai dish. Store in a plastic bag with a paper towel in it.

Cucumber – cold nights are spelling doom for the cucumber plants. Enjoy them - they may be the last. Will keep in crisper drawer for 5 days or so.

Delicata Squash – Delicata has the softest skin of all the common winter squashes, so it can actually be eaten with the flesh if you wish. Its long, narrow shape means it cooks quicker than most squashes, too - cutting it in half lengthwise, scooping out the seeds, & roasting it cut-side down at 350 degrees on a baking sheet should take less than a half hour (versus up to an hour for others). After its done it's really yummy to flip

them over, drizzle with olive or sunflower oil, & melt a bit of Parmesan on top! Or you can try grilling it! Or cut into chunks & steam or simmer it. Store on the counter for up to a month or so.

Edamame – edible green soybeans, are high in protein, iron, omega 3 fatty acids, & bunches of vitamins. Boil in salted water for 5-7 minutes, run under cold water, & eat right away, shelling directly into your mouth or into a recipe. You can also freeze the cooked, shelled beans. Will store in plastic in the fridge for about a week.

French Breakfast Radishes – a very pretty & classic radish (although I'm not sure who eats radishes for breakfast). Dip in salt & eat, or grate into softened butter, or toss in salad.

Garlic – store on counter or in a dark, cool, dry place.

Patty Pan Squash – can be substituted in any recipe calling for zucchini. This is probably the last of it for the season.

Red Leaf or Green Iceberg Lettuce – the first of the fall lettuces, crunchy & sweet from all the cool weather we've been getting. Store in plastic with a paper towel & use up within 5 days or so. Wash & spin dry before using.

Red Potatoes – A waxy potato that is best steamed or boiled, but can also be baked, roasted, or fried. store in a cool, dark, dry place.

Tomatoes – should be stored on the counter until ripe. Any and all tomatoes can be used for salsa and sauces - so if you are getting a heirloom variety like green zebra or garden peach - have fun and experiment with them!

Yellow Onions – the classic storage onion, the base of any soup or pasta sauce. Store on your counter on in the pantry.

Potato Leek Soup

4 Tbsp. butter
3 leeks, cut in half lengthwise, rinsed well & cut into 1" pieces
1 large onion, chopped
3 cups potatoes, cubed (skins on or not)
1/4 tsp. nutmeg
1 tsp. dried thyme (or 1 Tbsp. fresh)
1 quart chicken or vegetable broth
2 cups milk or 1/2 & 1/2
salt & pepper to taste
1/4 cup fresh parsley (optional)

Melt butter in medium stock pot. Add onions & leeks. Saute over medium heat for several minutes, until onions are golden. Add potatoes, nutmeg, & thyme & saute for another couple minutes. Add broth & bring to boil; reduce heat, cover & simmer for 15-20 minutes, until potatoes are tender. Add milk or cream, salt, & pepper & simmer for another 5 minutes or so. Add more milk or broth if too thick. Serve chunky as is or puree for a smooth soup. Add parsley if you wish. Serves 6-8.

Moroccan Cinnamon Carrots

thanks to Phil Mueller for this one...

This recipe is so simple and ubiquitous in North Africa with almost every meal having some form of it.

1 pound carrots, coarsely grated (about 4 cups)
1/4 cup sunflower oil or extra-virgin olive oil
3 to 4 tablespoons fresh lemon juice
1/4 cup chopped fresh cilantro
2 to 4 cloves garlic, mashed or minced
1/2 teaspoon ground cumin
1/4 teaspoon ground cinnamon
1-2 Tbsp honey and
1/4 cup raisins, soaked in warm water for a 10 minutes and then chopped.
1 teaspoon sweet paprika
Pinch of salt

Recipe adapted from epicurus.com

In a large bowl, mix together all the ingredients. Cover and let marinate in the refrigerator for at least 2 hours or up to 2 days. Served chilled or at room temperature.