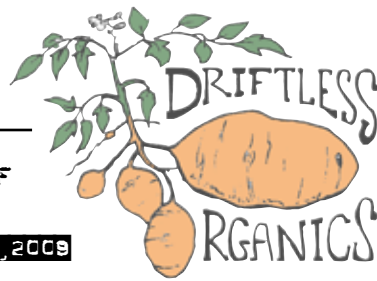


ONE POTATO



TWO

NEWS FROM THE FIELDS OF
DRIFTLESS ORGANICS

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THE BOX

W eek #14! We are hard at work, enjoying this wonderful sunny and warm weather. The days are getting shorter and the work is getting harder as we start to reel in the real bounty that we've been working towards all season long. A lot has been happening on the farm as we roll into the "final" stage of this 2009 season. All of the transplanting is done for the year, the last of the seeding (of vegetables) is about finished (there might be one more round of spinach to put in...) and the last of any hand weeding is being finished as I write this. With all of these tasks out of the way, we focus on harvest and field prep for next year. Next year?! It never really ends, really. You see, all those fields that we reaped veggies from this season need to be taken care of. This involves a number of things including compost application, tillage, and cover cropping. Also as I write this, Elihu, is seeding vetch in fields that once grew your onions, spring broccoli, lettuce and so on. The cycle continues and so do we...

CSA MEMBERS ARE AWESOME

A lways up for a challenge, Noah approached me at the beginning of the CSA season wanting his very own weekly CSA box for him and his wife, Ximena. Even though he had free access to any vegetable he could ever want, he wanted to experience what you all do every (or every other) week, even to the point of using the recipes and cooking ideas in each newsletter.

IT'S PARTY TIME!

That's right, we are having a harvest party! We invite you all to attend this barn dance (2 rockin' bands) and potluck at Mike and Dani's place. This is an evening event (5pm until midnight), but if we were to have enough interest we'd be more than happy to give farm tours during the day! Here's the details: **When:** 5pm Oct 3rd **Where:** Aspen Farm: 47664 Aspen Rd., Soldiers Grove, WI 54655. Camping is available! Questions or farm tour requests? Email me (Mike) at csainfo@driftlessorganics.com

Needless to say, it has been interesting hearing his feedback throughout the season. A common response from him: it is a challenge to eat that many vegetables! I can imagine it is, especially for only two people who are very busy.

I imagine that the novelty of the CSA program has worn off for many of you and you have by now decided that you are a CSA box family (hopefully) or that you aren't. Like Noah says, it is a lot of work! What I think a lot of people don't realize when signing up is that even though you don't have to grow or shop for all of this food, you still have to prepare it!

I commend each and everyone of you for your diligence throughout the season. I believe it takes a special kind of person to maintain the excitement and drive to continue preparing meals all season long. In a culture where the norm has long been frozen pizzas and microwavable everything, fixing meals has become a novelty. Eating seasonally is virtually unheard of. But you all are doing it and we love you for it!

Not only are you doing something that I hope is making you and our family feel better, but you are helping further the local food movement. This is huge! This can't be just some fad that the Star Tribune covers one Sunday. This is a lifestyle!

So again, we thank you all for being with us and sharing with us this 2009 season. Thank you for staying excited about food and cooking. You all truly are, awesome!

- ARUGULA
- CARROTS
- CILANTRO
- EDAMAME
- GARLIC
- GREEN BEANS
- GREEN OR RED BELL PEPPER
- GREEN TOP BEETS
- JALAPENO PEPPERS
- RED ICEBERG LETTUCE
- RED ONION
- RED OR YELLOW WATERMELON
- ROMANESCO OR BROCCOLI
- TOMATILLOS
- YELLOW POTATOES

Where the heck are the Tomatoes?

At this time of the year, we are normally just *swimming* in tomatoes. For those of you who are returning members, you probably remember how they just kept coming and coming. This year...not so much. You see, our first round of tomatoes, which started out just brilliantly, contracted what we believe to be a fungal disease called "*Alternaria solani*" otherwise know as early blight. We found out how fatal this disease can be to a field of tomatoes, as ours were completely wiped out in about 3 weeks.

There is hope yet - we do have a second, later, planting that is located about 5 miles away and shows little sign of disease and is hanging with nice looking, albeit green, tomatoes. If this warm weather keeps up and we don't get any premature frosts, we should have a few more boxes of tomatoes. Thanks for your patience and understanding!

YOUR BOX

ARUGULA - so you might be getting sick of arugula, but it grew better than we thought so we might as well share... If you don't like it, then give it away! Try it in the Lebanese greens, beans, & caramelized onions dish below...

CARROTS - store best in the fridge, in plastic.

CILANTRO - use up within a few days, storing it in plastic in the fridge.

EDAMAME - there's only enough for a little taste of this Japanese bar food. Store in the fridge. Boil them in heavily salted water for about 5 minutes, drain, cool, salt a bit more, & serve. Makes a great starter with miso soup or sushi.

GARLIC - more of our German Red variety.

GREEN BEANS - probably the last of the season, so enjoy 'em! For you EOW's, try last week's recipe for green bean & cilantro salad!

GREEN OR RED BELL PEPPER - Add to your tomatillo salsa if you like...

GREEN TOP BEETS - Make sure to eat the super-nutritious greens (try them in the caramelized onions & beans recipe below). Try the beet roots in the grated carrots & beets recipe. I don't bother peeling fresh organic beets, just scrub 'em really clean. Store in plastic in the fridge. Use the greens up within a few days.

JALAPENO PEPPERS - use 'em in salsa, or in Chili!

RED OR YELLOW WATERMELON - so sweet & refreshing! For a delightful drink, throw watermelon chunk, ice, & a bit of fresh lime juice in the blender. Should store in fridge in your fridge for a week at least.

RED ONION - a great "sandwich" onion for thick slices on a burger or veggie burger. Also great in salsa, chili, etc.

ROMANESCO OR BROCCOLI - broccoli's good, but Romanesco is stunning. I've actually had people say they couldn't eat it because it's too beautiful. This Italian heirloom cooks up and tastes more like cauliflower than broccoli. I like to steam it whole in water with lemon juice or broth & then serve it quartered. For those of you that didn't get it this week, it will be returning in the weeks to come.

TOMATILLOS - The tomatoes are all dead, but you can still make salsa verde (there was a recipe in the August 13th newsletter). Or try cooking them in chili or black beans. They store in the fridge just fine for a week - 10 days.

YELLOW POTATOES - delicious any way you cook them - steamed, boiled, baked, fried, hash-browned... Store them in paper in a dark, cool place. We LOVE potatoes and this yellow variety is one of our favorites that we've been growing (and eating) for a number of years.

GREENS, BEANS AND CARAMELIZED ONIONS

GRATED BEET AND CARROT SALAD

(altered from Claudia Roden's 'Arabesque')

- | 1 large red onion, sliced
- | 1/3 c. olive oil
- | 3 cloves garlic, minced
- | 1/2 pound fresh greens (arugula, spinach, chard or beet greens (with stems removed), etc.), coarsely chopped
- | salt & pepper to taste
- | 14 oz. can of black eyed peas or garbanzo beans
- | juice of 1/4 lemon

| Saute the onion in 2 Tbsp. of the oil over medium heat, stirring often, until caramelized (about 20 minutes or so).

| In a large saucepan, heat garlic in 2 Tbsp. oil. Immediately add the greens, put on the lid, & cook for a minute or two until the greens are wilted. Add salt & pepper. Stir in the beans & caramelized onions. Add the lemon juice & cook another minute. Add 2 more Tbsp. olive oil serve or cool & serve cold.

(altered from 'Moosewood Restaurant New Classics')

- | 1 large raw beet, coarsely grated
- | 1 large carrot, coarsely grated
- | 1 inch piece of fresh ginger root, finely grated
- | 2 Tbsp. oil (canola, vegetable, sunflower, peanut, etc.)
- | 3 Tbsp. cider vinegar
- | 1 clove garlic, minced salt & pepper to taste
- | 1/4 c. minced red onion
- | 2 Tbsp. cilantro, finely chopped (optional)
- | 6 lettuce leaves

| Place beets & carrots in separate bowls. Combine ginger, oil, vinegar, & garlic. Toss beets with half of the dressing & add salt & pepper. Mix together the red onion, carrots, cilantro (if using), & the remaining dressing with salt & pepper.

| Arrange the lettuce on a platter, mound the carrots & beets artfully on top of them & serve.