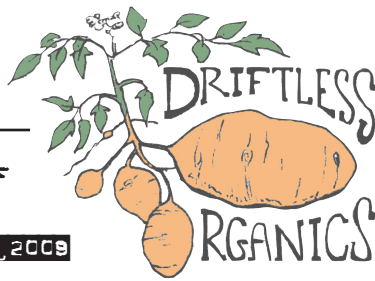


ONE POTATO



TWO

NEWS FROM THE FIELDS OF
DRIFTLESS ORGANICS

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THE BOX

W eek #15 and we chug along into the fall. 2 years ago at this time, we had the first killing frost of the year.

With our 2nd round of tomatoes just barely starting to ripen and our fall carrots still a little on the small side, I sure hope this year that the chilly temps will wait a bit longer. The forecast says that we've got some more of this unseasonably warm weather, so we continue on, worry-free.

I t wasn't the best of days, and it got even worse when our John Deere 4440 tractor blew a front right tire in the middle of plowing one of the fields. A visit from our tire repairman and \$300 later, we were back in business.

I got to thinking to myself - that tire was just about the cost of one every other week CSA share. Just like that, with one little mishap, we had just burned through one members' contribution to the farm!

By being a CSA member, you're not just buying a box of vegetables once a week or once every other week. You are putting your money towards the operation of a small business.

It makes me think of what lies at the core of the CSA philosophy - that each and

every one of you is buying into Driftless Organics and that your dollars are what makes this farm tick.

In some sort of hypothetical, non-legally binding sort of way, Driftless Organics does belong to each and everyone of you. By providing updates, information and pictures of the farm, we try to hammer this idea home.

With all of this in mind, I just wanted to give you an idea of where exactly your subscription money goes. Somewhat obvious, but staggering nonetheless, is the 45% labor figure. This accounts for the 15 or so people employed here (it differs, depending on the time of year). It is worth noting that this is more than triple our tractor expenses. It is nice to know it still takes a fair amount of 'hands in the dirt' to grow our vegetables. The biggest realization for me, while compiling this chart, was how many zillions of little expenditures are needed to keep this farm running.

So, as tires blow, parts are needed, and even more wax boxes are purchased, it is reassuring to remember that we have so many CSA members supporting us along the way.

--Mike

- CARROTS
- CAULIFLOWER OR ROMANESCO
- CIPPOLINI ONIONS
- COLLARD GREENS
- CURLY PARSLEY
- EGGPLANT
- GARLIC
- JALAPENO PEPPERS
- GREEN ICEBERG LETTUCE
- GREEN ZUCCHINI
- RED OR YELLOW WATERMELON
- SUNGOLD TOMATOES
- SWEET ORANGE & RED PEPPERS
- SWEET MINI PEPPERS
- TOMATOES

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 late), but if we were to have enough interest we'd be more than happy to give farm tours during the day!

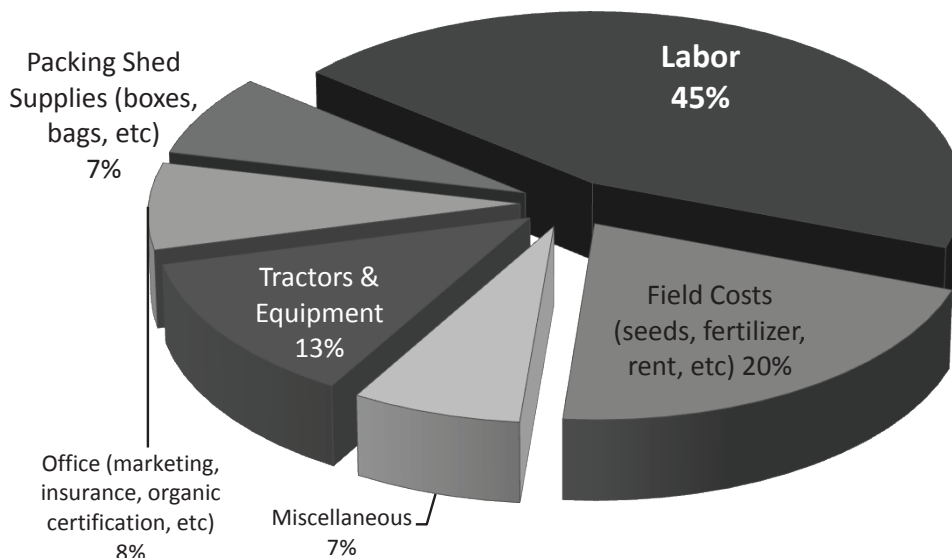
Here's the details:

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

FARM EXPENSES - WHERE YOUR DOLLARS GO...



YOUR BOX

CARROTS - did you know carrots are related to parsley, fennel, & dill? Carrots are high in antioxidants that are good for your heart & eyes. Store in plastic in the fridge. No need to peel!

CIPPOLINI ONIONS - are a fancy Italian heirloom roasting onion. Their thick layers & intense & slightly sweet onion flavor makes it a great frying or caramelizing onion. Store at room temperature.

COLLARD GREENS - are closely related to broccoli & kale & share the same antioxidant phytonutrients that can help prevent cancer & heart disease. Collards are super high in vitamins K, A, & C; one cup of boiled collards contain as much calcium as a glass of milk! You can cook them the Southern way - simmered with ham hock or bacon, water, vinegar, a pinch of sugar, & a splash of hot sauce - or steam, saute, stir-fry it or add it to soups.

CURLY PARSLEY - should be stored in plastic in the fridge. Add it to salads, soups, & sauces. If you don't like it, it's super good for doggies - try chopping it up & adding it to their wet food.

DAIKON RADISH - is a winter type (versus the round spring bunching type) of radish that is widely consumed in Japan (according to *'From Asparagus to Zucchini'* it accounts for 15% of Japan's agricultural production!). We like it grated raw in sushi rolls or alongside tempura vegetables. You can also pickle it or cook it in stir-fries or miso soup.

DELICATA SQUASH - is the quickest cooking &

thinnest skinned variety of winter squash as well as usually the first to be harvested. In addition to baking delicata like any other winter squash (cut in half the long way, scoop out seeds, & bake cut side down in a pan at 350 degrees until soft.

EGGPLANT - either a black beauty or rosa bianca. Both work well to roast and make into a small batch of baba ghanouj. Or, make a batch of ratatoulli!

GARLIC - our beautiful porcelain variety.

GREEN ICEBERG LETTUCE - lettuce is back! It won't keep super long, so store it in a plastic bag with a paper towel & eat it up within a few days.

GREEN ZUCCHINI - another last of the season, so pretend you're not sick of it & enjoy!

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

RED OR YELLOW WATERMELON - The last of the season - savour this last breath of summer.

ROMANESCO OR CAULIFLOWER - Romanesco cooks & tastes much like the cauliflower. Either one sure would be delicious fried up in a tempura batter with carrots & cippolini onions & served with freshly grated daikon radish!

SUNGOLD TOMATOES - Sweeter than the ones you had been getting - these are more what a sungold should taste like!

SWEET ORANGE AND RED PEPPERS - great in stir fries, chopped in salads, or for roasting.

VIETNAMESE ROOT VEGETABLE SLAW

4 1/2 cups grated mixed root vegetables of choice (such as daikon radish, carrots, beets, turnips, etc.)

1/2 cup red onions, diced

1 small hot or sweet pepper, seeded & minced

1/4 c. fresh cilantro, chopped (optional)

4 Tbsp. rice vinegar

1 Tbsp. soy sauce

1 Tbsp. sugar

salt & black pepper to taste
pinch of cayenne (optional)

Place grated vegetables, onions, peppers, & cilantro in a serving bowl. Whisk together remaining ingredients & pour over the vegetable. Toss thoroughly & add more salt/pepper/vinegar to taste. Serve immediately.

TUSCAN ZUCCHINI PIE

2 medium zucchinis

Salt

2 eggs

1/4 cup unbleached all-purpose flour

1/4 cup milk mixed with 1/4 cup water

1/4 tsp. finely chopped garlic

3 Tbsp. minced cippolini onion

1 c. chopped collard greens

Freshly ground black pepper

Freshly ground nutmeg

1/4 c. grated Parmesan or pecorino cheese

3 Tbsp. extra virgin olive oil

Cut zucchini crosswise into 1/8 inch thick rounds. Put in a bowl, sprinkle about 1/3 tsp. of salt over the top, toss, & set aside for 30 minutes. Drain & pat dry.

Preheat oven to 425 degrees.

Beat eggs in a bowl. Beat in flour. Add the milk/water mixture & beat it in. Add the garlic, onion, collard greens, 1/3 tsp. salt, pepper, nutmeg, & cheese. Mix well.

Arrange zucchini slices without overlapping in the bottom of two 8 inch cake or pie tins, double layering the zucchinis if possible. Stir the egg mixture well & pour it evenly over the 2 pans. Drizzle 1 Tbsp. olive oil over each pie & bake for 30 minutes. Serve hot with another drizzle of olive oil with each pie.