



one potato two

News from the Fields of Driftless Organics

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Week #15! The cool weather is staying with us, making me believe that it won't be going away any time soon and that summer is indeed on the way out. As much as we want to embrace this unfortunate seasonal reality, we are desperately clinging onto our canoe paddles, umbrella-clad cocktails and bermuda shorts, waiting (perhaps in vain) for another hot sunny summer day...

Whilst we wait, we are starting our fall cover crop regime of plowing the old crops in and seeding down rye, vetch, oats and field peas into our fields. We are readying our land for the winter, protecting against soil erosion and adding nutrients and green manure to the soil.

Alas, we cope with the loss of summer by celebrating the fall and the ensuing harvests. For those of you that haven't gotten the memo, we are having a HARVEST PARTY!!! Check out the details below, in the grey box (and in last week's news)...

So, in addition to growing fruits and veggies for you, our CSA members, we also sell some of our produce to a number of food cooperatives, both in the cities and closer to home as

well. Having this outlet helps us out tremendously and it feels good to be able to reach more people with our produce. We feel like food co-ops in general are doing a great service to the community as a whole and to us small scale farmers; and we are blessed to have so many around (doesn't the Twin Cities metro area have something like 15 food co-ops?).

These co-ops do more than just sell stuff. They promote the local food movement, host CSA pickup sites (we drop our boxes at two - the Eastside Co-op and the Viroqua Food Co-op). In addition, they hold CSA fairs (to connect potential members with CSA farms), educate the public about local and organic food and go through the painstaking process of sourcing and selling goods from about a zillion of us little producers. Plus, they always seem to be a force of positive change in the community that they belong to - nobody can argue with this.

You can find a variety of our goods, like mini peppers, onions, garlic and soon enough, potatoes, at many of the co-ops in the Cities, like The Wedge, Seward, Eastside, etc and also at The People's Food Co-op in Lacrosse and The Viroqua Food Co-op as well.

So, let's all support our local co-ops!
-Mike

the box!

- ButterHead Lettuce
- Cucumber
- Cilantro
- GreenTop Carrots
- Heirloom Tomatoes
- Garlic
- PurpleTop Turnips
- Raspberries OR
- Sungold Tomatoes
- Red Onion
- Red Slicer Tomatoes
- Roma Tomatoes

BONUS ITEM: Eggplant

WINTER STORAGE BOXES FOR YOU!!!

We are now taking orders for our Turkey-day box (delivered on Nov. 20) and the Holiday box (delivered on Dec. 18).

Each box is a hefty box of storage vegetables (about twice the size of your CSA share). They will contain a sizeable amount of the following: **potatoes, carrots, sweet potatoes, onions, garlic, winter squash, parsnips, turnips, beets (just a few) and a cabbage or two.** The price on these boxes is \$50. We will be delivering to one or more of the pick-up sites, depending on how many people order. If you are interested and want to place an order or want more information you can email me directly at mike.lind@driftlessorganics.com.

To Sum it Up:

T-day storage box: (Nov 20) - \$50.

Holiday storage box: (Dec 18) - \$50.

You can email Mike at mike.lind@driftlessorganics.com to place your order.

harvest-party!

WHEN: Saturday, October 4th
2pm until ?

WHERE: Mike & Dani's farm -
47664 Aspen Rd. Soldiers Grove,
WI 54655.

WHAT TO BRING: Dish to pass,
warm clothes.

ACCOMODATION:

You are more than welcome to camp on our (Dani & Mike's) land or on some of our rented ground (about 5 miles from the barn dance). Otherwise there are a few nice motels in the area:

Soldiers Grove (5 miles away):
Country Gardens Motel & Restaurant. (608) 624-3254.

Readstown (5 miles away): Kickapoo Crossroads Motel. (608) 629 - 9999.

Viroqua (13 miles away) Super 8 Motel. (608) 637-3100.

SCHEDULE:

2 pm: arrive, pitch a tent, go on a farm tour, relax....

4 pm: potluck begins - don't forget your dish!

5 pm: square dance time!!!

More music to follow including the AMAZING surf rock/old tyme country music band "The Noble Surfers" and then the funky tunes of "Bacon Equity".

FOOD: It's a POTLUCK! Bring a dish to pass (or a pie:)).

YOUR BOX!

CUCUMBERS - the cold weather we've been having are putting an early end to the cuke crop, this may be the last week.

BUTTERHEAD LETTUCE - the cool weather has been great for the lettuces - they really don't care for heat. Just as with our earlier lettuce, it's been washed but there may be dirt or sand lurking in its depths - so wash it well (hurray for salad spinners)...

BUTTERNUT WINTER SQUASH - with its smooth skin, butternut is the only squash that's easy to peel. For this reason it's my favorite to make squash soup with - check out the attached recipe for a gorgeous, easy & delicious Fall soup.

CARROTS - give the tops to the bunnies or the compost pile right away, they're not nice to eat & the roots store a lot better without them.

CILANTRO - so essential to salsa, whether you like it or not! Easy to chop & freeze if you simply cannot use it up within a few days. Store in fridge in plastic with a paper towel.

PURPLETOP TURNIPS - turnips are tasty cubed & roasted with olive oil & garlic, or boiled & mashed with cream & butter, or slow cooked in stews or roasts with beef/venison/pork & onions, carrots, potatoes, & garlic. Store in plastic in refrigerator

for several weeks. For the tops, you CAN eat them and they are a great, SUPER-healthy, earthy green. It doesn't take much to make a side of turnip greens - just soak & wash them good, boil them for about 15 minutes, drain off the water and then fry them in butter.

HEIRLOOM TOMATOES - Every bag should have a Striped Cavern (red w/ yellow stripes, shaped kinda like a bell pepper) - try stuffing it with cheese and roasting it!!! Otherwise, there is a Nebraska Wedding (like a slicer, but orange and sweeter) and some various other yummy tomatoes.

RED ONION - Throw in with your salsa.

RASPBERRIES OR SUNGOLDS - kind of a funny either or, but it must be done. Both are candy sweet & won't be around for long, so enjoy!

RED SLICER & ROMA TOMATOES if you haven't made any salsa to freeze yet, now's the time! Noah's partner, Ximena (who's folks are from the Southwest), taught us to roast all of our

salsa ingredients (minus the lime & cilantro) on the grill before running it through the food processor - oh boy does this make for a tasty, rich, smoky flavored salsa! I place whole tomatoes, quartered onions, whole jalapenos, & whole cloves of garlic directly on the grate above hot coals. Turn it all a couple of times & watch the onions, jalapenos, & garlic in particular for burning. Take it all off to cool, stem (& if you don't like heat, de-seed) the jalapenos, then pulse in the food processor with cilantro, lime juice, & salt. Put into freezer containers & freeze for a taste of summertime this winter!

SWEET PEPPER MIX - You've got two giant pimiento, a chocolate sweet and some more minis.

BONUS: EGGPLANT - Eggplant - Since these eggplants are very fresh, you won't have to do two things most people associate with preparing eggplant: (1) you do NOT have to peel the skin - it contains antioxidants & other compounds that the flesh doesn't; & (2) you do NOT have to salt & rinse sliced/chopped eggplant before cooking it. Eggplants are super popular in Middle Eastern, Southern-Italian, & Asian cuisines. Try a sauce-less eggplant parmesan baked with thick slices of fresh tomatoes on top or grill eggplant & puree it with tahini, garlic, lemon juice, olive oil, & salt for Baba Ghanoush.

GINGER SQUASH SOUP

- 1 medium butternut squash, peeled, seeded, & cut into 1" cubes
- 2 Tbsp. oil
- 1 medium yellow onion, chopped
- 3 Tbsp. ginger, peeled & minced
- 3 cloves garlic, peeled, crushed, & minced
- 1 c. vegetable stock or water
- salt & pepper to taste
- juice of 1 orange
- 1/4 c. half & half (optional)
- In large pot, saute onions in oil for a couple of minutes. Add ginger & garlic & stir for a couple more.
- Add squash, saute for another few minutes. Add stock/water, salt, pepper, & orange juice; cover & cook until tender (about 30 minutes). Add half & half, remove from heat, & puree until smooth.

Baba Ghanoush (eggplant dip)

- 2 lbs. eggplant, whole
- 1/4 c. fresh lemon juice
- 3-5 cloves garlic, peeled & chopped
- 1/4 c. tahini (sesame butter)
- 1/4 c. plain yogurt (optional - makes it creamier)
- salt to taste
- 1/4 c. fresh parsley, chopped
- 2 Tbsp. fresh mint, chopped (optional)
- 2/3 c. walnuts, toasted & chopped
- 3 Tbsp. olive oil, for drizzling
- Prick whole eggplants all over with a fork. Bake at 400 degrees or grill for 20-30 minutes, until slightly charred & tender. Cut in half & scoop out pulp. Blend in food processor with lemon juice, garlic, tahini, yogurt & salt until smooth. Pour onto platter, drizzle with olive oil & top with herbs & walnuts. Serve with kalamata olives, lemon wedges, & pita bread.