



## News from the Fields of Driftless Organics

*Week #16! With tears stinging our eyes like shards of glass soaked in lemon juice and salt, we sadly say goodbye to summer. It's not so much saying farewell to the reality of what summer was this year (because, in a lot of ways, this summer was pure hell), but more so it is the relinquishment of all of those optimistic expectations and facing the reality that what is out in those fields, is all that we've got left. You see, one of the greatest things about farming is each year you get to start anew, and with this comes a whole slew of opportunities and chances to accomplish greatness. The world awaits in each freshly plowed field that lies in front of you.*

*But now it is fall, a frost is impending, and with each passing week we say goodbye to another vegetable, knowing full well that it will be a long cold winter without the likes of sweet corn, watermelon and strawberries.*

*But you know what? It is OKAY! We've got a ton of great looking produce out there still - like the sweet potatoes (!) or the fall carrots that are getting bigger and sweeter with each passing day. No, the end of summer isn't that bad.... we just have to dry our eyes and appreciate the fall for what it IS, and not lament about what it ISN'T.*

*Teresa Engel is here this week to talk a bit about her new hubby and Driftless co-founder, Josh.*

## Farmer Profile: Josh Engel

Josh Engel was born during the chill of early November, directly after his mother was finished with chores, and just in time for supper. Growing up on the busy Engel family farm, Josh was quick to develop leadership skills and to learn how to be creative. He was the first of four kids in the Engel family and was a true older brother.

Josh started working on his parent's dairy farm when he was 8. He followed his mom around on veterinarian visits (staying out of trouble of course), and helped his dad with the milking chores. Around this time, a new opportunity for farmers was unfolding in

Southwest Wisconsin: a farmer's cooperative called "Organic Valley", and the Engel family was at the forefront. One of Josh and Noah's contributions to this fledgling cooperative was their first winter squash crop. It wasn't long after this that both of them wanted to do some farming on their own, and with some inspiration from their mom, and the entrepreneurial spirit of their dad, they started Rainbow Potatoes.

After high school, Josh wanted to explore college, meet some people, and just experience some new things. Throughout college, he worked with his brother in keeping the veggie farm going during his summers and weekends. After a few years of college and farming at the same time, Josh decided to move back to the Driftless area and give it go full time.

Josh's role at Driftless Organics now utilizes his leadership and innovation skills he developed as a youngster. Josh is an experimenter who is always looking to try new things in our fields. A couple of years ago, he thought about diversifying the crops that Driftless grows, and pondered about sunflowers. With no reservation, Josh planted 60 acres. (Josh is not known for doing things on a small scale) It wasn't long before he developed partnerships with a processor in northern Wisconsin, located the best bottles, labels, and was ready to sell the new product. Now, two years later the sunflower oil is flying off the shelves. Josh continues to explore other production ideas including, bio-fuels, small grains, and beans.

Josh is also big into logistics. He is a relationship builder, scavenger, and organizer; all

## THIS WEEK'S BOX:

- Black Spanish Radish
- Broccoli
- Celeriac
- Garlic
- Green Beans
- Pea Tendrils
- Red Kuri Squash
- Red Roaster or Pimiento Peppers
- Purple Top Turnips
- Romanesco
- Saute Mix
- Sweet Mini Peppers
- Tomatoes
- Yellow Onions

great qualities for farm logistics. Josh works with many area farms to find efficiencies in distribution and bulk purchasing. For example, he organizes seed potato purchasing for nearly 20 farms in southern Wisconsin and southwestern Minnesota, sourcing seed potatoes from New York, Canada, Colorado, Wisconsin, and other places. Finding the right price, organizing distribution, and developing pick up times for the local farms is all under Josh's purview. The amazing part is, as organized as you need to be to accomplish tasks like this, most of this information is stored in Josh's head. Another unique quality for an expert of logistics!

No matter what is going on at the farm, Josh is overseeing some part of it and making sure that it all runs as smoothly as a well oiled machine. We're not sure how he does it, but Josh is the glue that keeps Driftless Organics together and for this, he is completely invaluable.

--Teresa



## THIS WEEK'S BOX by Dani Lind

**Black Spanish Radish** – these are super cool-dinosaur-egg-looking winter radishes. The flesh is snowy white. They should have some bite, so if you aren't a big radish fan, try cooking them or mixing them in salads. Try an unconventional twist on the classic French celeriac remoulade - a grated celery root salad with homemade mayonnaise - by adding black Spanish radish for beauty (the flecks of black & snowy white contrast beautifully with the creamy colored celeriac) & bite. (See recipe below).

**Broccoli** – With fall broccoli comes those pesky green worms that like to hide in the florets. We haven't found too many, but you may find them. If so, soak your broccoli in salt water before using. We apologize for this inconvenience, but it is either this or having to spray pesticides every week.

**Celeriac** – one of my favorite fall/winter veggies. This is old-school celery - the stem celery we know has only been around for a couple hundred years. Before that, celery was grown for its root. These gnarly looking roots pack lots of celery flavor mixed with an earthy sweetness you won't find in California stems. Peel them with a sharp paring knife & grate, slice, or cube them to add to coleslaws, soups, roasts, & gratins. They're delicious mashed with potatoes & add lots of body to pureed soups. You can also roast them whole

with the skin on. They oxidize quickly after cutting, so cook right away or place in lemon water to stabilize it for later use. Store in plastic in the fridge.

**Green Beans** – the last of the season. Just a small bag to say goodbye with. Store in the plastic bag they come in and use up in the next 5 days or so.

**Pea Tendrils** – turn your dinner or salad into a gourmet meal! Their sweet pea flavor & cute little tendrils are just plain classy. Eat them fresh or barely wilt them by tossing them wet into a hot pan & stirring a few times.

**Purple Top Turnip** – the classic turnip. In addition to roasting them or boiling & mashing them, you can grate them raw into coleslaw. Store in plastic in the fridge.

**Red Kuri Squash** – this is a beautiful deep orange squash with deep orange dry flesh. Cut in half, scoop out seeds, & roast cut side down at 350 degrees for 30-40 minutes. I like to oil the cut side first so it doesn't stick to the pan & you end up with a pretty caramelized top. Try the stuffed winter squash recipe, below. Store at room temperature.

**Red Roaster or Pimientos** – Its so great o have a few sweet peppers in

the fridge, as they go so well on so many things, from eggs to steak sandwiches. Store in your fridge's crisper drawer.

**Romanesco** – there's a lot of cool looking vegetables in this box, but Romanesco tops them all. This Italian heirloom sometimes referred to as a broccoli & sometimes a cauliflower looks more like something growing on a coral reef than either. Its sweet nutty flavor is better than broccoli or cauliflower, too! It doesn't need any fancy preparation, either - best to steam it whole until tender, cut in quarters the long way, & drizzle a bit of butter or olive oil & fresh lemon juice, salt, & pepper. Gorgeous & delicious! Store in plastic in the fridge & use up within 5 days or so.

**Saute Mix** – this spicy mix can be added to salads if you're adventurous, but is best wilted or sauteed. Try in the recipe below.

**Sweet Mini Peppers** – some of the last of the season.

**Swiss Chard** – is a close relative of beets. It is incredibly nutritious, full of vitamins & easily absorbed minerals. The stems are delicious & with a there's similar to celery. The leaves are a great substitute for spinach in any cooked recipe. They don't take long to cook - best to add them at the end. Store in plastic in the fridge & use up within 5 days or so.

### Greens & Bean Stuffed Winter Squash

1 medium winter squash  
1 small onion, minced  
3 cloves garlic, minced  
1 small red pepper, small diced  
1/2 bunch of chard, stems chopped separately from leaves  
1/2 lb. saute mix (the amount in your box), coarsely chopped  
1 can cannellini beans or chickpeas, drained  
1/4 c. white wine or chicken broth  
salt & pepper to taste  
1/2 c. freshly grated parmesan

Preheat oven to 350 degrees. Cut squash in half & remove the seeds. Rub cut end with oil & place cut end down on baking sheet. Bake for 30-40 minutes, until tender.

Meanwhile, in a large saute pan, cook onions over medium-high heat until translucent. Add garlic, red pepper, & chard stems & saute for a couple minutes. Add chard leaves, saute mix, beans, & wine/broth & cover for a minute or two. Remove lid, stir, & salt & pepper to taste. Fill cavities of cooked squash with mixture, top with Parmesan, & return to oven until cheese is melted. Serves 4.

### Celeriac & Black Radish Remoulade

1 medium celeriac, peeled & grated  
1 tsp. lemon juice  
1 medium black Spanish radish, unpeeled & grated  
3 tablespoons Dijon-style mustard  
4 tablespoons olive oil  
1 teaspoon white wine vinegar  
salt & pepper to taste  
1/4 cup minced fresh parsley leaves (optional)

Immediately after grating, soak celeriac in lemon juice & 1 cup of cold water. Meanwhile, whisk the mustard with 3 tablespoons hot water. Add the oil in a slow stream, whisking until the dressing is emulsified. Whisk in the vinegar, salt, pepper to taste. Drain the celeriac & blot dry with a paper towel. Add the celeriac, radish (& parsley if using) & toss the mixture well. Serves 6.