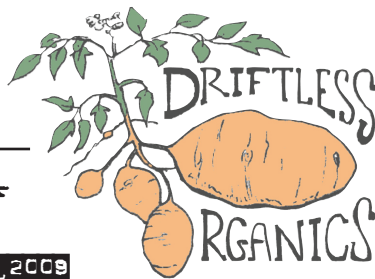


ONE POTATO



TWO

NEWS FROM THE FIELDS OF
DRIFTLESS ORGANICS

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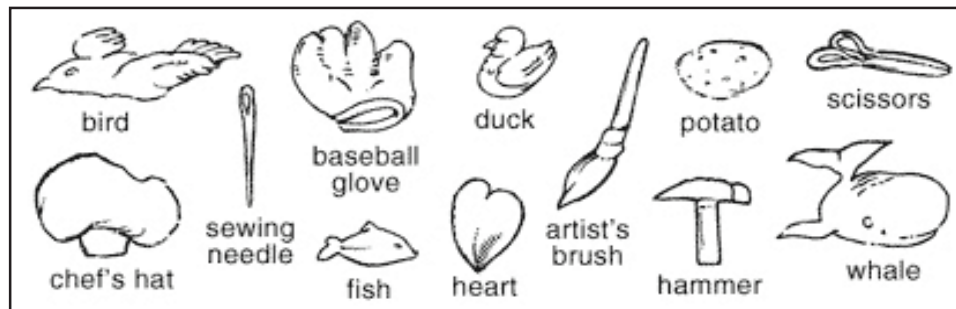


Week #16 Boy, it sure is DRY! We are feeling it and could really use a couple of nice showers to see us through the fall. I suppose, if there is going to be a time without rain, this is one of the better times for it, as most of the growing of things has already happened for the season. Having said that, it sure would help your fall lettuce and spinach

size up. Other than that, the warm temps continue as do we. The big fall harvests of storage crops like cabbage and sweet potatoes have begun and before we know it, the snow will be flying. Remember these Highlights® Picture Finds? I used to love 'em and thought we'd have a bit of fun this week. Here's to the CSA kids (or the kid in all of us). --Mike



CAN YOU FIND THESE ITEMS?



THE BOX

- CARNIVAL SQUASH
- CARROTS
- CAULIFLOWER OR ROMANESCO
- GREEN OR RED BELL PEPPER
- LEEKS
- POBLANO PEPPER
- SPINACH
- SUNGOLD TOMATOES
- SWEET ORANGE & RED PEPPERS
- SWEET MINI PEPPERS
- TOMATO MIX
- WHITE RADISHES
- YELLOW POTATOES

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

PLEASE BRING BACK YOUR OLD CSA BOXES!

YOUR BOX

CARNIVAL SQUASH - cook like any other winter squash: cut in half, scoop out seeds (rinse those off & bake on an oiled cookie sheet for a tasty snack), & bake on cookie sheet cut side down at 350 degrees until soft. Store at room temperature someplace dry.

CARROTS - store in plastic in the fridge.

CAULIFLOWER OR ROMANESCO - either one is delicious steamed, roasted, or sauteed. Romanesco is gorgeous steamed whole & served in wedges drizzled with olive oil or butter & fresh lemon juice. Store in the crisper drawer &/or plastic in the fridge & use within a week.

GREEN OR RED BELL PEPPER - sweet bells are so versatile - fresh in salads or with dip, cooked in any number of ways. Great for stuffing. Store in your crisper drawer & use within a week. If you can't get to them, simply chop them up & freeze them in freezer bags, no blanching necessary, to add to soups or stir-fries this winter.

LEEKS - the first of the season! Try the Potato Leek Soup recipe, or saute them with bell peppers, the purple beans,

& garlic tossed with pasta, olive oil & Parmesan. Or braise them with olive oil, white wine, & garlic. You can use the white stalk & green leaves. Make sure to clean them well to avoid grit. Store in your crisper drawer or plastic in the fridge.

GARLIC - Red German-type.

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POBLANO PEPPERS -

somewhat spicy peppers, great for roasting & stuffing or adding to beans, South-west-style egg dishes, fajitas...

PURPLE BEANS - the lovely color will fade to green with cooking, so if purple is what you want, eat it raw. Or try it in the Lebanese Spinach & Green Bean recipe, below. Store in plastic in the fridge & try to use within a few days.

SPINACH - One of my favorite salads

is with fresh spinach, Gorgonzola cheese, ripe pear slices, & toasted walnuts & dressed with white wine vinegar & olive oil & lots of black pepper. Or try it wilted in the Lebanese salad recipe, below.

SUNGOLD TOMATOES - have been so faithful! If you're getting sick of them raw (heaven forbid!), try sauteing them with garlic & peppers or purple beans & herbs as a pasta sauce or dip for French bread.

TOMATOES - The tomato patch is still pretty sparse, but we tried to give you something. You will be getting a slicer tomato plus an heirloom tomato of some sort. If you are questioning the ripeness of your tomatoes, the gentle squeeze test works the best. If it's soft, it's ripe.

WHITE RADISHES - top salads with the roots or add them (& their super-nutritious greens!) to stir-fries or miso soup.

YELLOW POTATOES - my favorite all-around potato. The yellow flesh adds such warm color to any dish & the texture is good in soups, potato salads, roasted potatoes, hashbrowns - just about anything. Try them in the Potato Leek Soup.

LEBANESE SPINACH & GREEN BEAN SALAD

4 c. spinach, whole leaves & stem
1 c. green beans, cut or snapped in half
1/2 medium onion, finely sliced
1/3 c. plain yogurt
1 Tbsp. fresh lemon juice
1 Tbsp. fresh mint, chopped (reserve a few whole leaves for garnish)
1/2 c. walnuts, coarsely chopped & toasted
1/2 c. red bell peppers, very thinly sliced

Steam spinach for a minute or two, until just wilted. Run under cold water to cool & drain. Arrange it on a serving platter. Steam green beans for a couple of minutes, cool, drain, & place on top of wilted spinach. Arrange onion & red pepper slices on top of beans. Mix yogurt, lemon juice & mint together in a small bowl & drizzle over salad. Top with walnuts & extra mint leaves for garnish. Add toasted pita wedges for a complete meal!

POTATO LEEK SOUP

4 Tbsp. butter
1 medium onion, coarsely chopped
3 c. leeks, cut in half the long way & cut in 1/2 inch slices
4 ribs celery
1 tsp. dried thyme (or 1 Tbsp. fresh)
4 c. potatoes, cubed
1 quart vegetable or chicken broth (or water in a pinch)
1/2 tsp. ground nutmeg
1 c. half & half
salt & pepper to taste
fresh tarragon &/or fresh parsley, chopped, for garnish

In a large soup pot, saute onions in butter for a minute or two. Add leeks, celery, & thyme & saute for another couple minutes. Add potatoes, broth, & nutmeg & bring to a boil. Reduce heat & simmer with a lid on for about 20 minutes, until potatoes are soft. Add 1/2 & 1/2, salt & pepper. At this point you can simmer it a bit longer & serve it broth-y with chunks or puree half of it or all of it. Add fresh herbs to serve.
Serves 6-8.