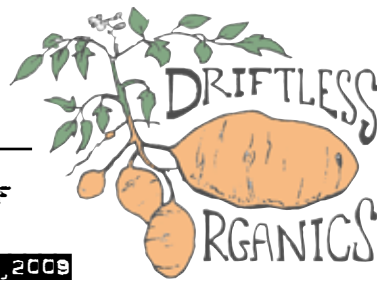


ONE POTATO



TWO

NEWS FROM THE FIELDS OF
DRIFTLESS ORGANICS

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THE BOX



Week #17 What a crazy week it has been thus far and we are still reeling after last night's frost warnings. With the fear of the cold damaging our winter squash, we worked until past dark getting our the crop in (a GREAT harvest!) and now we are all a bit tired on this Wednesday afternoon. Alas, the frost did not come, which is great because it means another week of tomatoes and peppers.

The days are jam packed now as the cold reality of winter knocks on our door. We are racing against the clock, pulling in wagon load after wagon load of squash, sweet potatoes, cabbage and potatoes. Man, I LOVE this time of year.

LATE BLIGHT, SWEET POTATOES AND CABBAGE, OH MY!

As I say, it has been a crazy week, starting off in a less-than-stellar fashion with the discovery of late blight in our fall potato patch. Otherwise known as *Phytophthora infestans*, this disease can wipe out acres upon acres of potatoes pretty quickly. It has been making the news lately, as it has been spotted throughout the season on home gardens and farms throughout middle and southern Wisconsin. It apparently found our little valley and our 7 acres of fall potatoes that we have been nurturing so carefully.

Luckily, it didn't hit us until now, when our potatoes are *mostly* done growing and can be harvested with out much yield loss. As a precautionary measure, we mowed off all of our plants (even though there was only a very small section that was infected) and this should (knock on wood) stop any further infestation. We feel confident our potatoes have been spared and we should have a stellar crop to wash and pack through the late fall and winter.

So that's that. Other craziness this week included the start of the sweet potato harvest. This is quite the event, where 6-10 people all focus their energies on cutting the plants away, ripping up the plastic mulch that the plants grow on and then extracting the sweet potatoes out of the ground and loading them all up onto a wagon. At that point, they are brought back to the home farm and are 'cured'. To do this, we create a 'hot house' environment, where artificially high temperatures and high humidity toughen up the skins and really sweeten up the potatoes.

Big-time cabbage harvest is happening this week as well. A much less involved process, but exciting nonetheless, with giant conveyor belts hanging out from harvest wagons to carry the cabbage from a workers' hands to the bins on a wagon. It has been a great cabbage year and we are excited as ever to be able to offer cabbage to the Twin Cities Co-ops well into the fall.

And this all happened amidst CSA harvest and packing and I tell you what we are loving every minute of it and can't wait for the party this weekend! Finally, time to kick back and relax!

-Mike



Elihu, mowing down the potatoes.

- GARLIC
- JALAPENO PEPPERS
- LEEKs
- PURPLE BEANS
- RAINBOW CHARD
- RED BEETS
- RED KURI SQUASH
- SPINACH
- SUNGOLD TOMATOES
- SWEET ORANGE PEPPERS
- SWEET POTATOES
- TOMATO MIX
- WHITE RADISHES
- YELLOW POTATOES
- YELLOW ONIONS

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!

MEDITERRANEAN BEET SALAD

4 whole, unpeeled beets, trimmed, leaving 1 inch of stems attached
1/4 cup minced onion
2 tablespoons minced fresh parsley, dill, or mint
2 tablespoons extra-virgin olive or sunflower oil
2 tablespoons balsamic vinegar or red wine vinegar
salt and pepper to taste
1/4 cup crumbled feta cheese

Preheat oven to 400 degrees.

Bake whole beets on a cookie sheet until easily pierced with a fork, 45 minutes to 1 hour. Once done, remove from oven, & allow to cool. Peel (skin should slip off) & cut into 1/4 inch slices.

While the beets are roasting, whisk together shallot, parsley, olive oil, & vinegar in a bowl until blended; season to taste with salt & pepper.

To assemble the dish, place the warm, sliced beets onto a serving dish, pour vinaigrette over the beets, & sprinkle with feta cheese before serving. Garnish with extra herbs.

SPICY SWEET POTATO FRIES

2 large sweet potatoes, cut into 2-inch wedges
1 tablespoon olive (or sunflower) oil
1/2 teaspoon cayenne pepper
teaspoon cumin
1 teaspoon chili powder
1 teaspoon garlic salt

Preheat oven to 400 degrees.

Place potato wedges in a bowl and add oil; toss to coat. In a small bowl, combine remaining ingredients. Sprinkle spice mixture over potatoes and toss to coat. Place on a baking sheet and bake for 30 minutes or until potatoes are soft on the inside and slightly crispy on the outside.

For added kick on the side by adding one of your kung paos to some ketchup.

JALAPENO PEPPERS - try stuffing them with cream cheese and pecans, then wrap in bacon (use a toothpick to hold it together) and then grill or smoke. Use an egg carton to keep them upright in your grill. Use wet wood chips to smoke them. YUM!

LEEKs - pair well with potatoes - try them in the recipe from last week if you haven't already. Make sure to clean them well as dirt likes to hide where the white & green parts meet.

PURPLE BEANS - the last of the season for beans. Store in their plastic bag in the fridge.

RAINBOW CHARD - Slice the chard about twice the size of matchsticks... it doesn't have to be exact, you could tear it, even. Then, cook it with chopped onion, garlic (chopped or slivered) and chopped parsley. (You could also add chopped tomatoes.) Then toss it with fresh cooked pasta and grated parmesan or pecorino. Flippin' Awesome.

RED BEETS - high in minerals, vitamins, & antioxidants. Try it roasted in the Mediterranean Beet Salad recipe, grated fresh on salads (or try it in a salad by itself with apple cider vinegar, a bit of orange juice, olive oil, & cashews), or sliced & roasted with garlic & rosemary in olive oil. Store it in plastic or the crisper drawer in the fridge

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.

RED KURI SQUASH - a nice orange-fleshed, nutty flavored sweet winter squash. Its relatively smooth flesh makes it easier than most to peel & cube into soups, but it's easiest to bake it (cut in half, scoop out seeds, place cut

side down on a buttered cookie sheet [or one with a bit of water in it] & bake at 350 degrees until soft).

SPINACH - perfect in salads or on sandwiches, pasta, soups, pizza, eggs... Store in plastic in fridge & use up within a few days.

SUNGOLD TOMATOES - if you're getting sick of these, they're great dehydrated! Slice in half & place in dehydrator or warm oven until dry.

SWEET ORANGE FRYING PEPPERS - colorful & tasty in stir-fries, pasta, pizza, and fajitas. These have become our favorite pepper on the farm, as they are so darn sweet!

SWEET POTATOES - the first of the season for these gems full of nutrients (1 baked sweet potato has 262% of your daily allowance of beta-carotene & almost 30% of your vitamin C). Bake them with the skins on, slice or cube them to cook in soups, au-gratins, or roasted vegetables. Or you can grate them in latkes (to the grated sweet potatoes, add an egg, a couple Tablespoons of flour, minced onion, salt, pepper, & a dash of nutmeg & fry in oil, flipping once). Or slice into fries, toss with oil, salt, (& a bit of chili or chipotle powder) & bake at 400 degrees, turning a couple of times until crispy.

TOMATOES - Another random sampling of the many varieties of tomatoes that we grow. These may be the last and they may be under-ripe. Let sit on your counter until they soften up.

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

YELLOW POTATOES - delicious & versatile potatoes. Best to leave skin on, as they're packed with minerals.

YELLOW ONION - Store on counter and use up in a week.

YOUR BOX