



one potato two

News from the Fields of Driftless Organics

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Week #17! A Monday morning storm brought the blustery autumn onslaught and ready or not, winter is on its way. Cool days and colder nights with a frost waiting around the corner, signaling the end to our tomatoes, basil, peppers and other such crops. Y'know, in a way, I am ready for it. At least that's what I'd like to believe... We continue to try to find time for these big harvests like potatoes and cabbage... And last week we did indeed find some time to harvest the first of our sweet potatoes!

We hope to see you this Saturday at the harvest party!

Once again, it's sweet potato harvesting time. This is our third year growing sweet potatoes, and each year we get slightly better at it. They are a tough crop to get right, as they really are meant to be grown in the more southern regions of the country. They like it hot, real hot; and we try to simulate this environment by planting them into black or dark green plastic mulch. We do this in the spring, as soon as the danger of frost is more or less gone. We put our plants into the sandiest of our soils, as these give them the room they need to grow, plus make it much easier for us to dig them up in the fall. And that's what we're all doing now. We dig our sweet potatoes using a tractor and machine

that undercuts them, then runs them over a chain conveyor that shakes out the dirt and drops the sweet potatoes on top of the ground. We then come behind and pick them and gently place them into black plastic trays.

They then need to be cured in a warm and humid environment. We do this by stacking the plastic trays in our green house, covering them with a tarp, and heating them with a small heater while running a trickle of water onto the floor. Curing works best at 80-95 degrees F and 80-95% humidity and usually takes between 7-10 days. This environment allows the skin to thicken and helps to heal any scuffs they sustained during harvest. Also the curing process helps to convert some of the starches into sugars making them more delicious than green sweet potatoes.

Often commercially called yams, sweet potatoes are a member of the morning glory family (the similarity can be seen in their leaves) and are not really potatoes but rather rooted tubers. Yams originated in West Africa and are a starchy tuber, while sweet potatoes are native to the Americas, dating back to 8,000 B.C., and generally have a moist, very sweet and orange/yellow flesh.

They are indeed a lot of work but alas, we just can't help ourselves, we love them that much and we think you will agree, they are worth the trouble.

Please Come to our 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.

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:)).

the BOX!

Basil
Carrots
Eggplant or Cauliflower
Garlic
Leeks
Red Onion
Sweet Peppers
Sweet Potatoes
Red or Green Leaf Lettuce
Red Potatoes
Sungold Tomatoes
Tomatoes
Winter Squash:
Sweet Dumpling
Zucchini

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. In addition, dani will be putting together a bunch of recipes and detailed storage tips on each item.** The price on these boxes is \$50. 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.

YOUR BOX!

BASIL – cold nights this week will probably put an end to the basil - so enjoy it! A friend once made a Thai curry with coconut milk, green curry paste, eggplant, & lots of basil leaves - so simple & elegant - that I repeat often.

CAULIFLOWER OR EGGPLANT – another odd either or, but there's just not enough of either one for everyone... Cauliflower is closely related to broccoli, & can be cooked similarly, in stir-fries, sauteed with garlic, or in creamy pureed soups. Cauliflower's sweet, slightly nutty flavor is especially delicious in Indian curries. It can also be broken into florets & steamed (about 5 minutes, drizzle with olive oil & lemon juice, salt, pepper) or tossed with oil, garlic, & salt & roasted (450 degrees for about 15 minutes). High in Vitamins C & K. Store cauliflower in plastic in fridge & use within a week. If your cauliflower is purple, no worries you are NOT having a flashback, it is supposed to be that way. It is a variety of cauliflower called grafitti and we hope to grow enough for everyone to get one next year.

Eggplant is delicious in all sorts of Mediterranean dishes from Italy (pasta & eggplant Parmesan!) to the Middle East (mmm... baba ganoush!). Eggplant is also tasty in Indian dishes (try roasting slices of eggplant, onions, & tomatoes and then simmer them in a sauce of yogurt & toasted cumin seeds) & simmered in Thai green curry with basil. Store loose in fridge & use within a few days. No need to peel or salt & drain this fresh eggplant.

CARROTS - store well in a ventilated plastic bag in the fridge.

COLLARD GREENS - please, no groaning! Eat your greens! Like the cauliflower, collards are in the brassica family & hence super good for you. Just one cup of cooked greens contain almost 900% of your RDA of vitamin K, 120% of vitamin A, over 50% of vitamin C, & more calcium than a glass of milk. Collards are traditionally boiled with ham hocks, vinegar, & onions for a Southern accompaniment to black eyed peas, but you can use it anywhere you would kale. Simply strip the leaves off their stems & steam, saute, or boil them in soups, sauces, or stir-fries. I love adding chopped collards to corn chowder (towards the end of cooking).

LEEKs – hurray for leeks! A delicately flavored member of the onion family, leeks are only available locally in the fall/early winter. The white stem is the part you want to eat, generally cut into round or diagonal slices (the tough leaves are typically used only for soup stock). Leeks are fantastic in potato leek soup, sauteed in butter/braised in white wine by themselves or with cabbage (good with chicken or fish), or in omelets. Or try the tasty potato leek tourte recipe (below) from our famous Kickapoo area French chef, Monique Hooker. Store in plastic in the fridge.

RED ONION - A storage onion best stored in a dark place.

RED or GREEN LEAF LETTUCE – Hurray for lettuce!

RED POTATOES - these red potatoes are excellent boiling (or steaming) or baking potatoes. Try them in the Potato-Leek Tourte recipe (even though it calls for Russets).

SWEET PEPPER – We are blessed with yet another week of sweet peppers. The green ones are simply a chocolate that hasn't turned brown yet. Still pretty darn sweet.

SWEET POTATOES – we LOVE sweet potatoes. Simmered in soups, stews, or curries; baked whole or as oven fries (cut into fry size pieces, tossed with olive oil and cayenne and then baked at 400 until brown) or roasted with other roots/tubers. Yummy. Sweet potatoes are high in vitamins C & B6 as well as potassium. Store them in a dark, well ventilated, cool (50-60 degrees) place loose or in a paper bag (NOT plastic, NOT in the fridge).

SUNGOLD TOMATOES – A sweet treat to remind us of summer past.

TOMATOES – Tomatoes in October?! Eat your heart out, California.

WINTER SQUASH, SWEET DUMPLING – Sweet dumpling is a sweet little squash! Smaller size, tenderer skin, sweeter flesh, & dryer texture than your average winter squash. Check out Elizabeth's recipe!

ZUCCHINI – Delicious in chunky pasta sauces, omelets, soups, stir-fries, etc. Store in perforated plastic or crisper drawer in fridge & use up within a week.

POTATO-LEEK TOURTE

from Monique Hooker's 'Cooking with the Seasons'

- 1 large russet potato (we feel a pound of reds will work just as well) baked (the recipe calls for peeling, but you don't have to)
- 1 partially baked 9" pie shell
- 3 cups chopped leek, white & light green part only (If there's not quite enough leek in the box for the recipe, add some chopped collard greens & saute them with the leek.)
- 1 Tbsp. unsalted butter
- 1/2 cup cream
- 1/2 tsp. salt
- 1/4 tsp. freshly ground nutmeg
- 2 eggs
- 1/4 tsp. freshly ground pepper
- grated Gruyere, Swiss, or goat cheese (optional)

Preheat oven to 375 degrees.

Gently crush baked potato with a fork into the bottom of the pie shell. Saute leek in butter until translucent. Transfer to the pie shell. Mix together the cream, eggs, salt, pepper, and nutmeg to make a custard. Pour over the onion and potato, sprinkle cheese on top (if using) and place in the preheated oven, baking for 45 minutes, or until the tourte is golden brown and the custard set.