



one potato two

News from the Fields of Driftless Organics

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Week #18! After a few close calls, we finally got our first hard frost late last week. It is at this point that we must say goodbye to many of our veggies like tomatoes, basil and peppers. Never fear, there are many wonderful crops to take their place, like parsnips, winter squash and carrots. We are getting down to the end of the CSA season (for most of you, next week is the last week!). It is hard to believe the end is so close. For us, there are still a few more weeks of intense harvest before we can take a breather. Don't be fooled, we aren't doing this alone; we still have a host of great crew members who are braving the cooler temps and dreary rain to help us get our crops in. One such member is Rachel, who is one of the veterans here at Driftless.

Rachel Rebman started working at Driftless Organics 3 seasons ago. She's been with us through the floods, the chaos of moving an entire operation and those 2 seasons that we tried to be a major wholesaler of cucumbers and zucchini.

On her way to an interview at a different organic veggie farm, we asked her "hey, how abouts you come work with us?" And before we knew it, we found ourselves working with one of the

most competent, hardworking and fun souls we've ever been around. How lucky for us!

Rachel really has become an indispensable part of this operation for many reasons. One is that she knows the ins and outs of what we do here. She's accustomed to our routine, method of organization (or lack thereof) and our way of farming. And it all clicks with her.

What Rachel like most about working here is being able to work outside, and the fact that you are always learning something new, especially about vegetables. It is an added bonus for her that she gets to work with a great crew of people.

"What attracted me about Driftless when I started working here was that they were just sort of starting out... they were expanding their farming and I saw a chance to jump on board and help them grow." Says Rachel.

What she likes most about the organic movement is the opportunity it presents in bringing a deeper connection between people and their food. She digs the fact that customers get to know their food and where it comes from.

Y'know, the best thing about having Rachel around is not only is she a superb employee who gets the job done, she is also a wonderful friend. Thanks, Rachel!

-Mike



the BOX!

- Beauty Heart Radish
- Broccoli
- Carrots
- Cilantro
- Garlic
- Onion
- Parsnips
- Red or Green Leaf Lettuce
- Sage
- Spinach
- Sweet Peppers
- Sweet Potatoes
- Tomatoes
- Winter Squash:
- Delicata & Buttercup

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.

IMPORTANT REMINDER!!

Although next week is the last week of the regular season pick up for most of you, the EOW members who pick up at the Seward, St. Paul and Eastside sites have one more box coming to them. This will be delivered at the usual time, on Thursday, Oct 23 and Friday, Oct 24. This box is for EOW members ONLY... If you have any questions, feel free to give us a call at 608-624-3735.

YOUR BOX!

BEAUTY HEART RADISH - A stunning, mild winter radish that would be lovely grated in a salad.

BROCCOLI - the fall broccoli has finally formed heads, thanks to a break in the cold weather! Delicious steamed (or cooked with your pasta towards the end of it's boiling time) & tossed with pasta & some of that pesto you hopefully made & froze! Or simply stir-fried with lots of garlic in oil. Once again, keep an eye out for the wee green worms. They ARE a nuisance but we hate to spray them (even if the pesticide IS organic). Just soak them in salted water for 30 minutes.

CARROTS - aren't these carrots delicious? We're so happy with the carrot crop this year! Try the easy & delicious honey-glazed carrot recipe, below.

CILANTRO - Try making a soup by sauteeing onions, garlic, chopped carrots and jalapenos. Add vegetable/chicken broth until cooked. Puree, add cream and a bunch of chopped cilantro for a great, warming soup.

GARLIC - garlic is so important to eat this time of year when we're so susceptible to colds. Eat it often & eat it raw if you're fighting off a cold or infection. You can make a super easy salad dressing with raw garlic, tahini (sesame butter), lemon juice, olive oil, & salt/pepper in the blender/food

processor. It keeps in the fridge for a week or two.

PARSNIPS - related to carrots, parsnips can be used anywhere you would cook carrots (in soups, sautés, etc.). They respond particularly well to roasting, however, with other root veggies.

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

RED or GREEN LEAF LETTUCE - it's time for salads again! Mix this lettuce with spinach, grated carrots & beets, & chopped mini sweet peppers for a super colorful, nutritious salad!

SAGE - A versatile, aromatic herb that is especially tasty in poultry (a must in stuffing), squash, roasted root veggies, cheesy biscuits and pasta.

SPINACH - Some holes indeed, but a fine tasting spinach. Next week, we'll be getting the new baby stuff!

SWEET PEPPER - Peppers again? Are you mad? The minis are a nice addition to salads.

SWEET POTATOES - if you're any every-other week person - in last week's newsletter Mike described the crazy process the farm goes through to grow, harvest, & cure this warm climate tubers so they're extra sweet & lovely for you to enjoy - check it out online! Sweet potatoes can be baked whole, cut into cubes & roasted with other roots/tubers, steamed in large chunks, or simmered in soups, stews, or curries. Three of our sweet potato favorites are (1) my mom's sweet potato black bean stew (check out last years' Oct 4 newsletter for the recipe); (2) Thai coconut red curry simmered with sweet potatoes & any leafy green (the spinach would be succulent added towards the end); & (3) sweet potato oven fries (cut into fries/wedges, toss in oil, spread on baking sheet & bake at 400 degrees for about 20 minutes, turning once).

TOMATOES - This is it! Your tomatoe(s) may need a bit of ripening... just set on the counter til the green has faded.

WINTER SQUASH, BUTTERCUP & DELICATA - Either one can be cooked the standard way - cut in half, seeds removed, baked cut side down on baking sheet until soft (the delicata won't take as long to cook). The delicata can also instead be quite easily stir-fried or steamed, as it's skin is soft enough to eat. 1 lb. carrots (or mixture of carrots & other veggies like sweet peppers, green beans, snap peas, etc.) For the Delicata, check out Elizabeth's recipe below!

HONEY GLAZED CARROTS

- 1 lb. carrots (or mixture of carrots & other veggies like sweet peppers, green beans, snap peas, etc.)
- 2 Tbsp. butter (or olive oil)
- 1 1/2 Tbsp. honey
- 1/2 c. water
- salt & pepper to taste
- Fresh herb such as thyme, rosemary, or mint (optional)

Scrub carrots. Slice carrots into 1/2 inch diagonals & combine them with butter, honey, & 1/2 cup water in a large skillet or sauce pan over medium-high heat. Bring to simmer, lower to medium heat, & cook until carrots are tender (but not mushy) & most of liquid has reduced (10-15 minutes). (If you are combining carrots with other veggies, add quicker cooking veggies like peppers or peas half way through cooking.) Season with salt, pepper, & fresh herb of choice (if using), & serve. Makes 4-5 servings.

ROASTED DELICATA SQUASH

- Wash squash and preheat oven to 375 degrees.
- Halve and seed squash.
- Cut into half moons of equal size.
- Put these all in a bowl.
- In a glass put:
 - 4 Tbsp olive oil
 - 2 Tbsp Maple Syrup
 - Chipotle, cayenne or chili powder to taste
 - Half as much cinnamon
 - Salt & pepper (to taste)
- *stir and pour over squash
- Put on cookie sheet in single layer.
- Roast until brown and soft, checking midway to move around and flip over (about 35-40 min).
- It should smell like the State Fair's mini donuts!