



ONE POTATO TWO

NEWS FROM THE FIELDS OF DRIFTLESS ORGANICS

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Week 19! What the what? The end? Yep, sad but true - we say goodbye to all of ya Every-Other-Weekers. It has been a wild veggie-filled ride and I do hope you have all had a great season! We can't thank you enough for your support, and it comes from the heart when I say that we loved growing your veggies. THANK YOU and we hope to see you next year!

Co-Worker Donelle Scaffidi guest writes this week's newsletter about her experiences this summer before coming to work with us on the farm. Donelle spent two years out on the east coast balancing much of her time between teaching on an organic community farm outside of Boston and on an asphalt courtyard in a Boston Elementary school.

Boston is like a black hole. The city's force reaches and pulls everything into her swirling centers. Where the light is absorbed one can sense a void, darkness about the city, but as with everything in life, there is a balance. All that matter and bits of light, dreams, and hope, pop up all around the city in many beautiful forms. I was mostly attracted to the pockets of light, avoiding the voids.

One of the most amazing pockets of light I discovered was a community farm outside the city.

I stand before a magical barn, built with massive timbers from trees felled by the gale force winds that ripped through New England in 1847. My friend and I are waiting for forty screaming schoolchildren to arrive. We are here to teach the kids about farming, but neither of us have farming experience. It doesn't matter, we love this place, and we're here to share our excitement for fresh goat milk and chicken eggs, just to start. We will also tour the sugar shack and make sure to send the children back to school with sweet lips. Shortly after the wide-eyed second graders arrive, we have them yelling in unison, "Farms are for FOOD!" This is one of the messages we want the children to take home. It

didn't take me long to realize that this farm was growing far more than just food.

The farm has a little bit of everything. Our community of volunteers, summer campers, and paid employees of all ages raise turkeys, chickens, pigs, rabbits, and lamb for meat. We shear sheep for wool, raise bees for pollination, honey, propolis, and wax, goats for milk and chickens for eggs. We boil sap in the sugar shack, and grow hundreds of varieties of fruits, vegetables, herbs, salad greens, and flowers to be sold at the kid-run market stand during the summer months. There is also a construction crew of teenagers that are employed during the summer months to build everything from bridges, fences, and rabbit hutches to larger projects like a root cellar, composting toilet, and tool shed. One of the most impressive projects of the teen work crew was the construction of the timber-framed school house in the woods, also known as the "gnome home." The school house is presently home to the forest gnomes, also known as "kindergarteners." The farm hosts concerts and contra dances, and a harvest dinner in the fall. Adults meet in the evenings at the farm to take classes on cheese making, yoga, food preservation, top-bar beehive construction, and to discuss radical books and films.

THIS WEEK'S BOX

Brussel Sprouts
Cauliflower or Romanesco
Cortland Apples
Delicata Squash
Garlic
German Butterball Potatoes
Green or Red Leaf Lettuce
Lacinato Kale
Leeks
Parsnips
Purple Top Turnips
Red Savoy Cabbage
Spinach
Sweet Potatoes
Green Tomatoes
Yellow Onions

My main job on the farm was to run the 6 and 7year old summer camp. Our main jobs as the Young Farmers were to take care of all the animals throughout the week, wash sap buckets, milk the goats, collect eggs, pick potato beetles, and keep the barn clean. Another job we had on the farm was to have fun. We cooked food together, sang songs, played games, acted out plays, and told stories in the woods. We built a teepee, made fire with the fire bows we built, wove a web in the trees to lie in, and caught frogs, salamanders, crayfish, and dragonfly nymphs. The farm was too small to feed all the children who came to the farm for camp, but we still ate well foraging around for delicious "weeds", berries, and flowers around the farm. We also searched

for medicines growing around the farm and forest, and the children would bring home mugwort to put under their pillows at night. The children knew well that mugwort has magical powers and produces vivid dreams. During my time on the farm I grew faster than a dandelion in Alaska. Besides growing food, this little community farm grows inspiration.

In my final New England chapter, I eventually made the leap and dove straight into one of Boston's black holes in late August of this year. I was catapulted, literally sent running west with a hurricane on my tail. I popped out at the Driftless Organics pocket of light.



Donelle and a goat!

--Donelle

THIS WEEK'S BOX

Apples - We couldn't resist purchasing another round of apples for y'all. We're in the heart of Wisconsin apple country; we're proud of it and we want to share it with you. These tasty guys are called 'Cortland' and they are from Szczutkowski Organic Orchard in Richland Center. Cortlands have a bright white flesh and are a great dessert apple.

Brussel Sprouts - hurray! I'm so glad we're growing these! They are such a great Fall treat. I like them best tossed in oil & roasted with a bit of salt & pepper, but you can also steam, parboil, or stir-fry them (or even eat them raw, thinly sliced). Whatever you do, don't boil the crap out of them - that's what makes them yucky. Store in plastic in the fridge for up to a week or two. If some of the outer leaves start to yellow, just peel them off before cooking.

Cauliflower or Romanesco - both of which are also delicious roasted, or steamed, simmered in soups or curries, stir-fried, sautéed, or blanched & added to salads. Store in plastic in the fridge for up to a week.

Delicata Squash - a quick cooking winter squash with thin enough skin to enjoy eating. Bake like any other squash, or you can steam or sauté it. Store on the counter, but won't keep quite as long as other winter squash.

German Butterball Potatoes - quoted by Mike as being the "Best Potatoes Ever!" Deep yellow flesh, russeted skin that gets nice & crispy when roasting (par-boil until just starting to soften, cool a bit, then cut into bite sized pieces, toss in oil, & roast until starting to crisp on the outside - then stir in some butter, garlic, rosemary, salt, & pepper & return to the oven for a couple minutes more - yum!!), but is also delicious steamed, fried, baked, etc. Store in a cool, dark place in paper.

Green or Red Leaf Lettuce - great for salads, sandwiches, or wraps. Wash & dry well before eating, as there may be some grit lurking within. Store in plastic in the fridge for up to a week.

Green Tomatoes - hard frost is impending, so we're sending some green tomatoes your way rather than letting them go to waste. You can set them, stem side down, on the counter in a paper bag or line them up on a window sill & most should eventually ripen within a week or two - just keep an eye on them for rot. Or you can try using them green! Try the recipe fried green tomatoes to the right.

Lacinato Kale - my favorite kale - so dark and delicious! Steam, wilt, or stir-fry it on its own or add it to soups, curries, or sauces. Also delicious sliced super thin & added to salads or coleslaws.

Leeks - pairs very nicely with potatoes or parsnips. Or try it sautéed in a frittata with spinach. Slice lengthwise & wash super well to remove all grit & mud. Store in plastic in the fridge for up to a week or two, removing any yellowed or slimy layers before preparing.

Purple Top Turnips - roasting seems to be the theme this time of year, & turnips are no exception. They are also good in soups... Also stores in plastic in the fridge for several weeks.

Red Savoy Cabbage - great in coleslaws and fish tacos. This cabbage is slightly more delicate and airy regular red cabbage. It makes for a great salad! It will keep in your fridge, so don't fret if you received one of the huge heads in your box. Just cut off a wedge at a time when you need it and if the outer leaves start to wilt, simply peel them off.

Spinach - Fall spinach is so nice! Use it raw in salads or sandwiches or wilt it into eggs, sauces, soups, or curries. Keep in fridge in plastic for up to a week.

Sweet Potatoes - can't get enough of these! Bake them whole, or cut up & tossed in oil, or added to soups, chili, curries, mashes, & casseroles. Remember, sweet potatoes are like pets and do NOT like to be refrigerated. Keep them on your counter or in the pantry.

Fried Green Tomatoes

2 1/2 cups all-purpose flour
1 1/2 cups fine-ground white or yellow cornmeal
salt & pepper to taste
1/4 teaspoon cayenne pepper
1 large egg
1 cup buttermilk
1 teaspoon baking powder
1 teaspoon baking soda
2 medium green tomatoes, cored and cut into 1/4-inch slices
1 1/2 - 2 cups peanut or safflower oil (for frying)

Measure 1 cup of the flour into a large shallow dish. Measure the remaining 1 1/2 cups flour, cornmeal, 1 tablespoon salt, 1 teaspoon pepper and cayenne into a second large shallow dish. Beat the egg, buttermilk, baking powder, and baking soda in a medium bowl. Pour enough oil into a 12-inch skillet to measure 1/3 inch depth. Heat the oil to approx 350 degrees (a few minutes) while prepping tomatoes.

Several slices at a time, drop the tomatoes into the flour & shake the excess. Using tongs, dip the tomatoes into the buttermilk mixture, allowing excess to drip off. Coat the tomato slices with the seasoned flour-cornmeal mixture, shaking off any excess, & place in a single layer into the hot oil and fry 2 to 2 1/2 minutes each side. Transfer to paper towels to drain off excess oil & serve. Serves 4-5.

Root Vegetable Gratin with Horseradish Crust

2 1/2 lbs. mixed root vegetables (rutabaga, turnip, parsnip, sweet potato, etc.)
1-2 Tbsp. olive oil
1/3 cup apple cider or wine
1 Tbsp. minced garlic
1/8 tsp. nutmeg
Salt & pepper
2 Tbsp. prepared horseradish
3 Tbsp butter
4 oz grated cheese
3 Tbsp flour
1/2 cup bread crumbs
2 cups whole milk (heated)

Heat oven to 375 degrees. Spread vegetables & garlic in large baking dish, drizzle with olive oil & cider or wine, season to taste with salt & pepper, & toss well. Cover dish tightly with aluminum foil & bake 20 minutes, remove foil & continue to roast until vegetables are brown-tipped & tender, 20-35 minutes longer. Meanwhile, make a white sauce by melting the butter in a saucepan; stir in flour & cook over low heat several minutes. Whisk in milk, bring to simmer, & cook gently 10 minutes, stirring often. Season with salt, pepper, & nutmeg. Gently fold the sauce into the roasted vegetables. Mix horseradish, cheddar, & bread crumbs with your fingers & scatter the mixture evenly over the vegetables.