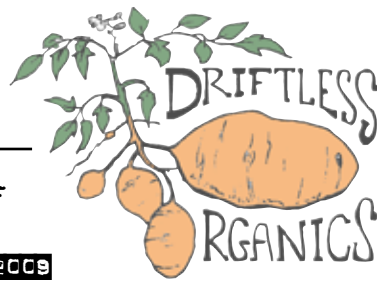


# ONE POTATO



# TWO

NEWS FROM THE FIELDS OF  
DRIFTLESS ORGANICS

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## THE BOX

**W** eek #19 started off on Saturday night with a low of 20 degrees! Receiving a killing frost is one thing, but 20 degrees can really do some damage to the crops that we still have in the ground, like potatoes and carrots. Yep, that's right, we still have quite a few things left in the ground, and normally this is ok, as we have the better part of October to harvest everything. Normally. Well, I think we got lucky and most of our remaining crops are going to be just fine, despite that frigid night. Let's hope for a dry and mild October to see us to winter...

**I** t's a sad, yet triumphant day, as we complete week 19's boxes. It has been a great, albeit cold year with its share of ups and downs. Spring saw some amazing broccoli and pitiful peas; summer came and gave us a tornado, tomato blight and some wonderful carrots. Noah got married and we all celebrated. This fall kicked off with a rocking barn party and we are pulling in a wonderful sweet potato and cabbage harvest. Out in the field sits what appears to be a mighty nice looking crop of spuds.

With the end of the year comes reflection and the 'what ifs' and 'wish there could've's'. I would've loved to have seen more edamame and sweet corn in your boxes. It is always tough to know what and how much to put into your box and we're constantly struggling to find that balance. It is doubly hard when nature doesn't cooperate.

And where the heck was the fall broccoli? Well, one planting was a failure due to some weird black spots and another just didn't grow fast enough to produce heads in time. This is one of the big bummers of an otherwise wonderful fall bounty - no broccoli. We hope to avoid this next year and offer broccoli through the end of the season.

With winter approaching, the obvious question gets asked us over and over: what do you guys do during the "off" months? Well, we stay pretty darn busy with filling orders for the Twin Cities' Co-ops every week. We also go to the farmers market in Madison every Saturday for the majority of the winter. There is also the two CSA storage boxes to wash, pack and deliver. (They are still available for order!)

Between all of this, we tackle the enormous mountain of harvest and yield data (office work). Plus, there's always a million little tractor repairs and of course, maintenance of the multitude of machines and motors.

Once January hits, we start the whole process over again starting with seed ordering, field planning and then the greenhouse work begins in February. The cycle continues...

Winter is also the time for CSA recruitment and this is where (hopefully) all of you fit in. We did it last year and we will no doubt do it this year once again - offer to all returning members a reduced subscription rate if you sign up before a designated time (usually by the end of January). There will be plenty more about that in the months to come.

And what's the plan for next year? More

- ACORN SQUASH
- CARNIVAL SQUASH
- CARROTS
- DAIKON OR BEAUTY HEART RADISH
- FENNEL
- GARLIC
- GOLD TURNIPS
- GREEN CABBAGE
- LETTUCE
- POBLANO PEPPERS
- ONIONS
- PARSNIPS
- RED BEETS
- RED POTATOES
- SWEET MINI PEPPERS
- SWEET ORANGE FRYING PEPPERS
- SWEET POTATOES

of the same, for the most part, just better! We continue to focus on 'honing' the operation - making things more efficient and all around better, bigger and more beautiful.

There are a few things that we would like to try growing next year to continue adding diversity to the boxes. Purple cauliflower, brussel sprouts and cantaloupe to name a few. Raspberries are at the top of the list though, as this is a treat sorely missed. We'd also like to extend the season by at least a week to be able to offer more goodness for longer in the year.

We hope you are around to see these improvements and additions. We love what we do and it is because of you that we are able to do it and for that we are forever grateful. So, THANK YOU for such a wonderful season and for all of your support throughout the year. We hope to be able to grow again for you next season!



*Lizzy, Felipe and Andy bring in the day's harvest.*

*--Mike*

**ACORN SQUASH** - a moist yellow fleshed classic squash. Best to cut in half, scoop out seeds, place cut-side down on a baking sheet, & bake at 350 degrees for about 30 minutes, until soft but not collapsed. Flip over so cut side is up, place a pat of butter & a sprinkling of brown sugar on top, & bake for another 5 minutes.

**BABY LEAF LETTUCE** - A lesson learned this year: plant fall lettuce earlier (so it can size up a bit more for the last box)!

**CARNIVAL SQUASH** - a nice smooth orange fleshed squash, dryer than the acorn. Like the acorn, the deep ridges on this squash make it best to bake it cut in half (rather than trying to peel & cook any other way). Also makes a lovely fall table decoration, eh?

**CARROTS** - It is roasted vegetable season - a dish that wins the hearts of many a eater. Easy, healthy and great tasting, and carrots are an essential part. No need to peel, just scrub 'em. Store in your fridge, in plastic.

**GREEN CABBAGE** - Ever heard of 'Colcannon'? It is super good and hearty Irish dish using cabbage and potatoes. It is a great way to use up your head of cabbage. There's a million recipes for it on the web.

**GOLD TURNIPS** - great roasted! This gold variety is a bit sweeter than the normal purple-topped white kind & has nice warm cream-colored flesh. The skin is a bit tough, so best to peel it. Store in the crisper drawer of your fridge.

**LACINATO KALE** - nice & sweet after a few frosts! Easy to add to soups, stir-fries, sauces, egg dishes, etc. or steam or braise all by itself. Best to remove the tough stems before chopping up the leaves. Store in plastic in fridge & use within a week.

**FENNEL** - so sweet & anise-y! I've added it to the beet salad recipe and to roasted root vegetables. Also fantastic in pasta sauces, stir-fries, & soups. The root stores longer than the stems & leaves (which are also edible), so use those up first & store the bulb in the crisper drawer or plastic in the fridge.

**PARSNIPS** - a perfect veggie for roasting. Best to scrub well instead of peeling as the peels contain lots of extra minerals.

**POBLANO PEPPERS** - the classic stuffing chile. Look for the dark green peppers in your box. You should have 3 of them. They are mild to medium spiciness. Slice up & add to egg

dishes, tacos, chili, southwest style potato salads, etc. Or try making chile rellenos (lots of recipes online),

**RED BEETS** - Try the super easy & delicious fresh beet salad recipe - Mike loves it even though he thinks he hates beets! It's especially good made with Driftless sunflower oil! Or toss them with other root veggies & roast them. You can or can not peel them, as you wish (I usually don't bother). Beets will keep for several weeks in your fridge so don't feel pressured to use them up right away.

**RED POTATOES** - You should probably be peeling these potatoes (or scrub the heck out of them), as the skins are pretty ugly. But the potato inside is creamy and delicious and well worth the extra work.

**SWEET ORANGE FRYING PEPPERS** - the last taste of a summer that ended too soon.

**SWEET POTATOES** - probably the worst thing you could do with your sweet potatoes is bake them and turn them into that awful creamy side dish with brown sugar and marshmallows. They are so delicious in the roasted veggie recipe, make fries, grate them into sweet potato pancakes, or add them diced to chili. Store them at room temperature.

## SOUTHWEST GRATED BEET SALAD

3 medium beets (or mix of beets & carrots), grated (about 5 cups)  
 Juice of 1 orange & 1/2 a lime  
 2 Tbsp. cold-pressed sunflower or olive oil  
 1/8 tsp. chipotle pepper powder (or sub a pinch of cayenne)  
 salt to taste  
 3 Tbsp. scallions or shallots, minced  
 3 Tbsp. fresh cilantro, chopped  
 toasted pumpkin seeds for garnish

Mix juice, olive oil, chipotle, salt, & scallions in a serving bowl. Toss in beets & garnish with cilantro & pumpkin seeds. Serves 4-6.

## ROASTED ROOT VEGETABLES

8 c. mixed root vegetables, cut in 1" pieces (carrots, potatoes, sweet potatoes, turnips, beets, rutabaga, celeriac, fennel, etc.)  
 1 large onion, cut into large wedges (or several shallots cut in halves)  
 3 Tbsp. olive or sunflower oil  
 2 Tbsp. honey  
 2 Tbsp. balsamic vinegar  
 salt & pepper to taste  
 6 cloves garlic, coarsely chopped  
 3 Tbsp. fresh herbs (like rosemary, thyme, sage, or parsley), chopped

Preheat oven to 400 degrees.  
 Place cut root vegetables & onions in a large, deep baking dish. Whisk together olive oil, honey, & balsamic in small bowl & pour over vegetables.  
 Add salt & pepper & toss to coat. Roast for 30 minutes (uncovered), stirring a couple of times. Add garlic & fresh herbs & continue to roast for another 15-20 minutes, until vegetables are caramelized on outside & tender on inside. Serve hot.