



one potato two

News from the Fields of Driftless Organics

Volume 2, Issue 19 - October 16 - 18, 2008

Week #19! Holy Crimeny, we've done it. It's hard for us to fathom that we've come to the end of the line of the CSA season. We spent the week harvesting like mad, blessed with even more sunny, warm weather. As the leaves continue to fall, the sun keeps us warm and helps us get our work done. So, for most of you, this is it. We sincerely hope (and we mean this), that you all had a great season; and we hope you can join us for another one in '09.

I am remembering back to the early spring of this year, during the recruitment part of the CSA season, when Josh, Noah and I were trying to decide how many CSA members we wanted to join us in this 2008 season. Me, being the conservative that I am (not in politics, mind you), I pushed to keep the CSA membership on the low end. Yet, as more and more members wanted to join, we couldn't help up but increase our membership to the numbers we have now.

I'll be honest and say I had my doubts that we could, in our second year as a CSA farm, quintuple our membership. I would be lying to you if I were to say that I wasn't a bit worried about being able to fill this many boxes! But, as the season progressed, and week by week, one way or another, we did it; we filled those boxes. And in doing so, we proved that, with the help of our hard working crew, some pretty good weather, the assistance of a couple great neighboring farms, in spite of a June flood, and by our sheer will and determination, we did it. We provided, if I do say so myself, nineteen pretty darn good boxes. And

during these 19 weeks, not only did we grow, harvest, wash and pack some veggies, but we also fulfilled some pretty lofty goals.

To be a farmer, you have to set goals, and you have to be a dreamer. The collective dream of ours; Josh, Noah and I, has a lot to do with being able to provide good food for a substantial number of people. And, with all of you, our CSA members' help, we have been able to achieve this dream. You have no idea how happy this makes us! So, as we finish this season off, let me just say, from Josh, Noah and I, THANK YOU!!! We've done it!

So, let me tell you about another dream and that is of the Kvernland Potato Harvester. The what???, you ask. The new potato harvester that, in some respects, has been about 5 years in the making. You see, Josh and Noah are, in some ways, large scale commodity farmers at heart. And for the longest time, all they really wanted was a harvester that could keep up with their aspirations.

Well, finally, and with your help I might add, Josh and Noah were finally able to afford a potato harvester (pictured below) that lived up to their dreams. And we were able to test it out with the crew this week. How did it work? Great. You can believe this - that Josh and Noah are smiling.

And so, as we close the 2008 season, lets all appreciate the fulfillment of dreams and the anticipation for an even better 2009 season. Once again, **THANK YOU TO ALL OF YOU FOR A WONDERFUL 2008 SEASON. SEE YOU NEXT YEAR!**



The Potato Harvester at rest.

the BOX!

- Arugula
- Baby Beets
- Baby Fennel
- Broccoli
- Carrots
- Cilantro
- Garlic
- Jalapeno Pepper
- Onion
- Parsnips
- Red or Green Leaf Lettuce
- Spinach
- Sweet Peppers
- Sweet Potatoes
- Tomatillos
- Winter Squash:
- Acorn & Sweet Dumpling

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!

ARUGULA - so, you had some delicate, zingy baby arugula earlier in the season - this is a more mature version. If you love a strong arugula flavor & bite you can chop it up & add it raw to salads. If you want to tone it down a bit, I would suggest lightly cooking it - you can wash it & wilt whole wet leaves in a hot fry pan for just a minute (no oil needed) & add lemon juice, salt & pepper. Or add it to stir fries or soups right at the end of their cooking time.

BABY BEETS - At the food co-op I work at, we see sales in produce dip down & sales in the bulk department go up this time of year. We think it's because people may be burnt out on fresh summer veggies & craving comforting baked goods. Check out the Beet Chocolate Cake (AKA "Red Devil's Food") recipe to satisfy your baked good craving while eating your veggies too!

BABY FENNEL - Slice up super thin and throw it on your salad.

BROCCOLI - late fall broccoli, like other cold hardy veggies like carrots & kale & brussel sprouts, are extra sweet after a couple frosts. This sweetness makes them especially tasty raw in salads or with dip. Or lightly steam, stir-fry, or saute. 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 - speaking of putting veggies in baked goods, one of our local bakeries here in the Kickapoo area makes these fantastic carrot-cake cookies. Try adding grated carrots to your favorite oatmeal raisin cookie recipe! Or look up the nummy honey-glazed carrot recipe in the last newsletter.

CILANTRO - We thought we had to put this in to help out the tomatillos (in case you wanted to make one last batch of salsa verde).

GARLIC - Has anyone had roasted garlic lately? Heat oven to 350 degrees, cut the tops off a couple of whole bulbs to expose the tops of the cloves, place them in the middle of a square of tin foil, drizzle olive oil onto the tops, & close up the foil around the cloves to make a little bubble for the garlic bulbs to roast in. Bake for about an hour. Squeeze roasted garlic out if its skin

directly onto French bread, crackers, or baked squash; or whip into softened butter or cream cheese with some fresh herbs...

PARSNIPS - try them in the roasted roots recipe! Store best in plastic in the fridge. Use within a few weeks.

RED CABBAGE - delicious & pretty added to mixed green salads - combine them with grated beets & carrots (& beauty heart radishes if you have any left from last week) for a down right impressive salad.

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

RED or GREEN LEAF LETTUCE - mixed with the spinach & chopped arugula makes for lots of salad!

SPINACH - we hope you're enjoying this beautiful fall spinach. A couple of frosts have sweetened it nicely! Eat it raw in salads or wilt it with the arugula. Wilted spinach is perfect for filling an omelet or putting on pizza.

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

SWEET POTATOES - Try them in the roasted roots recipe (even though they're a tuber...), baked as oven fries, added to stews or soups; substitute them for potatoes in potato pancakes or au gratins, mash them with roasted garlic, butter, & cream...

TOMATILLOS - Check out the Sept. 4th newsletter for a great Salsa Verde recipe. Hopefully, the one (or two) little Jalapenos provided will be enough for the recipe.

YELLOW POTATOES - Grate & mix with chopped onions, garlic, eggs, & a bit of flour & fry like pancakes for latkes (top with sour cream & applesauce - yum!!). Try substituting half the potatoes for grated parsnips or sweet potatoes. No need to peel, just scrub clean. Store potatoes in a cool dark place.

WINTER SQUASH, ACORN & SWEET DUMPLING - Either squash is easily cut in half & baked cut side down (with seeds removed) on a baking sheet with a bit of water for 30-40 minutes at 350 degrees. You can flip them over in the last 10 minutes of baking & add butter (& maple syrup or brown sugar if you like them extra sweet).

CHOCOLATE BEET CAKE

1 cup sugar
1 cup flour (white all purpose unbleached)
1/4 tsp. salt
1 tsp. baking powder
1/2 tsp. baking soda
2 ounces unsweetened chocolate
2 eggs
2 Tbsp oil (canola, safflower, almond, or walnut oil preferably)
1 1/2 c. shredded beets

Preheat oven to 325 degrees. Grease a 9" cake pan. Sift dry ingredients together. Melt chocolate in double boiler. Cool chocolate; blend thoroughly with eggs & oil. Combine flour mixture with chocolate mixture, alternating with the beets. Pour into pan. Bake until knife can be removed from center cleanly, about 30-40 minutes. (Cover with powdered sugar, berries, whipped cream, or your favorite chocolate frosting or glaze.)

ROASTED ROOTS

6 cups mixed root veggies of choice (parsnips, turnips, sweet potatoes, rutabaga, celeriac, potatoes, carrots, etc.) cut into uniform bite size pieces
3 cloves garlic, minced
3 Tbsp. olive oil
3 Tbsp. white wine, sherry, apple cider, broth, or water
2 Tbsp. chopped fresh sage, rosemary, or thyme
salt & pepper to taste

Combine garlic, liquids, herbs, salt & pepper in large oven proof baking pan. Stir in root veggies & bake at 450 degrees for about 45 minutes, stirring several times, until done. Serves 5-6. If you have leftovers, this makes a delicious soup added to vegetable/chicken broth & pureed with some cream.