



ONE POTATO TWO

NEWS FROM THE FIELDS OF DRIFTLESS ORGANICS

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Week 20! Well, this is it! We say goodbye to another CSA season. What a great year! We've been mighty happy with how everything turned out this year and we hope you agree that the boxes have been pretty darn good. All those tomatoes?! And peppers? And broccoli this spring? Wow!

We just want to thank you all for supporting us this season - for investing your time and faith with us throughout the season. We hope you've had a great time, learned a thing or two about some new vegetables and most importantly, ate well. We hope to see you again next year!

SO... WHAT NOW?

The common misconception about vegetable operations like ours is that once the snow flies, the work is done. Sure enough, things do slow down and the stress does dissipate (and boy do we welcome the respite); but the work never truly ceases.

As you know, this is the last week for the CSA packing; and next week is the last official week for the majority of the crew (oh, how we hate to say goodbye to such an awesome bunch of folks). It is going to be an awfully busy week (despite not having boxes to pack) as we try harvest the majority of the remaining crops like carrots, potatoes and so on. There's also garlic planting, which is an annual tradition involving numb fingers sticking garlic cloves into cold dirt for hours upon hours. Next week also marks the first week that we really ramp up our wholesale markets as we try to sell all of those wonderful vegetables that we no longer can send to you all.

Once November hits, we hope to have most everything harvested. All it takes is a couple below 20 degree nights to pretty much ruin anything still left in the ground. We've lost

our share of potatoes from unexpected and early deep freezes and to be safe, we want those spuds in our cold storage where they belong. After a week or two of filling orders and washing for market (we continue to go to the Dane County Farmers Market every Saturday), we start ramping up for that first storage box. The November box (which you can still order...) takes 4 of us about a week and half to wash and pack, so we spend our days in the packing shed, music blaring and the washing lines abuzz. That week before Thanksgiving is a pretty crazy time as stores from all around order our carrots, sweet potatoes, winter squash and potatoes in time for the big feast.

As November winds down and December creeps in, we winterize and put away our equipment and start thinking about what needs to be maintained, fixed or otherwise modified for the next season. This is the time of year where you can usually find Noah buried chest deep in some piece of equipment, grease up to his elbows and a crazy mad scientist look in his eye. I retire to the office to start compiling all of our harvest and field data - trying to get some semblance on the year past. All the while, we continue filling orders, going to markets and pack that second round of storage boxes.

January and the new year marks the beginning of the 2012 C S A

THIS WEEK'S BOX

- Beauty Heart Radish
- Broccoli
- Brussel Sprouts
- Butternut Squash
- Carrots
- Cauliflower or Romanesco
- Chioggia, Gold, & Red Beets
- Garlic
- German Butterball Potatoes
- Lacinato Kale
- Rutabaga
- Spinach
- Sweet Potatoes
- Yellow Onions

recruitment season. This is an extremely crucial time for us, as we somewhat reluctantly start thinking about and planning for the new season ahead. Seeds, fertilizer, soil and countless other supplies must be ordered and this is when the bills start to come at us from all directions. And this is exactly why the CSA program is such a god-send. I can't tell you enough how awesome it is to receive support from CSA members right when we need it the most. As we order our goods, we make our plans - laying out fields and figuring out just where everything is going to go, when we're going to put it there and how to make it all happen.

February is a lot like January - we've about sold out of the crops we have in storage and just whittle away at our carrot and potatoes stores, selling them at the farmers market (we go pretty much year round) and to the local food co-ops. More planning, more CSA recruiting and even some time playing in the snow (cross country skiing is a particularly popular pastime for us all). We always hope to have the majority of our hiring done for the new season and it is a good time for any crew members still working to take some much-deserved time off.

Then comes March and well, that marks the end of the quiet season for us, as we fire up the greenhouse and start the planting all over again. Winter always goes by so fast - we fill it up with planning, preparation and a little bit of fun. But, don't think for a minute that we get bored... there's no time for that!

THANK YOU!!!



THIS WEEK'S BOX

Beauty Heart Radish - look for one (or maybe two) roundish white and green roots. Beauty Hearts are wonderful winter-type radish that is mild & crisp. Delicious fresh with dip or grated on salads, or cooked in stir-fries or miso soup, or roasted with other root vegetables. No need to peel. Store in plastic in the fridge. Or try it in the pickled radishes recipe, to your right.

Broccoli - fall broccoli is the nicest broccoli, especially when lightly touched by frost to sweeten it up. Whether you eat it raw, blanched, or cooked, make sure to store it in plastic in the fridge. Don't forget about the stem! It also makes a great raw or cooked vegetable & is just as nutritious as the florets.

Brussel Sprouts - although you can eat them raw or blanched, steamed, stir-fried, or boiled, I like them best tossed with a bit of oil & roasted. Whatever you do if you decide to boil or steam them, don't overcook them! Yucky stink! Store in plastic in the fridge until then. If you want to read more about brussel sprouts, I have recipes & an article about them in Edible Madison this season - find it online at www.ediblecommunities.com/madison/

Butternut Squash - my favorite squash for its sweet flavor, smooth texture, & versatility. I love how easy it is to peel for simmering in soups or curries & how much flesh there is compared to seed/pulp. Store at room temperature for several weeks, or in a cool, dark place with good ventilation for longer.

Cauliflower or Romanesco - like the broccoli, this is a great time of year for these crops. Either one you get, enjoy them raw, blanched, steamed, stir-fried, or roasted. Try them cooked with the peanut sauce recipe, below. Store in the fridge.

Chioggia, Gold & Red Beets - we're giving you a mix of the beets we grow: chioggia (the bright red with candy stripe insides); gold (orange-yellow) and the typical reds. All so pretty grated raw on a salad with beauty hearts. Or roasted, whole or cubed or in half-moons & tossed in oil. Try them all to see which is your favorite.

German Butterball Potatoes - try parboiling until just starting to soften, drain, toss in sunflower oil & roast on a baking sheet with sliced garlic, a sprinkling of salt & pepper at 400 degrees for 10 minutes or so (preheat the baking sheet first to get the potatoes nice & crispy on the edges).

Lacinato Kale - the darkest & most wonderful of kales in my book. Shred it up fine & add raw to salads or coleslaws, or add it at the end of cooking stir-fries, sauces, soups, or curries. Or steam it & cover with peanut sauce, like in the recipe, below.

Rutabaga - are the ugly white-with-purple-top roots in your box. They are a very nice, sweet root vegetable that can be grated & added raw to coleslaw, boiled & mashed like potatoes, simmered in soups, or roasted with other vegetables (so delicious with sweet potatoes or carrots & potatoes in a pot roast of pork or beef!!)

Spinach - fall spinach is also the best! So thick and sweet & full of vitamins & minerals. I suggest eating it all raw in salads & sandwiches, but you can also cook it (just don't overcook it please! Just takes a minute!)

Sweet Potatoes - yum. Try roasting them whole, in the oven or wrapped in tinfoil in the coals of a campfire, fireplace, or woodstove. Or cube them up & add them to chili or other soups, curries, roasts, etc.

Veggies & Peanut Sauce

This is a great recipe to use up miscellaneous vegetables - anything from broccoli to winter squash to root vegetables like beets and carrots.

5 cups mixed vegetables, cut into bite sized pieces
4 Tbsp. natural peanut butter (crunch preferably)
3 Tbsp. soy sauce/tamari
2 Tbsp. apple cider or rice vinegar
1 Tbsp. honey
2 cloves garlic, minced
1 Tbsp. fresh ginger, minced/grated
1 c. tomatoes, finely chopped
½ cup apple juice/cider OR orange juice
Hot pepper flakes or fresh minced hot pepper, to taste
Black pepper to taste
Cilantro, for garnish (optional)
Cashews or peanuts

Cook vegetables, either by steaming, sautéing, or roasting. Meanwhile, combine remaining ingredients in small saucepan & bring to a boil over medium heat while stirring to dissolve peanut butter. Reduce to low heat & simmer for about 5 minutes, until thickened. Spoon over vegetables & serve, garnished with cilantro and nuts if you wish. Serve with rice, noodles, or millet. Serves 4-6.

Sweet Pickled Onion & Beauty Heart Radish Salad

1 large beauty heart radish, sliced into thin rounds
1/2 yellow onion, sliced into thin rounds
1/3 cup orange juice
2 Tbsp extra virgin olive oil
1/2 tsp sea salt
1/2 tsp pepper (fresh ground)
2 Tbsp apple cider vinegar
splash of rice wine vinegar (optional - adds an extra layer of tart-sweetness)

Slice your onion and radish. Place in a large mixing bowl. Add the remaining ingredients to the mixing bowl - toss well. Place in fridge to chill overnight.