



News FROM THE FIELDS of  
Driftless Organics!  
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# ONE POTATO TWO



It is hard to believe, after having such a long, cold and wet spring, that we'd be having to irrigate as much as we are already! But we are - and we have been desperately trying to stay on top of our watering needs so we don't fall behind and the crops continue to look good. That's why last weekend's 1/2 inch of rain was so welcomed - we sure needed it and it gave us a day or two where we could take a break from moving pipes, turning on sprinklers and fixing leaks.

We are certainly happy to see the first of the year's sweet corn! To me, eating sweet corn and burgers from the grill is what summer is all about. I believe that sweet corn is one of those crops that should almost be illegal to buy out-of-season. Locally grown

sweet corn just tastes so darn good. And you can rest assured that our corn is 100% organic, from seed to ear. We don't spray our corn nor can we (or would we ever) plant GMO or treated seed, which is not such the case for most of the corn you see at roadside stands and in the supermarkets.

We all know the upsides to all of this, but one unfortunate downside are the worms! There's a good chance that at least a few of your ears will have some worm damage - and we're sorry about this. We always tell people that worm damage is how you know it is truly organic, and all it takes is a quick fix with the knife and you have a nice clean ear to cook up and devour. We hope you enjoy!

-- Mike

## THIS WEEK'S BOX

Broccoli  
Cauliflower  
Cucumbers  
Fresh Garlic  
Green Top Carrots  
Green Zucchini  
Red Curly Kale  
Salad Mix  
Sorrel  
Sweet Corn  
Sweet Onions  
Tomatoes!  
Yellow Summer Squash

## DID YOU KNOW?

Did you know that most of the vegetables we grow would ideally like about an inch of rain a week? Well, mother nature isn't so kind to give us what we (or the veggies) want, so we have to rely on water from the ground to make up the difference. But did you know that it takes about 28,000 gallons of water to give one acre of crops an inch of rain!? Sort of unbelievable, huh? As sustainable farmers, we try our best to make that 28,000 gallons stretch by watering mostly in the mornings, evenings and at night to minimize the amount of loss to evaporation. We also use a LOT of drip tape - which is basically thin hoses full of little holes that run alongside the rows of vegetables. These hoses emit water right where the plant needs it and it happens reeeeeeally slowly so that none of the water is wasted by running down the hill. Little conservation steps things like these go along way when it is as dry as it is and when we are irrigating as much as we are these days.



**Broccoli** – Store broccoli in plastic in the fridge & use up within a week.

**Green Top Carrots** - yea! The first of the carrots! Eat them like candy! The green tops, although technically edible, are mostly just for looks (Hey! How about a carrot greens challenge! Who can make something yummy out of carrot greens? We want to know!). The carrots store best if cut from the leaves & placed in plastic in the fridge.

**Cauliflower** – I love cauliflower. Now that it's cooled off a bit you might be willing to turn on the oven to roast it – my favorite – like the recipe below. Store in plastic in the fridge & try to use up in less than a week.

**Cucumber** - check out the cucumber & sweet onion salad, below. Instead either not peeling or peeling the whole cucumber I like to peel long stripes into them – it's prettier & more nutritious than peeling the whole thing but more tender than not peeling at all. If you're slicing them up for a salad, cut them in half lengthwise & scoop out the seeds with a spoon before slicing or chopping. Store in the fridge.

**Fresh Garlic** – this is the best garlic of the year in my opinion – before it gets cured, or dried, the skins are so easy to peel! Use as you would cured garlic, knowing that there's more moisture content so it might not be quite as strong flavored (just use more!).

**Green Zucchini** – it doesn't take much zucchini to make a batch of zucchini bread. Better yet, we've got a recipe on our website for chocolate zucchini cake. It's outta control. Check it out: <http://driftlessorganics.com/chocolate-zucchini-cake/>

**Red Kale** - Always best to strip the leaves from the fibrous stem before chopping up. It's quite nice raw when sliced very thinly (you can roll up a stack of leaves tight like basil & carefully cut them into chiffonade – thin ribbons) & added to salads & slaws, or chopped up more coarsely & wilted in sautés & stir-fries. Get in plastic in the fridge right away to keep it crisp.

**Sweet Onions** - 2-3 ct – the first of these lovely white sweets. Add them to salads, sandwiches, stir-fries, soups, omelets, anything! Since their sugar content is already high they're great for caramelizing – simply slice them up & cook in oil in a heavy bottomed pan over low heat, stirring occasionally, for a long time – like 30-45 minutes – until they brown & almost melt. Store on the counter for a few days or in the fridge for more.

**Banana Peppers** - Look for 2 yellowish-green peppers in your box. Banana peppers are always the first of the peppers, & sometimes they come out spicy – so always try a little piece before adding it to any dish. Add them to pasta, pizza, eggs, stir-fries or just eat them raw. Store on the counter for a few days or in plastic in the fridge for a few more.

**Sorrel** – look for the small bunch of pointy green leaves. Sorrel is an intensely lemony flavored green that makes a nice addition to salads, soups, stir-fries, & sauces. You can make a nice pesto-like sauce that goes wonderfully with fish or grilled chicken by chopping it up fine with garlic, anchovies, capers, toasted walnuts, & stirring it all into sunflower/olive oil.

**Salad Mix** - a delicate mix that needs to be stored in the fridge right away & eaten up within a few days. If you want to beef it up, add some chopped sorrel & thinly sliced lacinato kale.

**Yellow Summer Squash** – yellow squash doesn't keep as long as zucchini so be sure to use it up within a few days. Store on the counter for a couple days or the fridge for a couple more. Great grilled or roasted, or stir fried, sauté, or simmered in curries or pasta sauce, or on pizza or nachos.

**Sweet Corn** – there will be 6 ears in your box this week - and we're so excited for this first round! There will be some worm damage on some of your ears - but it is nothing to worry about. It's harmless, we promise. In fact it means that your corn is organic and therefore it truly is harmless (and delicious).

**Red Slicer Tomatoes** - another small offering from the experimental planting in our new hoophouse.

## Garlicky Roasted Cauliflower with Parmesan

1 head of cauliflower, cut into bite-size pieces  
 2 cloves of garlic, minced  
 Juice & zest of one lemon, separated  
 2 Tbsp Olive or Driftless Sunflower oil  
 Coarse salt and freshly ground black pepper  
 Parmesan cheese  
 2 Tbsp. chopped fresh herbs of choice (basil, parsley, thyme, sage, etc.)  
 Preheat oven to 450°F. Put cauliflower florets in a single layer in an oven-proof baking dish. Stir in the garlic & pour lemon juice and olive/sunflower oil over cauliflower & stir to coat. Sprinkle with salt and pepper. Place casserole uncovered in hot oven & roast for 20-25 minutes, stirring a couple of times, until the top is lightly brown. Remove from oven and sprinkle generously with lemon zest, Parmesan cheese & herbs. Serve immediately. Serves 3-4

## Cucumber & Sweet Onion Salad with Greek Yogurt

1 cup plain Greek yogurt  
 1 teaspoon minced garlic  
 ½ thinly sliced sweet onion  
 2 tablespoons Driftless sunflower oil or olive oil  
 Salt & pepper to taste  
 1 long cucumber, peeled in stripes, halved lengthwise and sliced crosswise ¼ inch thick  
 3 Tbps. chopped fresh herbs of choice (mint, basil, oregano, sorrel, etc.)  
 In a bowl, mix yogurt, garlic, onion, oil and salt/pepper together until smooth. Chill until ready to serve. Place a paper towel in a shallow bowl & add a layer of cucumbers, another paper towel, & the rest of the cucumbers. Let drain for about 10 minutes. Remove paper towels & mix cucumber and chopped herbs into yogurt mix & serve. Serves 3-4