



News FROM THE FIELDS of
Driftless Organics!
 Volume 7 - Issue 15
 September 19 - 21, 2013



ONE POTATO TWO

Week 15! These cold days and colder nights scream of fall and frankly, I don't like it one bit. If you've been a CSA member with us for a while, you'll know that we are tried and true summer-lovers. And autumn, well we look at autumn like going to the dentist: necessary, but uncomfortable just the same.

I wanted to show you a very simplified pie chart that shows where your CSA dollars actually go. It is one thing to read the literature on a CSA brochure and get excited about the *idea* of being part of a CSA program; but a whole other thing to actually realize that your dollars are

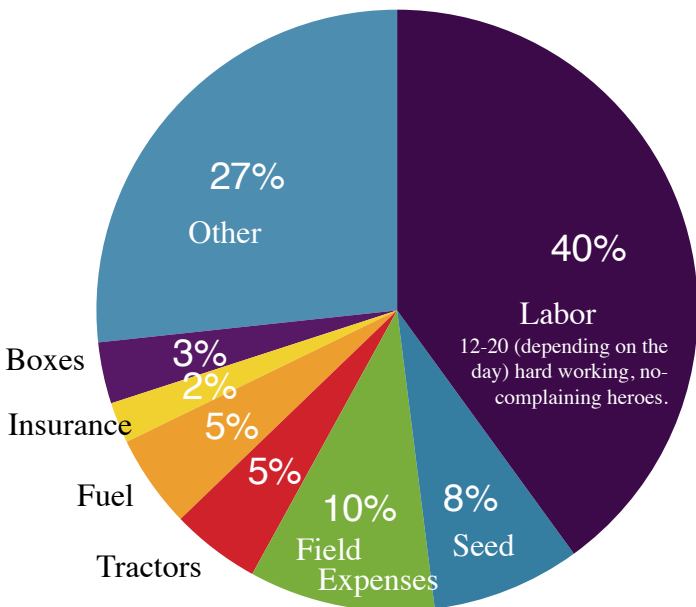
making a difference in a LOT of people's lives (just look at that labor figure: 40% of our expenses!!!). If it's true what they say: that our strongest votes are with the money that we spend and *how* we spend it, than you all can take comfort in knowing that your dollars help keeps us on the land, keep 20 or so local folks employed, and keep over 100 acres of farmland in organic production and out of the greedy paws of Big-Ag.

Other interesting things to note: we spend almost as much on boxes as we do on tractors & equipment (a reminder to bring back those empty boxes!).

THIS WEEK'S BOX

- Bok Choi
- Broccoli
- Cayenne Peppers
- Delicata Squash
- Green & Red Jalapeno Peppers
- Mixed Bag o' Tomatoes
- Mixed Sweet Peppers
- Poblano Peppers
- Salad Mix
- Spinach
- Sungold Tomatoes
- Sweet Corn
- Tomatillos
- Yellow Onions
- Yukon Gold Potatoes

Where DO my CSA dollars go?



Labor -	40%
Seed -	8%
Field Expenses (irrigation, fertilizer, etc) -	10%
Fuel (including delivery) -	5%
Tractors & Equipment -	5%
Insurance -	2.2%
Boxes (mostly your CSA boxes) -	3.3%
Other (greenhouse, pack shed, beer, etc) -	26.5%

DID YOU KNOW?

Did you know Rachel Rebman Skaaland has been working with us since 2005? That's a really long time! In those 9 seasons, she's been through a lot with us - the floods, droughts, those years of 3 full days a week of cucumber and zucchini harvest for our wholesale accounts... She's been right by our side as we navigated through all of the incredibly hard lessons learned in those first years of farming. And she's stuck with us! We rely on her for so much, from leading the kale harvest crew to basically getting every potato, pepper, market sign, table, scale and order onto the market truck and sent off to the farmers market EVERY SINGLE Saturday. She's washed your carrots, bunched your kale, sorted your tomatoes, harvested your broccoli. You name it - she knows how to do it. So here's a double high five way up in the air for Rachel. We love YOU!



Basil - this is quite a bit of basil & it won't keep long, so make some pesto (recipe on our website) to freeze for winter, or put it on everything! Store at room temp for a couple days or in the fridge with a paper towel for a few.

Bok Choi - a tasty & nutritious member of the cabbage family that adds both crunchy sweetness (stems) & spicy green-ness (leaves) to stir fries or Asian style soups. Store in the fridge in plastic & use up within a week or so.

Broccoli - Enjoy it raw, blanched, or cooked in stir fries, soups; steamed, grilled or roasted. This is probably the last of the broccoli for the year.

Carrots with Tops - remove the tops and they keep really well in plastic in your fridge...

Cayenne Peppers (Red + Yellow) - look for the long skinny, wrinkly red and yellow peppers. They're really hot and you should be handling with care!

Delicata Squash - the first of the winter squash! Delicata is the thinnest-skinned variety of winter squash we grow, which means the skin is tender enough to eat. Store it on the counter & try the stuffed recipe, below.

Jalapeno Peppers - how do you tell the difference between a jalapeno and a red mini sweet? The cracks!

Mixed Bag of Tomatoes - if they're starting to pile up, try this: cut tomatoes in quarters lengthwise, scoop out seeds/pulp with your fingers, & place on a baking sheet skin side down. Drizzle with a bit of oil, salt, & pepper & roast at 400 degrees for 15-20 minutes (use convection if you've got it!), until starting to brown. Let cool & pack into freezer bags. In the winter pull these out & chop or puree in a food processor/blender for salsas, sauces, soups, or a killer bloody mary base.

Mixed sweet peppers: if they're piling up to, cut into strips or dice & freeze raw for winter cooking! **Pimento Peppers** - look for the small round squat red peppers in your box. These are thick walled, super sweet peppery, & juicy. Use as you would a red bell - raw, sautéed, stir-fried, grilled, or roasted.

Mini Peppers - cute little peppers that have barely any seeds in them, making them really easy to chop up! A really cute & refreshing (& easy) appetizer is to cut off their stems & stuff them with goat or cream cheese & fresh herbs &/or capers. **Yellow and Red Roasters** - my favorite sweet pepper, all around sweet and juicy and great for freezing. Store your peppers on the counter for a few days or in the fridge.

Poblano Peppers - chop up raw & freeze or roast & freeze.

Red Radishes - cool weather has made good radishes! Eat out of hand or slice up or grate onto salads.

Salad Mix - a delicious but delicate mix. Get it in the fridge & use up within a couple days in salads, sandwiches, tacos, & burritos.

Spinach - great raw or cooked. Store in the plastic bag that it comes in and use up in a week.

Sweet Corn - just a couple of ears from a very small planting.

Tomatillos - we talked a lot about tomatillos in last week's newsletter, which you can find on our website. If you didn't see the tomatillo dressing recipe from last week's newsletter, you've gotta check it out - we've been eating it on salads & nachos all week! Store in the fridge or on the counter.

Yukon Gold Potatoes - we love these potatoes! They are so waxy and delicious and great for roasting, mashing and grilling. Store in a dark place for up to a couple weeks.

Poblano & Smoked Gouda Stuffed Delicata Squash

2 Delicata squash
1 poblano pepper
2 cloves garlic, unpeeled
Oil for pan & drizzling
1 Roma tomato
Salt & pepper to taste
1/2 c. grated smoked gouda cheese
1/4 c. panko bread crumbs

Preheat oven to 375 degrees. Cut Delicata in half lengthwise & scoop out seeds. Place cut side down on an oiled baking sheet with unpeeled garlic cloves, whole poblano pepper & roast for 2-25 minutes, until squash is just tender. Cut Roma in quarters lengthwise, scoop out seeds with fingers, & drizzle with oil, salt, & pepper & place on pan with squash about 10 minutes through baking time. Remove pan from oven. Carefully scoop most of squash flesh out of the delicatas into a mixing bowl. Squeeze roasted garlic into squash pulp. Coarsely chop roasted tomato & add to squash pulp. Carefully pull skin off poblano, remove seeds & stem, & coarsely chop (might want to wear gloves for this in case it's a spicy one!). Add about half of it to squash & taste before adding more (in case it's a spicy one). Season to taste with salt & pepper & spoon pulp back into squash shells. Top with bread crumbs & grated gouda & put back into oven for 10 minutes, until cheese is melted & panko is browned. Serves 2-4.

Super Loaded Veggie Nachos

16 oz. corn chips
1 1/2 cup grated Jack cheese
1/2 cup chopped sweet peppers
1/2 cup chopped onion
1/2 cup sungold tomatoes, cut in half
1/4 cup chopped poblano peppers
2 ears sweet corn, cut from cobs (optional)
1/2 cup chopped tomatillos (optional)
1/4 c. chopped cilantro (optional)
1/2 cup Roasted Tomatillo Dressing recipe (last week's newsletter) OR sour cream

Pre-heat oven to 350 degrees. Pour chips into an 8 1/2" x 11" baking pan. Top with cheese & veggies of choice & bake for about 15 minutes, until cheese is melted & veggies are soft & starting to brown. Top with cilantro & tomatillo dressing or sour cream & serve. Serves 4-6.

Did you know that we've got all of Dani's Recipes up on our website? Check it out: www.driflessorganics.com/recipes