



News FROM THE FIELDS of
DRIFTLESS ORGANICS!
 Volume 7 - Issue 16
 September 26 - 28, 2013



ONE POTATO TWO

Week 16! It has been a glorious week on the farm and all eyes, hands and hearts are on harvest, harvest, harvest. We've got a lot of crops in the ground and now is the perfect time to get them out! We've waited too long in the past and have been bitten by unexpected frosts, days on end of cold rain followed by muddy conditions and even early snows! It has been a busy week and we've accomplished a lot so far: We've successfully harvested all of the onions, garlic, sweet potatoes (which are now curing and will appear in your

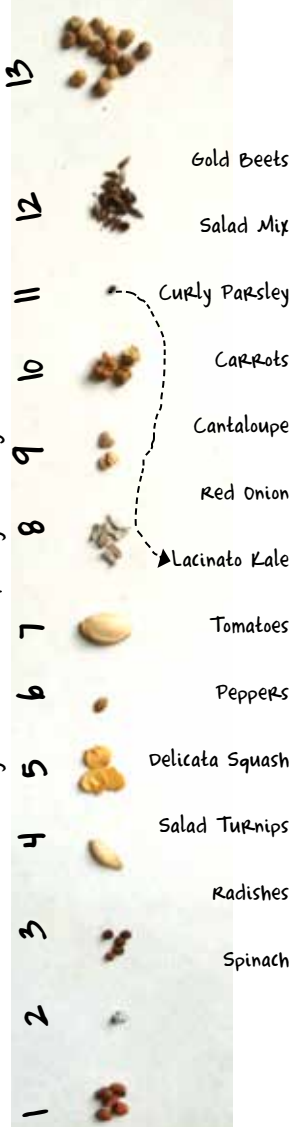
boxes next week...), some of the potatoes, most of the winter squash and have even started on the carrots. We still have a ton to go, but we are feeling good and it's looking like another great week of harvest next week so we can keep rolling along. Week 16 means that after this week, there are only 4 weeks to go (2 for you EOW members). Boo! The good news is that there are a few different opportunities to order more veggies through the fall and winter. The crops for these boxes are what we are harvesting now and judging by what we've pulled in so far they are going to be awesome! Check out our website for the deets: www.driftlessorganics.com.

THIS WEEK'S BOX

- Cantaloupe
- Carrots
- Curly Parsley
- Delicata Squash
- Gold and Red Beets
- Lacinato Kale
- Mixed Bag o' Tomatoes
- Mixed Sweet Peppers
- Radishes
- Red Onions
- Salad Mix
- Salad Turnips
- Spinach
- Sungold Tomatoes

Name those seeds!

Can you match the seeds to the names of the veggies in your box?
 (I did one for you - now it's up to you to figure out the rest!)



DID YOU KNOW?

Did you know that the fall frost date for our neck of the woods is Oct. 6th? Frost dates are the average first (in the fall) and last (in the spring) times when the temperature dips below freezing, based on all of the years of data compiled by the weather dudes. For obvious reasons, we pay pretty close attention to these dates. The last frost date in the spring is important because we usually have a lot of frost-sensitive seedlings in the ground that time of year. The first frost date of the fall is arguably more important because we have so many crops that will croak if the temperatures dip below freezing. Frost spells doom for plants like tomatoes, eggplant, melons, peppers and basil. And it can cause some damage to the winter squashes and if it's really, really cold: even potatoes! Around this time of year we watch the forecasts like hawks and really try to plan our days and weeks knowing that at any moment we may need to go into "frost mode". Frost mode on the farm is a frantic race to harvest things that we can, and cover things we can't with row covers in hopes that they will be OK through the night. It usually ends up being a really late evening of work and a sleepless night of worrying to follow. Not everything is hurt by the frost and some veggies actually get tastier with a frost. We've all heard that brussel sprouts get sweeter with the frost, but did you know carrots do too? This is because when it gets really cold, a vegetable will produce more sugar as a sort of natural antifreeze. How cool is that? Anyway - we haven't had a frost yet, which is great news for all of us tomato and pepper lovers out there. And the even better news: there isn't even one predicted in the 10 day forecast!

ANSWERS: 1. Radish 2. Red Onion 3. Salad Turnips 4. Cantaloupe 5. Peppers 6. Curly Parsley 7. Delicata Squash 8. Carrots 9. Tomatoes 10. Gold Beets 11. Lacinato Kale 12. Salad Mix 13. Spinach

Cantaloupe - eat it as is, juice or blend it, or sprinkle it with lime juice, salt, & chipotle powder for a snack or the start of a Mexican meal. Store on the counter for a few days or the fridge for a couple more.

Carrots - Try one of the dozens of carrot recipes on our website, from salads to slaws to soups to dips to roasts to pancakes. Stored in plastic in the fridge they'll keep for weeks.

Curly Parsley - nice as a garnish or used to flavor sauces, casseroles, eggs, or dips. Store in plastic in the fridge & use up within a few days.

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 this delicious recipe from our website: <http://driftlessorganics.com/roasted-delicata-squash/>

Gold Beets - there are about a pound of these in your box. Look for the orange/yellow sort-of-ugly looking roots. They are vibrant yellow inside, they sometimes brown quickly when cut or grated raw, but hold their color beautifully when roasted whole or pickled, like in the recipe below. Store in plastic in the fridge.

Lacinato Kale - Our favorite kale, also called Tuscan or Dinosaur in some recipes. Try it in the kale salad, below. Store in plastic in the fridge.

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! **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.

Red Radishes - cool days & nights make for good radishes. Enjoy them out of hand with salt or sliced on salads or in stir-fries. Store in plastic in the fridge. If possible try to use the greens up in a day or two & wash them carefully (they like to hide grit) - they are super nutritious & tasty either mixed raw in a salad or stir-fried or wilted in a soup or curry.

Salad Turnips - Look for the bunch of round white balls with green tops. They look a lot like, and sort of taste like, radishes but have a much milder taste and smoother texture. They add crunchy sweetness to salads or relish trays. Or you can cook them as you would any other storage root vegetable - stir-fried, roasted, steamed, etc. Store in plastic in the fridge.

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

Spinach - mix with radish greens, grated carrots & salad turnips & sungold vinaigrette for a wonderful salad. Or wilt it. Keep it in plastic in the fridge & eat up within a few days.

Sungold Tomatoes - make a lovely tomato sauce if you roast or sauté them. They're also awesome in cocktails & mocktails - we like to make a variation on a margarita with them by muddling a few sungolds with a piece of jalapeno, then adding lime, tequila, & a bit of agave nectar. Shake with ice & strain into a glass with a salted rim. They also make an amazing base for bloody marys - we usually roast them just a bit & then puree & strain it & add all the usual bloody mary fixings. I also like to use them for a vinaigrette base: combine a handful of sungolds, a clove of garlic, some white wine vinegar, salt & pepper in a jar that your immersion blender fits into & blend. Add oil in a stream & bingo - you've got a sweet golden tasty dressing!

Kale Salad with Pickled Red Onions & Peaches

½ red onion, sliced
3 Tbsp. apple cider vinegar
¼ cup Driftless sunflower or olive oil
1 tsp. grainy mustard
Salt & pepper to taste
1 large peach, pitted & chopped
1 sweet red pepper, chopped
1 bunch lacinato kale, stemmed & coarsely chopped

Place sliced onions in a colander & pour a couple cups of boiling water over it. Combine vinegar, oil, mustard, salt, & pepper in a bowl & add drained onions. Let sit a minute or two (they should turn vibrant magenta) & add peaches & red peppers. Steam or blanch kale then cool in an ice-water bath. Toss with pickled onion mixture & serve immediately. Serves 4.

Salt Pickled Turnips & Gold Beets

Salt Pickled Turnips & Golden Beets
4 salad turnips, quartered and sliced (about 2 1/2 cups)
1 medium golden beet, peeled, quartered and sliced (about 1 cup)
3 cloves garlic, sliced
¼ cup coarsely chopped parsley
1 tsp. each whole black peppercorns, whole coriander seeds, & whole fennel seeds
1 ½ Tbsp. sea salt
1 cup cold, purified water

Fill a sterilized quart-sized canning jar with the turnips, beets, garlic, parsley, & spices. Press gently with a wooden spoon to pack them in, leaving at least one inch of headspace below the top of the jar. Whisk the salt into the water until dissolved and pour over vegetables to about a half-inch below the top of the jar, making sure the water completely covers the vegetables. Cover tightly and let sit at room temperature out of direct sunlight for 3 to 5 days. Taste after 3 days—it should be slightly bubbly and the flavor should be salty and sour, with just a little bit of turnip bite. Once the flavor is where you want it, store in the refrigerator. Makes 1 quart.

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