



one POTATO TWO

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Week #10! Has this not been the most amazing summer ever? Beware though, it will be gone before we know it. We're trying to remember this each and every day as we continue to cruise along here on the farm. We have started onion harvest this week which is a big harvest consisting of many people pulling onions from the earth and moving them to our greenhouse where they will cure for a couple months.

We also have irrigation going non-stop, nearly 24 hours a day these days. It seems like a lot, but did you know that the average veggie crop needs

about an inch of rain a week to perform at its best? That's a lot of water when you can't rely on mother nature to do the work. It's all alright though - we've got the water, we've got the tools to get that water to the plants and we've got the expertise to make sure it happens. And the plants love us for it.

As we approach the half way point of the CSA season I just wanted to remind you all of how grateful we are of your support. We never forget that it is because of your dollars and trust in us that we can continue to farm. Thank you, and eat well!

-- Mike

THIS WEEK'S BOX

Cucumbers
Eggplant
Fresh Garlic
Green Bell Peppers
Jalapeno Peppers
Lacinato Kale
New Red Potatoes
Salad Mix
Sungold Cherry Tomatoes
Sweet Corn
Tomatoes
White Onions
Zucchini & Summer Squash

DID YOU KNOW?

Did you know that plants, especially the types that we grow here on the farm, need "food" to grow big and strong and produce nice looking vegetables? Around here, it's more than just sticking some plants in the ground and hoping for the best. It's a pretty simple concept: we feed the plants and then the plants feed us. What we feed each veggie crop and when we feed it not only depends on what it is, but also on its health at a given time in the season. If the tomatoes are looking wilted, or if the peppers have some yellow leaves, we will give them specific concoctions of minerals, amendments and other goodies. We work very closely with a plant and soils expert who takes samples, goes on field tours with Josh and gives us recommendations on what he thinks certain veggies need at certain times of their lives. And we rely on years of experience to help us along the way.

We feed our plants all sorts of different concoctions with ingredients ranging from fish emulsion, kelp, different minerals like boron, potassium, calcium, phosphorous and ocean minerals; and even molasses!

We feed our plants at many different stages of their growth. Will give them food when the plants are seedlings in our greenhouse, we will feed them as we transplant them into the fields, and we will inject our mixtures into the different irrigation systems that we use so that they are fed AND watered at the same time. This year, we are even trying "foliar feeding", which basically means that we spray a "food" mixture onto the leaves of the adult plants with the idea that they will then suck up those goodies into their leaves.

In addition to all of this, we also feed the soil. We fertilize with different mixtures of composted animal manures and minerals (again, things like calcium, boron, etc). We'll also feed our soils with cover crops (or "green manures") like buckwheat, oats and field peas. We will plant these crops, let them grow and then till them back into the soil. All of this is the close to the same idea as above: we feed the soil, the soil feeds the plants, the plants feed us...

All of this "feeding" results in higher quality vegetables that not only taste and look amazing, but also have more nutrients and are ultimately better for you. How cool is that?

Did you know that we have about a million recipes online on our website? We have the past SEVEN years' worth of recipes all categorized and easy to read, with none of those annoying ads that you normally get bombarded with on recipe sites. Check it out: <http://driftlessorganics.com/csa-2/recipes/>

Lacinato Kale - my favorite kind of kale again!! Kale has been cultivated longer than any other veggie in the brassica family. Ridiculously delicious lightly sauteed with garlic & shallots in olive oil, simply seasoned with salt & pepper, maybe a squeeze of lemon juice. Cut or strip off the stem & toss it - it's pretty tough. Kale is really easy to add to eggs (just saute them as described above), pasta sauce, soup, stir-fries - anything at all! Way tastier than a multi-vitamin, kale is just about as high in vitamin C, B6, calcium, potassium, & iron & probably higher in vitamins K & beta carotene (vitamin A).

Cucumbers - The cucumbers are winding down, but these are still great chopped up in salads, or slices on a veggie platter or try one of the many recipes online at: <http://driftlessorganics.com/csa-2/recipes/cucumbers/>

Curly Parsley - nice as a garnish or used to flavor sauces, casseroles, eggs, or dips. (or in

the recipe below. Store in plastic in the fridge & use up within a few days.

Eggplant - You will be receiving either the traditional Italian style eggplant or Asian eggplant, which is long and slender and purple. The taste difference between the two is pretty subtle, and if anything the Asian style is a little sweeter. Both are great grilled

Fresh Garlic - It is best to store this garlic in your fridge, as it hasn't been cured. Use like you would normal garlic, but just use a little more because it isn't as potent as the cured stuff.

Dragon Tongue Beans - Look for the bag of flat yellow beans with crazy purple markings on them. These are wonderful bean to eat raw, or to steam lightly and add then add lemon juice, oil, salt & pepper. Unfortunately, when you cook them, the purple disappears.

Jalapeno Peppers - the heat resides in the white ribs and seeds, so remove those if you're a lightweight. For a simple fresh salsa, mince them and garlic and add to chopped tomatoes, onions, and fresh lime juice. Serve with chips or grilled fish. Fine on the counter for a few days.

New Red Potatoes - We absolutely LOVE these new potatoes. They are so good and it is almost a crime to peel them. They are really good in the recipe below, or in hashbrowns, or

tossed in oil, salt & pepper, wrapped in tinfoil and grilled). Will keep best in the fridge or in your pantry.

Salad Mix - A nice mix of spicy greens and lettuce. Add cucumbers, chopped up peppers, tomatoes etc to make yourself the best salad ever. And don't forget - our sunflower oil makes the absolute best salad dressing.

Sungold Cherry Tomatoes - Look for the half pint of orange cherry tomatoes. We love these things on salad or eaten as a fresh snack. Store on your counter, like you would regular tomatoes.

Sweet Corn - All of our sweet corn is coming in all at once - so enjoy it while it lasts! Try to use up as soon as you can as the sugars quickly turn to starch the longer it sits. If you are getting sick of the plain ol butter and salt on your corn, try the awesome recipe below!

Tomatoes - Don't forget: tomatoes should not be stored in the fridge. Store them on your counter and check daily for ripeness. You will know they are ripe when they are soft to the touch. **You will be receiving a variety of tomatoes throughout the year and instead of trying to list them all here - we've created a handy online resource on our website at: <http://driftlessorganics.com/csa-2/recipes/tomatoes/>**

DIJON POTATO, PEPPER & BEAN SALAD

4 eggs
 ½ lb. Dragon Tongue or green beans (around 3 c.), stem snapped & cut in half or thirds
 2 lb. new potatoes (around 6 medium-large potatoes), whole with peels
 1 small green bell pepper, cut into bite-size strips
 ½ c. thinly sliced onion
 2 Tbsp. Dijon mustard
 2 tsp. honey
 2 tsp. sherry or white wine vinegar
 1 Tbsp. fresh oregano, tarragon, or thyme (or 1 tsp. dry)
 Salt & pepper to taste
 3 Tbsp. Driftless sunflower oil
 1/4 c. fresh parsley, chopped

Hard boil eggs & let cool. Bring salted water to boil in a medium sauce pan. Add green beans & blanch for about 2 minutes. Using a slotted spoon, remove them & immediately plunge into a bowl of ice water to cool. Drain. Add new potatoes & boil until just tender, 15-20 minutes. Drain & fill with cold water to cool. Meanwhile, in a medium serving bowl, whisk together mustard, honey, vinegar, tarragon, salt & pepper. Continue whisking while adding oil. Slice potatoes & eggs. Gently toss green beans & onions into dressing, then fold in potatoes & eggs. Serve with parsley.

ELOTE

4-6 ears of corn
 3 Tbsps mayonnaise
 2 Tbsps Parmesan cheese
 ½ tsp chili powder
 ¼ tsp cayenne pepper
 ¼ tsp cumin
 lime wedge
 pinch of salt
 Instructions

Grill the corn for 12 minutes total. Continually move the corn so each side is grilled. In a bowl whisk together the mayonnaise and lime juice. In a separate bowl mix together the Parmesan cheese, chili powder, cayenne pepper, cumin, and salt. Spread the mayonnaise mix over the corn. Sprinkle the cheese mix over the corn. Eat!