



one POTATO TWO

News from the fields of Driftless Organics • Vol 8 - Issue 13 • Sept. 4-6, 2014

Week #13. It has been another glorious week here at Driftless Organics. We've received plenty of rain now, and we're hoping things will dry out a bit so we can get the last of the fall crops in the ground and growing. The fall veggies that we DO have in the ground are looking absolutely fabulous: our fall planting of carrots are filling out and growing like crazy, our fall beets are almost ready to harvest(!), our fall cauliflower looks like it will be ready just in time... and our second

crop of tomatoes is just starting to ripen. Spinach has been planted and is popping up out of the ground; as are radishes, salad turnips and some mighty nice looking fall salad mix.

It's a great time to be alive and farming and we're all doing back flips of joy as we go about our daily tasks. We're like a bunch of My Little Ponies out here, slamming red bulls and kicking our feet in the air. Friendship is Magic!

-- Mike

THIS WEEK'S BOX

Asian Eggplant
Collard Greens
Hot Cayenne Peppers
Leeks
Lemongrass
Mixed Bag o' Tomatoes
Purple Carrots with Tops
Purple & Yellow Bean Mix
Sungold Cherry Tomatoes
Sweet Corn
Sweet Pepper Mix
Yukon Gold Potatoes

DID YOU KNOW?

In Herman Hesse's novel *Siddhartha*, the main character (Siddhartha) embarks on a spiritual journey of self discovery. Along the way he seeks a job with a merchant named Kawasami. The merchant asks Siddhartha, "What are you able to do?" Siddhartha replies, "I can wait, I can think & I can fast." Siddhartha believed that if a man possessed these three skills, he could excel at just about anything in life. Lately, we've been wondering if we or how we can apply these lessons to the way we run the farm.

We can wait: Time management is of utmost importance in farming. We must patiently **wait** at the right times and we must act when it is most beneficial to do so. We need to know when we should **wait** to harvest, or irrigate, or cultivate; and we need to know when we should just go for it. **We can think:** contrary to popular stereotypes, farmers ain't dumb. Working at Driftless Organics is the most mentally challenging endeavour I've ever had the opportunity to be a part of. As farmers, we have to **think** about so many different things from soil fertility to website design to crew management to diesel mechanics. We're **thinking** all the time! **We can fast:** OK, I'm not sure we're so good at this one. We love to eat and we work hard and we're hungry all the time! But I think perhaps this is a more metaphorical sort of idea. If one can master one's body's "cravings", be it fatigue, laziness, boredom or otherwise, we can continue working the long hours needed in farming and stay focused at the task at hand, all season long. It is all too easy to get "burned out" this time of year - but we need to stay the course. Our minds must overcome that "hunger" to stop working and be lazy during the times when there's more work to be done.

We may stumble once in a while on our own paths of self discovery, but with Siddhartha's advice and with our own ability to wait, think & fast, we'll at least become better farmers along the way!

SAVE THE DATE

**SATURDAY
SEPTEMBER 20th
1-4pm**

You are invited to our 3rd annual harvest party at the farm!

Farm Tours
Pumpkin Picking
Pizza
Potluck

Meet your farmers and some of your fellow CSA members.

Get the chance to see where and how your food is grown.

Bring a dish to pass and a pair of old shoes or boots.

We hope to see you there!

The Farm: 52450 McManus Rd
Soldiers Grove, WI 54655

Asian or Italian Eggplant - Great in the recipe below! Make sure to store your eggplant on the counter and not in the fridge.

Collard Greens - Lovely collard greens are great in a fritatta. I like to saute a little garlic and finely sliced leek, garlic chives in olive oil with a pinch of sea salt. Add some collard greens sliced into thin strips, and cook until a little wilted (about 3-4 minutes). Use this as a "bed" in a big bowl for some sliced grass-fed beef or broiled salmon. Collard greens are also a wonderful addition to any marinara sauce. Chop up coarsely (removing stems) and add towards the end of the cooking process.

Hot Cayenne Peppers - Look for the long, skinny & wrinkly red peppers in your box. You will have 2-3 of them. If you are still unsure, google "cayenne peppers" to get a picture of them. These are pretty darn spicy and you may want to use gloves when cutting them. If you don't, make sure you wash your hands after using. These little guys add kick to a batch of chili or in the curry recipe below.

Leeks - Beautiful leeks! Be sure to wash thor-

oughly as dirt tends to hide in between the layers of leeks. You can use the white stalk and into the green up to where the leaves branch out. If you are really adventurous you can use the leaves for soup stocks.

Lemongrass - Lemongrass is a very fragrant herb commonly used in Thai & Vietnamese cooking. The stem is what is used in cooking - in curries, soups, & marinades - whilst the leaves are best saved for flavoring teas or simple syrup. To prepare the stem for cooking, trim off the root & loose outer leaves & lightly pound the stem with the back of a knife or a meat pounder. Cut into large pieces to simmer in soups or grind into a paste for curry paste or marinades. The leaves can be chopped up & brewed as tea (I like combining it with green tea - delicious iced) or simmered with equal parts sugar & water for a few minutes & then left to sit for 10 before straining for a flavored simple syrup.

Mixed Bag o' Tomatoes - Use these guys up quick! All of this rain means that our tomatoes aren't keeping as long as they normally do.

Purple Carrots with Tops - Every year we grow a different variety of purple carrot in hopes that we can find one that actually *tastes good*.

Well, you'll have to be the judge but I think we have a winner!

Purple & Yellow Bean Mix - So good to eat raw as a snack with hummus. Or, if you are getting sick of the beans, you could easily blanch and freeze them.

Sungold Cherry Tomatoes - Try roasting these in the oven, drizzled in olive oil (or Driftless Sunflower Oil) and the sprinkled with chunky sea salt and freshly ground pepper (throw in some chopped basil leaves if you have a plant around...).

Sweet Corn - Our third (and final - boo hoo) planting of sweet corn. Enjoy it while it lasts!

Sweet Pepper Mix - There will be a mixture of minis (small, red, yellow & orange and sort of oval shaped), roasters (red & yellow, slightly larger, wrinkly & pointed at the tips), & bells (red & orange). All are wonderful raw with hummus, on a sandwich or fried up with mushrooms in your scrambled eggs.

Yukon Gold Potatoes - We love growing yukon golds! These are great potatoes for mashing or roasting, or grilling up in tinfoil. There are times, when growing potatoes, where the conditions are just right to promote something called "hollow heart".

This is where, due to irregular rainfall/ir-

2-IN-1 HEIRLOOM TOMATO & FRESH MOZZARELLA

1 lb. heirloom tomatoes (mixed colors are pretty), sliced thickly
 ½ lb. fresh mozzarella (the kind in a salty brine), sliced/torn into bite sized pieces
 Handful of fresh basil
 3 Tbsp. Driftless Sunflower Oil or olive oil
 1 Tbsp. balsamic vinegar
 salt & pepper to taste
 crusty bread, preferably a baguette

Option #1: Caprese Salad: Alternate tomato slices, cheese slices, & basil leaves. Drizzle w/ oil & vinegar, sprinkle w/ salt & pepper & serve at room temperature w/ fresh bread

Option #2: Panzanella Salad: Use day old bread cut into chunks (or cut fresh bread into chunks & let them dry out for an hour or so or lightly toast them) & combine with tomatoes & mozzarella cut into chunks, coarsely chopped basil, oil & vinegar, salt & pepper & allow to sit for about an hour at room temperature before serving.

THAI COCONUT VEGETABLE SOUP

8 oz. wide rice noodles, cooked & rinsed in cold water
 2 Tbsp. oil
 1 Tbsp. whole coriander seeds (optional)
 2 big stems lemongrass, trimmed, lightly pounded with the back of a knife, & cut into 2" pieces
 1 leek, sliced
 2 cloves garlic, minced
 1" chunk of ginger, thinly sliced
 0-3 hot peppers, sliced, to taste
 2 Tbsp. Thai red curry paste
 3 medium tomatoes, coarsely chopped
 1 Asian or 1/2 an Italian eggplant, cut into 1/2" pieces
 1 purple carrot, cut into bite sized pieces
 1 c. purple/yellow beans, cut in half
 1 red or green sweet pepper, cut into bite size pieces
 1 can coconut milk
 1 quart water
 3 Tbsp. each lime juice & soy sauce
 Basil &/or cilantro for garnish (+ more thinly sliced hot peppers if desired)

Heat oil in a heavy bottomed soup pot. Add coriander seeds, lemongrass, leeks, garlic, ginger, & hot pepper(s) & saute for a couple minutes. Add curry paste & tomatoes & stir. Add remaining vegetables, coconut milk, & water & bring to a boil. Turn down heat & simmer until vegetables are cooked, 10-15 minutes. Add lime juice & soy sauce, taste, & adjust seasoning as necessary. Divide rice noodles evenly amongst 4-6 soup bowls, ladle in soup, & garnish with basil & cilantro. Serves 4-6