

ONE



POTATO



TWO

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Week #15! It's really starting to feel like autumn out there with these chilly nights and shorter days. The crew has begun making the transition to the big fall harvests, starting this week with the winter squash. We have a crazy month and a half ahead of us with all of the potatoes, carrots, beets, sweet potatoes and so much more left to harvest. These big harvests involve wagons and tractors and lots of moving and shaking and above all: a whole lot of crew effort. We can't wait!

And... we are always thinking of next year. Next year? What?! Well, we have to keep thinking ahead. As we harvest everything out of a particular field, we have to put it to "sleep" by cleaning it up, seeding it down with a cover crop and/or spreading compost and minerals on it. What we do to a field and when we do it really depends on what we are planning on growing in that field next season. Thinking ahead, thinking behind and thinking everywhere in between.

That's farming!

-- Mike

THIS WEEK'S BOX

- Carrots
- Cauliflower or Romanesco
- Cilantro
- Cippolini Onions
- Cucumbers
- Garlic
- Green Savoy Cabbage
- Jalapeno Pepper
- Red Leaf or Iceberg Lettuce
- Red & Yellow Roaster Peppers
- Mini Sweet Peppers
- Red Slicer Tomatoes
- Red Beets with their Tops
- Yellow Beans

DID YOU KNOW?

Did you know that the farmers at Driftless Organics like to do stuff other than farm? Yep - contrary to popular belief, we at Driftless Organics aren't working **ALL** the time (just most of the time). Having 3 of us "running" the show and a host of amazing coworkers ready and able to lead a crew when we need them to, we can take a bit of time off once in a while. We all have different things that we like doing from biking to painting to tinkering with old tractors, but it all centers around the same basic premise: taking a break from work! Floating down a river is always at the forefront of fun activities, and it is something we can do pretty easily with the Kickapoo being only a few minutes away. Spending time with family is of course a must and something we all strive to make a priority in our lives.

As farmers, we realize how important it is to take time off once in a while to charge our batteries, regroup and find that balance of work and play that we all need to stay healthy. After all, healthy farmers grow healthy vegetables, right?

What's another fun thing to do? **PARTY** of course! And we are looking forward to next Saturday (Sept. 26th) and the Driftless Organics Harvest Party. We hope to see you there. We'll have pizza, beer, soda and farm tours. Bring a dish to pass and a pair of old shoes/boots to hike around that farm in. Party starts at 1pm!

...how to roast a beet...

Beets don't have to be roasted, and are actually quite good thinly sliced and eaten raw. But roasting transforms beets from something crunchy into something silky and tender. We prefer roasting over boiling because it concentrates the beet's flavors and brings out their sweeter side.

Preheat the oven to 400°F. Prepare the Beets for roasting by chopping off the beet greens (save them for the recipe on back). Wrap them loosely in foil. Transfer the foil package to a baking sheet (to catch drips in case the beet juices leak). Roast for 50-60 minutes. Check the beets every 20 minutes or so. If they are starting to look dry or are scorching on the bottoms, dribble a tablespoon of water over the beets before re-wrapping. Beets are done when a fork or skewer slides easily to the middle of the beet. Small beets will cook more quickly than large beets. Let the beets cool enough to handle. Hold one of the beets in a paper towel and use the edges of the paper to rub the skin away. The skin should peel away easily; if it doesn't, the beets likely need to cook for a little longer. Peel the remaining beets. Once roasted, beets will keep refrigerated for up to a week.

SATURDAY, SEPT. 26th

Driftless Organics Harvest Party

PEPPERS: RED & YELLOW = SWEET. GREEN = SPICY!

QUINOA WITH SAVOY CABBAGE, YELLOW BEANS & SWEET PEPPERS

4 cups thinly shredded savoy cabbage
Your bag (1/2 lb) of yellow beans, chopped into 1" pieces
1 cippolini onion, thinly sliced
4 mini peppers, any color, cut into thin strips
1/2 bunch cilantro, minced
1 cup raw quinoa (any variety)
2 cups vegetable or chicken broth
2 tablespoons Driftless Sunflower Oil
1 large red or yellow onion, quartered and thinly sliced
1 tablespoon poppy or sesame seeds, optional
Salt and freshly ground pepper to taste

Rinse the quinoa and combine in a saucepan with the broth. Bring to a slow boil, then lower the heat, cover, and simmer until the water is absorbed, about 15 minutes. Meanwhile, heat the oil in a large skillet or stir-fry pan. Add the onion and sauté over medium-low heat until translucent. Layer the cabbage, yellow beans and peppers over the onions, cover, and cook for 5 minutes. Uncover, turn the heat up to medium-high, and sauté, stirring frequently until all the vegetables are lightly and evenly browned. Transfer the cooked quinoa to the skillet and stir it in. Sauté for 3 to 4 minutes longer, stirring often. Add the cilantro and optional poppy seeds, season with salt and pepper, and serve.

PICO DE GALLO WITH CARROTS & SWEET PEPPERS

Pico de gallo is a delicious type of salsa that can be added to fish tacos or burritos, or for dipping those chips into!

3 cups tomatoes, chopped into 1/2" chunks (can include sungolds, cut in half)
1 cippolini onion, finely chopped
2 medium carrots, chopped into 1/2" chunks
1 roaster pepper (red or yellow), sliced into 1/2" strips
3 cloves garlic
juice from 2 limes
2 tsp. Driftless Sunflower Oil (or olive oil)
1 tsp. sugar (optional)
1 tsp. salt
1 or 2 jalapeno, de veined and seeded, finely chopped
6 sprigs of cilantro, chopped

Saute onion in the 1 Tbs. olive oil for 20 minutes until golden brown. Add the garlic saute for one minute more. Remove onion/garlic mixture to a bowl. Boil the carrots and peppers for 2 minutes. You want them to have a crunch so don't overcook them. Rinse under cold water to stop the cooking process and cool them off. Combine the onion mixture, carrots, peppers, jalapeno, sunflower oil, lime juice, salt and sugar into a bowl and mix up. Let sit for 10 minutes to let flavors marry. Add cilantro before serving.

Carrots - 2lbs of carrots in your box this week!

Cauliflower or Romanesco - great for roasting on the grill or sauteing in brown butter (check out the recipe on our website).

Cilantro - a nice bunch for a batch or two of salsa. Store in a plastic bag in the fridge.

Cippolini Onions - look for the two flattened onions. These are an heirloom variety that are great for cooking with.

Cucumber - the last of the cucumbers for the year. Boo!

Garlic

Green Savoy Cabbage - a tasty cabbage for stir fries and casseroles. Store in the fridge but use up quick!

Jalapeno Pepper

Red Leaf or Iceberg Lettuce - it's time for salads! Best to be stored in a plastic bag

with a sheet of paper towel to soak up any excess moisture.

Red & Yellow Roaster Peppers - we like to throw these on the grill for a few minutes to char the outsides, then cover in a glass bowl for a few minutes and then slip the skins off. We use these roasted peppers on pizzas!

Mini Sweet Peppers these little guys are wonderful for adding to scrambles, potato dishes, pasta sauces and so much more. No need to remove the core and seeds - just chop them up and away you go.

Red Slicer Tomatoes - the tomatoes are pretty ripe this week, so use them up quick.

Red Beets with their Tops - to store, remove the tops from the bottoms and put in separate plastic bags. Steam the greens as a side dish or try in the recipe below.

Yellow Beans - we love these petite yellow beans for adding to salads (slightly blanched), eating raw with dip or simply steaming and eating as a side dish.

~~~~~ PASTA WITH ROASTED BEETS, BEET GREENS & PINE NUTS

1 bunch beets with greens
1/4 cup pine nuts or walnuts, toasted
2 Tbsp. Driftless Sunflower oil (or olive oil)
1 cippolini onion, sliced
3 garlic cloves, minced
1 tablespoon raspberry balsamic vinegar
1/2 ounces pasta (bow-tie or penne work the best)
nutritional yeast or feta cheese
salt and freshly ground pepper, to taste

Roast beets (see other side for roasting instructions), reserving beet greens. Cut roasted beets into wedges. Wash beet greens well, and cut into 1 inch pieces. Cook pasta until al dente, drain, reserving 1/2 cup pasta cooking liquid. Heat oil in a skillet. Add onions and saute on low to medium-low until soft and golden brown, about 18-20 minutes. Add garlic and stir 2 more minutes. Stir in beet greens along with raspberry balsamic vinegar. Cook for 2-3 minutes until tender. Toss cooked pasta with onion/beet greens, and roasted beets. Add pasta cooking liquid to moisten if desired. Season to taste with salt and freshly ground pepper. Sprinkle with toasted pine nuts. Serve with nutritional yeast or feta cheese, if desired.