

ONE



POTATO



TWO

News from the fields of Driftless Organics • Volume 9 - Issue 15 • September 16-18, 2015

Driftless Organics Harvest Party THIS SATURDAY: 1PM

Farm tours, beer, locally crafted soda, pizza!
52450 McManus Rd • Soldiers Grove, WI 54655

Bring a dish to pass and a pair of old shoes
for farm walking. We hope to see you there!!

DID YOU KNOW?

Did you know that we direct seed about 60% of the crops that go into your CSA boxes? Ok, let's back up a bit: to "direct seed" something means to plant the veggies seeds directly into a prepared seed bed, usually by mechanical means. We have 2 different seeders that are both used in conjunction with a tractor. We have a 5-row "Planet Jr." and a 3-row "Mattermac" vacuum seeder. The other way we plant stuff is by transplanting, which is when we will start a seed in the greenhouse and then transplant it into the ground when the plant is of a certain size.

There are some real advantages to direct seeding a crop vs. transplanting it; the biggest is the time saved. With seeding, you don't have all that time and fuss associated with greenhouse work; hand watering every day and so on. You can get a lot more planted in a lot less time. Take carrots for example. Over the course of a season, we will plant over 1,000,000 carrot seeds. Could you imagine trying to transplant all of those? Impossible!

Direct seeding also speeds the growing process up a bit. With transplanting, you always lose a week or so to "transplant shock", where a plant has to recover from being ripped out of it's comfortable little greenhouse home and placed into the unforgiving elements of the outdoors. With direct seeding, outside is the only home they know, and they grow accordingly.

Some disadvantages to direct seeding include the fact that it is VERY weather dependent. If it has been rainy and the ground is too wet to plant, then you may miss a seeding date and your crops could ultimately be behind schedule.

We just direct seeded the last of this year's veggies (overwintered spinach) and now we put the seeders away for next year's growing adventures.

THIS WEEK'S BOX

Broccoli,
Cauliflower or Romanesco
Carrots
Cucumbers
Garlic
Red or Green Butterhead
Lettuce
Red & Yellow Roaster Peppers
Mini Sweet Peppers
Mixed Bag of Tomatoes
Red Kuri Squash
Red Shallots
Rosemary
Sauté Mix
Yellow Beans
Yellow Potatoes

...winter squash!

As summer transitions to fall, we say goodbye to so many of those crops we love, but we also say hello to a heap of other veggies that we love too! One such veggie is winter squash. I don't know about you, but there is nothing that screams fall-eating more than winter squash. And it truly is a versatile vegetable. You can:

- 1. Roast:** the easiest and most common. Simply cut in half, de-seed and place face down on a cookie sheet with a little bit of water. Bake for an hour or so.
- 2. Squash fries.** Peel, cut in half, de-seed, cut into fries, coat with tasty oil/salt/pepper/chili powder mixture
- 3. Soups:** cubes of squash are so tasty in Asian inspired soups, especially ones with coconut milk.
- 4. Stir Fries:** cubes in stir fries, again with coconut milk and lots of Shriracha
- 5. Muffins:** there are tons of recipes on the interweb for turning your winter squash into sumpin' sweet.
- 6. Squash Gratin:** substitute potatoes with squash and don't forget the cheese!
- 7. Squash Nachos:** peel, cut in half, de-seed, cube and saute until soft. Add to nacho plate with all of your favorite fixins.
- 8. Don't forget to use the seeds:** save those seeds that you are scooping out. Rinse them clean, sprinkle with tons of salt and bake until crispy.

Broccoli, Cauliflower or Romanesco - All 3 are wonderful and tasty and should be stored in a plastic bag in your fridge. Our favorite: roasting with oil and salt and chili flakes. YUM!

Carrots - who doesn't love carrots?! We have some mighty fine recipes online (on our website) for delicious dishes like honey glazed carrots or cauliflower and carrot quick-pickles. Check it out!

Cucumbers - OK - I mean it this time. This is the last of the cucumbers for the season.

Red or Green Butterhead Lettuce - we're finding that mud likes hide within the deep recesses of these lettuce heads. Be sure to wash your lettuce leaves thoroughly before eating. Store in a plastic bag with a piece of paper towel to soak up the excess moisture.

IRISH COLCANNON WITH GREEN KALE AND.... BACON!

- 2 pounds yellow potatoes (about 2/3 of your bag) cut into 1 1/2" cubes
- 5 slices bacon, diced (optional, I guess)
- 1 large red shallot, diced
- 1 bunch of green kale with stems removed and coarsely chopped
- 4-6 mini peppers, chopped up with stems removed
- 2 carrots, grated
- 1 stick of butter (use cultured Irish butter if possible),
- 3/4 cup half and half
- Salt, to taste
- Ground black pepper, to taste

Bring a large pot of salted water to a boil and add the potatoes. Cook until tender, 8 to 10 minutes. **Reserve 1 cup of the cooking liquid** and drain the potatoes.

While the potatoes are cooking, heat a pan over medium heat and cook the bacon, stirring often, until it is nicely crisped. Remove the bacon to a paper towel-lined plate. Add the onion to the pan and cook until soft and translucent. Reduce the heat to medium-low and add the peppers, grated carrots & garlic. Cook until fragrant, but not browned.

Add the kale to the onion/pepper/carrot/garlic mixture and cook until wilted but still bright green, 5 minutes. Remove from the heat and set aside. Mash the potatoes so that they are lightly mashed with lots of chunks. Add the butter and half and half to the potatoes and continue to mash until the large lumps are gone. Mix in the bacon and the kale onion mixture. Taste the colcannon and season with salt and pepper as needed. Add some of the reserved potato water to loosen the texture if needed.

Red & Yellow Roaster Peppers & Mini Sweet Peppers

Poblano Peppers - There will be 2 of these dark green peppers in your box. The poblano is a slightly spicy/smoky pepper that

Red Kuri Squash - look for the orangish-red squash in your box. These are great for simply cutting in half & roasting on a cookie sheet in your oven (for about 30 minutes or until fork-tender). Serve with butter, salt & pepper. They have a rich, nutty squash flavor & deep orange flesh.

Red Shallots - look for the dark red "giant garlic" looking things in your box. Shallots have a subtle garlicky flavor that enhance any savory dish. Store on your counter or pantry.

Rosemary - being a slow-growing perennial that does NOT survive the winters outdoors in our climate, rosemary is a tough one to grow on a big scale. We've been growing it in pots and moving it in and out each winter in hopes of having enough for

our CSA members. It is a lovely herb that pairs well with potatoes or winter squash (see recipe below). Store in a plastic baggy in your fridge.

Sauté Mix - a beautiful mix of arugula, mizuna, red mustard, baby rainbow chard and baby kale. This mix is small enough to be eaten raw in a salad, yet big enough if you wanted to treat it like a sauté mix that you briefly wilt and serve as a side with balsamic vinegar and oil

Tomatoes - man, oh man, have the tomatoes slowed down! These cool nights and cloudy days have really stunted the ripening of our tomatoes. We've given ya what we've got. Don't forget, we send you tomatoes that are slightly underripe so that there is a better chance they will survive the journey. Simply store them on your counter (in a decorative bowl perhaps?) and keep an eye on them until they deep in color and give slightly when you press them with your finger.

Yellow Beans - we love these yellow beans! Trying roasting them, adding to the colcannon recipe below, or

Yellow Potatoes - 3 pounds of our signature yellow potatoes, great for all sorts of uses including the recipe below. Store in the paper bag that they came in.

ROASTED RED KURI SQUASH WITH ROSEMARY

- 1 Red Kuri Squash, peeled, seeded and diced to 1/2-inch cubes
- 2 roaster peppers, stemmed, seeded, and diced to 1/2-inch
- 1 red shallot, minced
- 3 garlic cloves, minced
- 2-3 sprigs rosemary, de-stemmed and chopped up
- salt & freshly ground pepper, to taste (I use about 1/2 tsp each)
- 3 - 4 tbsp Driftless Sunflower Oil (or olive oil)
- 1/2 cup freshly grated parmesan cheese

Preheat oven to 400 degrees F

In a large bowl, combine squash, roaster peppers, shallot, garlic, rosemary, salt & pepper. Toss to mix. Drizzle in oil, tossing as you go, until vegetables are all lightly coated. Transfer to a rimmed baking sheet or large casserole dish. Sprinkle half of the cheese evenly over the top of the vegetables. Roast in the preheated oven, stirring 2 or 3 times, until squash is tender and beginning to brown at the edges, about 45-60 minutes. Sprinkle the remaining cheese over the top and return to the oven for 5 minutes, or until the cheese has melted and begun to brown. Serve hot.