



# ONE POTATO TWO

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*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!*  
*Happy Eating,*

--Mike

*WEEK #15: Hey Everyone! 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*

## THIS WEEK'S BOX

- BABY BOK CHOI
- CARROTS
- DRAGON TONGUE BEANS
- FENNEL
- FLOWERING DILL
- GARLIC
- GREEN BEANS
- JALAPENO PEPPERS
- MINI PURPLE ONIONS
- POBLANO PEPPERS
- RED RADISHES
- RED & YELLOW SWEET ROASTER PEPPERS
- TOMATOES
- YELLOW POTATOES

## DID YOU KNOW ?

Did you know that in addition to great fruits, veggies and sunflower oil, Driftless Organics also offers grass-fed beef? That's right! Mike, one of the owners of Driftless Organics, also runs a small-scale beef operation called Big River Beef with friend & neighbor, John Danforth. The two of them have teamed up for nearly 10 years now to offer certified organic, 100% grass-fed beef to Driftless Organics CSA members like you! You see, Mike and his wife, Dani own a farm about 6 miles down the road from the veggie operation that just isn't suitable to grow many vegetables (the land is way too steep and a bit too rocky); but it is a GREAT place to pasture animals. John takes care of the cow and calf part of the operation on his own farm; and Mike and Dani take care of the steers, raising them on the lush pastures on their farm between April and November. Mike practices what's called "managed rotational grazing", where he'll move the steers into new pastures every 3-5 days. He believes this a great way to avoid overgrazing, and it helps fatten up those steers faster because they are constantly getting access to fresh grass. Are you interested in purchasing some 100% Angus grass-fed beef? Delivery is in mid-December, and we deliver to all of the same pick up sites that we deliver CSA boxes to. Order today before he sells out (every year he does, so act quick!) If you want some more information, visit their website at:

[www.bigriverbeef.com](http://www.bigriverbeef.com)

## WHAT THE HECK DO I DO WITH FENNEL ?

Our goal: to get y'all to love fennel. Look for the white bulbs in your box this week. They have elegant green stalks and frilly leaves or "fronds". There are 3 distinct parts of fennel and all are edible. I'll break it down for you:

- 1.) **Bulb:** This is the mostly commonly used part of the fennel plant. The bulb can be sliced or chopped up and roasted, sautéed, or braised. You can also enjoy the bulb raw: try grating it over salads.
- 2.) **Stalks:** The stalks of the fennel plant are crunchy and tougher than the bulb. You can roast these too, toss them into stir-fries or use them in bloody marys as stir sticks! If you don't have a use for them now, chop and freeze for later for use in stocks and soups.
- 3.) **Fronds:** These are oh-so delicate and when removed from the rest of the plant, can be stored in their own plastic bag in the fridge for around a week. You can add them to salads, cook with fish (YUM!) or use as a beautiful garnish. Each part of the fennel has a sweet, nutty, anise-y flavor that pairs well with apples, beets, garlic, citrus, and fish.

# QUICK AND EASY REFRIGERATOR DILLY BEANS

Your bags of green & Dragon Tongue beans  
 3 cups white vinegar  
 1 cup water  
 1/8 cup kosher or pickling salt (do not use iodized table salt)  
 1/8 cup granulated sugar  
 2 cloves of garlic, peeled  
 Jalapeno Pepper (optional)  
 Your sprigs dill  
 Black peppercorns

Wash 2 pint jars with lids in very hot, soapy water. Rinse well. Cut stems from beans and cut or snap dragon tongue beans in half. In the bottom of each jar place a clove of garlic, a dill sprig or two, a few peppercorns, and a quarter to a half a jalapeno pepper (if using). Tightly pack green beans into jars and set aside while bringing the vinegar, water, salt, and sugar to a boil in a non-reactive saucepan. Pour hot vinegar liquid over the beans and screw lids on. Set aside to cool. Place cooled jars in the refrigerator. The pickled green beans are ready to eat in a day or two and will keep refrigerated for several weeks.

## POTATO GRATIN WITH FENNEL AND TOMATOES

1 bulb of fennel, halved, cored and sliced crosswise as thinly as you can. You can use all of bulb and even most of the stems.

1 roaster pepper, cored and cut into 1/2" chunks  
 2 small purple onions, thinly sliced  
 2 cloves garlic, thinly sliced

3 roma tomatoes, cut crosswise into 1/4" rounds

1 1/2 lbs of your yellow potatoes cut into very thin rounds (use a mandolin if you have one)

Salt & pepper to taste

3 tsp thyme (optional)

2 Tbl Driftless Sunflower Oil (or olive oil)

1/2 cup Heavy cream (or milk)

3/4 cup chicken (or vegetable) stock

1/2 cup grated Parmesan

Warm the oil in a medium sauté pan set over medium heat. Add the fennel, pepper, onion and garlic along with a pinch of salt and toss to coat in the oil. When the vegetables begin to sizzle, reduce the heat to low, cover and cook until just tender—about 10 to 15 minutes. Set aside.

To build the gratin, lightly oil a shallow baking dish. Shingle half of the potatoes into the gratin in overlapping rows. Season with salt, pepper and a third of the thyme. Spread the fennel-onion-pepper mixture over the potatoes in an even layer and season. Next, layer in the tomatoes, spreading evenly. Season with salt, pepper and the remaining thyme. Layer in the remaining potatoes and season with salt and pepper. Pour the cream over all, jiggling the dish slightly to make sure the cream penetrates all of the layers of vegetables. Pour in enough stock so that the vegetables in the middle are just barely covered with liquid when pressed with a spatula or your hands. Cover the gratin tightly with foil and place on a baking sheet. Place in the center of a preheated 375° oven and bake until bubbling around the edges—about 30 minutes. Remove the foil, scatter the Parmesan evenly over the gratin and continue to bake until the cream is reduced and bubbling thickly, the top is golden brown and the potatoes are tender (another 15-20 minutes).

|   | WHAT'S IT LOOK LIKE?   | STORAGE?  | HOW DO I USE IT?   |
|---|--|---|--|
| <b>BABY BOK CHOI</b>                    | A small bunch of VERY delicate leaves  | Store in a plastic bag.   | Roughly chop and throw into a stir fry towards the end. roasting it with a little garlic and oil.                                  |
| <b>CARROTS</b>                          | A nice 2lb bag of orange carrots. These aren't are biggest, nicest carrots we've grown, but they are still very tasty! | Keep in the fridge in a plastic bag for up to two weeks.  | No need to peel - just snack away!   |
| <b>DRAGON TONGUE BEANS</b>              | Pretty yellow wax beans with purple streaks.   | In your fridge, in their bag for up to a week. The last of these for the season.  | Try them in the quick pickle recipe to the left!   |
| <b>FENNEL</b>                           | 2 white bulbs with green stems and frilly green fronds.  | Store as is or in plastic for up to 2 weeks. If the outside of the bulbs look wrinkly/old, just peel away and use the rest. | Check out page 1 for some more info about fennel - and try the recipe to your left!  |
| <b>FLOWERING DILL</b>                   | 3-4 frilly fronds with yellow flowers. Very pretty!  | Store in your fridge and use up quick.  | You can try the quick pickly recipe to the left, or chop up stems, leaves and flowers and add to potatoe salad.                    |
| <b>GARLIC</b>                           | A head of cured garlic.  | Keep on your counter for up to two weeks.   | In pretty much everything!   |
| <b>GREEN BEANS</b>                      | Look for a bag full of green beans.  | Keep in your fridge for up to a week.   | Sautee with a butter and salt...of course! Or stir fry them up with some other veggies.  |
| <b>JALAPENO PEPPERS</b>                 | 2 small green peppers floating around the bottom of your box.  | Store in the fridge for up to 7-10 days   | Jalapenos piling up in your fridge? Try a round of baked jalapeno poppers!   |
| <b>MINI PURPLE ONIONS</b>               | A small red mesh bags of small onions  | Store in their mesh bag either hanging on a hook in the pantry or on the counter  | Clean off the first layer of skin and chop up the rest. Sweet enough to eat raw! They also make a pretty garnish for bloody marys. |
| <b>POBLANO PEPPERS</b>                  | Look for 2 dark green peppers that are slightly smaller than a bell pepper.  | Store in your fridge or 7-10 days.  | If you have a stock pile of these in your fridge, try making chile rellenos (recipe on our website).                               |
| <b>RED &amp; YELLOW ROASTER PEPPERS</b> | Long, sleek red & yellow peppers that look like kind of like bull horns  | Keep them in your fridge for a week.  | Try roasting them and putting on pizzas!   |
| <b>SALAD MIX</b>                        | A bag of loose greens  | Place a piece of paper towel in with your salad to help maintain the correct moisture level.                                | Combine with radishes and sweet peppers for a great salad.   |
| <b>TOMATOES</b>                         | A smaller brown paper bag of romas and slicers.  | Store your toms where you can see them so you can keep an eye on their ripeness.  | Sadly, the tomatoes are winding down. Let's enjoy them while they are here.  |
| <b>YELLOW POTATOES</b>                  | A three pound bag of yellow potatoes.  | Store in a dark place at room temperature for up to two weeks.  | These guys are the perfect potato for mashing or in the gratin recipe to the left.   |