



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 14: It feels like fall. Early fall, but still fall. The wind has picked up, the leaves are starting to turn, the nights are getting colder and there is something in the air. I can never seem to put my finger on it. Here at the farm, we are getting into our fall plantings of crops - broccoli this week! We are also finishing our cleaning and sorting the garlic. Next up will be onions. The farm is busy with the usual, but we are also making preparations for our fall root harvests. There is repairing bins and cleaning out some storage areas. Happy Eating!
~Rachael

Did you know? Frost Dates

Did you know that the fall frost date for our neck of the woods is Oct. 6th? Frost dates are the average first (in the fall) and last (in the spring) times when the temperature dips below freezing, based on all of the years of data compiled by the weather dudes. For obvious reasons, we pay pretty close attention to these dates. The last frost date in the spring is important because we usually have a lot of frost-sensitive seedlings in the ground that time of year. The first frost date of the fall is arguably more important because we have so many crops that will croak if the temperatures dip below freezing. Frost spells doom for plants like tomatoes, eggplant, melons, peppers and basil. And it can cause some damage to the winter squashes and if it's really, really cold: even potatoes! Around this time of year we watch the forecasts like hawks and really try to plan our days and weeks knowing that at any moment we may need to go into "frost mode". Frost mode on the farm is a frantic race to harvest things that we can, and cover things we can't with row covers in hopes that they will be OK through the night. It usually ends up being a really late evening of work.

Not everything is hurt by the frost and some veggies actually get tastier with a frost. We've all heard that brussel sprouts get sweeter with the frost, but did you know carrots do too? This is because when it gets really cold, a vegetable will produce more sugar as a sort of natural antifreeze. How cool is that?

What the heck do I do with Delicata Squash?

Delicata Squash is a small-medium sized, oblong shaped, sweet winter squash that has an edible rind. It is a light yellowish cream color with green stripping on the outside. It's name, delicata, is derived for the skin being "delicate" enough to eat when cooked. This squash can be used in so many ways: roasted, steamed, or microwaved. It has a wonderful creamy flavor and texture and is great for stuffing due to it's edible skin and bowl like structure.

- 1) **Roasting:** 400 F. Prepare a shallow baking dish with some oil or butter (or just cover the dish with aluminum foil) Cut squash and remove seeds (which if cleaned up can be seasoned and roasted to eat!). Cut in whatever method you choose: rings, half moons, chunks, or boats (cut in half, then cut in half again, creates long boats). Rub cut squash with oil or butter. Sprinkle with salt and any other seasoning you choose. Bake for 30-40 minutes. Squash should be tender enough for your to easily glide a fork or knife through. *You can also roast at a lower temperature for 1 hour to make it even more tender. *
- 2) **Steamed:** This is the only method you HAVE to peel the skin off. Cut into 1" cubes. Bring at least ½" of water to a rolling boil in a saucepan. Add cut squash into steamer basket. Cover and reduce to a simmer. Cook until tender. About 7-10 minutes.
- 3) **Microwaved:** Cut squash in half and remove seeds. Place in a

microwave safe dish with halved side (flat) down. Pour ¼ c. water (or broth) into the dish. You can also add salt to the water for more flavor. Cover with lid. Microwave on High for 10 minutes. Check with fork. If easily pierces, it is done. If not, cook at 1 minute intervals until it is pierceable.

WHAT'S IN THE BOX

Beans: Dragon Tongue
Broccoli
Cabbage: Savoy
Cilantro
Delicata Squash
Garlic
Onion: Yellow
Peppers: Cayenne, Jalapeno & Roaster
Potatoes: Yellow
Radishes
Spinach
Sungolds
Tomatoes: Mix

Harvest Party 2019

Saturday, September 28th is when we will be firing up the grills and putting up the tables and chairs. We will have our delicious PIZZA made with all our vegetables. There will also be wagon rides, drinks including fresh pressed cider and activities for kids. Bring the family and make it a fun day trip! We look forward to seeing you.

Crop

What does it look like?

Storage?

How do I use it?

Beans (Dragon's Tongue)	Waxy yellow bean with purple striations on it.	Keep in the fridge for up to a week.	When cooked, beans will lose purple striations. Try a bean salad!
Broccoli	Looks like a miniature dark green tree.	Store in a bag in the crisper, try to use it up within 2 weeks.	Roasted then topped with some butter at parmesan cheese while still warm.
Cabbage	Savoy: green orb with wrinkled leaves	Store in fridge (crisper drawer is best) for up to a few weeks.	Sauerkraut, eggrolls, sauteed up with bacon or pork sausage...so good!
Cilantro	A bunch of fresh cut cilantro plants with frilly green leaves.	Keep in the fridge in a plastic bag for up to a week.	Great with salsa, guacamole, as a garnish for Mexican or Indian dish
Delicata	Oblong squash, yellowish cream colored with green stripes	Store in a cool, dry place for a few weeks OR in the fridge for up to 2 weeks.	Check out the article "What the Heck Do I Do with Delicata Squash?"
Garlic	1 garlic, freshly Cured	Store on your countertop and use within a couple weeks.	One of my favs: micro-grated into mayo with fresh cracked black pepper and lemon juice (garlic aioli)
Onion	2 small yellow onions (cured)	You can store them in a cool, dry place (or fridge)	Onions are a great start to most dishes
Peppers	Cayenne (HOT): a red, thin (spindly) long pepper, about 6" with thin walls Jalapeno (Spicy): dark green plump pepper Roaster (Sweet): large pointed pepper with thick walls	Store in your fridge.	Raw, stuffed, sometimes dried and powdered, sauteed or roasted
Potatoes	They are roundish with a brownish skin and yellow flesh and look like a potato.	These are freshly harvested - so keep them in your fridge.	Roasted, Boiled & Mashed, Grilled, Grated & Fried: Hashbrowns or Homemade Fries
Radishes	Look for a bunch of red orb with green leaves in a bunch.	Store with the tops removed in a plastic bag with your scallions.	Slightly spicy raw, cook with some butter and salt, the flavor changes to creamy.
Spinach	Mixed bag of dark green rounded leaves.	Place a paper towel in the plastic bag it comes in, place in the fridge for a week-10 days.	So many uses: try tossing some into a veggie wrap this week.
Tomatoes	SUNGOLDS: little orange cherry tomatoes MIXED: A mix of Colored, Roma (smaller, oblong red fruit with more meat and less seeds) and Slicer (bigger red, rounder fruit with lots of juice/seeds)	Store on the counter for a few days, then refrigerate for up to a week.	Freshly eaten with a little salt, salads, gazpacho, salsa, bruschetta, margherita pizza, marinara sauce, get creative!

Delicata Soup with Roasted Chickpeas

*This recipe is for 2 people - I doubled it for my family of 2 Adults and 2 small children - it was perfect.

An addition of toasted bread to serve it with would bring some heartiness*

1 Delicata Squash
 1 can chickpeas
 1 Tbsp Driftless Sunflower Oil (seperated)
 Salt & Pepper, to taste
 1 medium yellow onion, sliced into LONG thin slices
 3-4 cloves garlic, minced
 1 c. Vegetable/Chicken Broth
 1 Tbsp. Garlic powder
 1 tsp. Onion powder
 ¼-½ tsp. Cayenne Pepper (to taste)
 Preheat to 400F. Slice delicata squash in half lengthwise and de-seed. Place on a baking sheet, drizzle some oil, salt and pepper onto squash and then place squash flat side down (skin side up) on baking dish. Roast for 30 min, or until fork tender. In a bowl, toss drained chickpeas with oil, garlic powder, onion powder and cayenne pepper (great for

the flavor, but I did another batch for my kids without the cayenne). Roast at the same time as the squash for 20-30 min, flipping halfway. Set aside when done. While everything is roasting, slice your onion into long, thin slices. Mince your garlic. Add a generous amount of oil to a large skillet, cook your onions until caramelized (10+ min). Add the minced garlic once the onions are done. Set aside. Once delicata is done roasting, let it cool for a little bit. Then coarsely chop it up (skin included). Add squash, onions, garlic and broth to a blender. (IF you don't have a blender - add everything to a pot and use an immersion blender). Blend until creamy and smooth. Taste, add more salt if needed. Add soup back into pan you caramelized onions in, let simmer until warm. Top with roasted chickpeas (essential to the dish!) right before serving and enjoy!