



NEWS FROM THE FIELDS OF
 DRIFTLESS ORGANICS
 volume six • issue twenty one
 november fifteen - seventeen
 two thousand twelve

This is by far my favorite box of the year - as its contents conjure up so many good memories of Thanksgiving feasts and merry times in the kitchen with family and friends. Utilizing the food from this box also makes me feel like I'm part of something greater; something that my ancestors had always done and that we sort of lost along the way: that age old act of "squirreling away" food for the cold months ahead. I hope you enjoy your storage box just the same and from all of us at Driftless Organics: Happy Thanksgiving!

So what DO we do once the regular season CSA boxes are over? Well, once November hits, we hope to have most everything harvested. All it takes is a couple below 20 degree nights to pretty much ruin anything still left in the ground. After a week or two of filling orders and washing for market (we continue to go to the Dane County Farmers Market every Saturday), we start ramping up for this week's storage box. The November box (which you can still order...) takes 8 of us about a week and half to wash and pack, so we spend our days in the packing shed, music blaring and the washing lines abuzz. The week before Thanksgiving is a pretty crazy time as grocery stores from all around order our carrots, sweet potatoes, winter squash and potatoes in time for the big feast.

As November winds down and December creeps in, we winterize and put away our equipment and start thinking about what needs to be maintained, fixed or otherwise modified for the next season. This is the time of year where you can usually find Noah buried chest deep in some piece of equipment, grease up to his elbows and a crazy mad scientist look in his eye. I retire to the office to start compiling all of our harvest and field data - trying to get some semblance on the year past. All the while, we continue filling orders, going to markets and pack that second round of storage boxes for delivery in the middle of December.

January and the new year marks the beginning of the 2012 CSA recruitment season. This is an extremely crucial time for

us, as we somewhat reluctantly start thinking about and planning for the new season ahead. Seeds, fertilizer, soil and countless other supplies must be ordered and this is when the bills start to come at us from all directions. And this is exactly why the CSA program is such a god-send. I can't tell you enough how awesome it is to receive support from CSA members right when we need it the most. As we order our goods, we make our plans - laying out fields and figuring out just where everything is going to go, when we're going to put it there and how to make it all happen.

February is a lot like January - we've sold out of most of the crops we have in storage (hopefully) and now we just whittle away at the carrot and potatoes that we have left, selling them at the farmers market (we go pretty much year round) and to the local food co-ops. More planning, more CSA recruiting and even some time playing in the snow (cross country skiing is a particularly popular pastime for us all). We always hope to have the majority of our hiring done for the new season and it is a good time for any crew members still working to take some much-deserved time off.

this week's box!

- Acorn Squash
- All Red/All Blue Potato Mix
- Beauty Heart Radish
- Butternut Squash
- Carnival Squash
- Carrots
- Cippolini Onions
- Garlic
- Green Kale
- Parsnips
- Red Beets
- Rutabaga
- Sage
- Scarlet Turnips
- Shallots
- Sweet Potatoes
- Yellow Potatoes
- Thyme

Then comes March and well, that marks the end of the quiet season for us, as we fire up the greenhouse and start the planting all over again. Winter always goes by so fast - we fill it up with planning, preparation and a little bit of fun.

We are grateful to all of you for ordering a storage box... we hope you enjoy!

-Mike



Eric, Joey, Lily, Rachel, Chris & Marlene packing yo' boxes!

this week's box!

A few words about your storage box: nearly everything can be stored for a number of weeks, so please don't be overwhelmed if you feel there is too much stuff. It is time to discover those nooks and crannies of your fridge, pantry, cupboards and even closets to squirrel away your goods (just don't forget about them!) Remember, as a general rule: keep things out of the light and most importantly: dry! This will help tremendously in the storage of your vegetables.

HAPPY THANKSGIVING! --dani

Acorn Squash – a very moist, yellow fleshed squash classically cut in half & roasted cut side down & served with butter and brown sugar (return to the oven for a couple of minutes cut side up after filling the cavity with the butter & sugar). Store at room temperature or a bit cooler for several weeks.

Beauty Heart Radish - There will be 4 of these in your box. Look for the whitish-green globes with the pinkish tinged bottom and pinkish roots coming off the bottom. You'll know they are a beauty heart when you slice them open and see the vibrant pink insides. These are great thinly sliced on a veggie platter with hummus in the center. A wonderful addition to that Thanksgiving salad. They will store for a month or more in plastic in your fridge.

Butternut Squash - butternuts are the easiest squash to peel, due to their smooth skin - great for peeling, cubing, & simmering in soup when you don't want to get the oven going to roast it. Or, fire up that oven, cut squash in half, place cut side down in a baking pan and bake for 30-40 minutes (or until soft). Store at room temperature for many weeks or at 50-55 degrees for longer.

Carrots - There are about 5 pounds of carrots in your box. They will store for many weeks in the plastic bag they've come in and can be used in so many

different ways! Try roasting them in the roasted root recipe, or add to soups and stews. Or just eat 'em up raw!

Scarlet Turnips - Look for the bright pink roots. They are the mildest of the winter turnips and are by far the prettiest. Try them raw grated in slaw, sliced with dip, or cooked like any of the other root veggies - boiled, steamed, simmered in soup, or roasted. Their sweet yet slightly spicy flavor is especially delicious cooked alongside pot roast or other roots. Will keep for many weeks in plastic in the fridge.

Carnival Squash - one of the most underrated squashes around. Carnival is a sweet little squash! Smaller size, tenderer skin, sweeter flesh, & dryer texture than your average winter squash. Try to use up before your other squashes, as these tend to not last as long.

Green Kale Tops - The weather has been kind enough to us to allow for some kale in your box! Frost sweetened and super good for you. We are giving you the tops of the plants, so there will be a fair amount of smaller leaves, which are actually tastier and more tender than the bigger leaves. Strip the larger leaves from their tough stems & steam them & serve by itself with butter & a drizzle of lemon juice, or saute with garlic & toasted sesame oil & tamari. Or add it to soups, stir-fries, pasta dishes, casseroles, etc. towards the end of their cooking time. Store in plastic in the fridge & use it up within a week.

Mixed bag of onions, shallots and garlic - all can be stored in your pantry and should keep for a few weeks. The flat yellow onions are called "cippolini" onions and are an Italian heirloom variety that are great for caramelizing. The smaller reddish-brown onions are actually shallots and a wonderful addition to scrambled eggs or to your Thanksgiving day gravy.

Parsnips - are the pale, sweet, aromatic cousin of the more widely used carrot is terrific in roasts or boiled & mashed or braised & glazed (try a maple syrup &

beer or honey & butter glaze). It cooks just like a carrot, & like organic carrots: no need to peel, just scrub - lots of nutrients are found in or just under the peel. Store in plastic in the fridge for several weeks.

Red Beets - What's Thanksgiving w/o that dish of cold pickled beets on the table that only grandpa and that wierd uncle Bob eat? Try roasting them instead with oil, salt and pepper and they'll be gone before the turkey is....maybe. Store for months in plastic, in the crisper drawer.

All Red/All Blue Potatoes - A fun bag of pretty potatoes to wow your Thanksgiving dinner guests (think pink or blue mashed potatoes). Both varieties in this bag (labeled "Red Potatoes" on the front) cook about the same, so feel free to mix them in any dish you are preparing. Great for roasting or frying!

Rutabaga - is another underutilized & tasty storage veggie. Look for 2 yellowy beige roots with purple tops in your box. Its creamy color, earthy sweet flavor, & smooth texture is great mashed or in soups, stews, or roasts. You can also grate it raw in slaws.

Sage - An herb made for Thanksgiving - try using this in the recipe(s) provided or put in with your favorite stuffing recipe. Store in your fridge in plastic.

Sweet Potatoes - are chocked full of sweetness, vitamins, & minerals. Bake them whole or peel & cut for soups, mashes, casseroles, or oven fries or grate & add to pancakes, hashbrowns, or baked goods. Store at room temperature for several weeks.

Thyme - Another great Thanksgiving herb. Try with your turkey or even mashed potatoes. Great sprinkled on roasted roots at the last minute.

Yellow Potatoes - there will be a 5 pound bag of yellow potatoes in your box. This is a new variety for us called "Augusta" and they closely resemble a Yukon Gold. Great for mashed potatoes, or for roasting alongside other root vegetables.

RECIPES!

by dani lind

Honey Braised Roots

- 2 medium scarlet turnips, cut into wedges or half-moons
- 3 medium carrots, but into same size pieces
- 3 small or 2 medium parsnips, cut the same as the carrots
- 2 cloves garlic, minced
- 2 Tbsp. butter
- 2 Tbsp. honey
- Salt & pepper to taste
- 1/2 c. white wine, vegetable stock, or water

In a heavy bottomed large skillet over medium-high heat, melt butter & add roots. Sauté for about 5 minutes, stirring several times, until they start to brown. Add garlic & stir a few times, then add honey, salt/pepper, & liquid of choice. Turn heat to low-medium & braise until liquid is reduced to a glaze & vegetables are tender, another 10-15 minutes, adding a bit more liquid if necessary to prevent burning. Serves 4.

Squash Soup with Thyme & Sumac

- 1 large or 2 small winter squash
- 3 Tbsp. butter
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 Tbsp. fresh thyme, chopped
- 1 tsp. ground sumac*
- 1 quart vegetable or chicken stock
- 1/2 cup crème fraiche or cream
- salt & pepper to taste
- a pinch of fresh thyme for garnish

Preheat oven to 375 degrees. Cut squash in half, scoop out seeds, & roast cut side down on a cookie sheet until soft, 30-45 minutes. When just cool enough to handle, remove skin. Heat butter in a heavy bottomed soup pan & sauté onions until translucent. Add garlic & thyme & sauté for another couple minutes. Add sumac, stock, & cooked squash & bring to a simmer. Simmer for about 15 minutes & puree soup in a food processor, blender, or with an immersion blender. Return to heat & add crème fraiche/cream & salt/pepper to taste, adding a bit of water if it's too thick. Return to simmer & serve, sprinkling with thyme & a drizzle of crème fraiche/cream for garnish. Serves 4.

*Sumac is a tart spice available in Middle Eastern grocery stores, well-stocked herb stores, or online. It's a major component of the spice mix called za'atar. If you're unable to find it, substitute 1 Tbsp. fresh lemon juice.

Potato Leek Gratin with Fresh Sage

- 3 lb. yellow potatoes, very thinly sliced
- 1 quart milk, preferably whole
- 2 bay leaves
- 3 sprigs fresh sage or 1 Tbsp. dried
- 3 cloves garlic, chopped
- 2 large or 3 medium leeks, white parts cut in half lengthwise, carefully washed, & sliced
- Salt, pepper, & grated nutmeg to taste
- 2 Tbsp. fresh sage, chopped
- 1 c. breadcrumbs
- 1 1/2 c. grated cheese, such as Gruyere, white cheddar, smoked gouda, or fontina, or a combo
- 2 Tbsp. butter, cut into pieces

Preheat oven to 375 degrees & butter a 9"x12" gratin dish. Slowly bring milk, bay leaves, sage sprigs, garlic, leeks, & 2 tsp. salt to a boil in a large pan. Simmer until potatoes are just tender. Drain, reserving milk & keeping it hot, & remove herbs. Combine chopped fresh sage, breadcrumbs, & a 1/2 cup of the cheese & set aside. Make a single layer of vegetables in the dish, sprinkle with salt & nutmeg & top with a light layer of cheese. Repeat with the remaining vegetables & cheese, ending up with vegetables on top. Add enough of the hot reserved milk to just barely cover. Top with the sage/breadcrumb/cheese mix & dot with butter & bake until crust is golden, about 50-60 minutes. Serves 6-7.

Winter Vegetable Fried Rice

- 1 cippolini onion, minced
- 1 carrot, cut into small dice
- 1 parsnip, cut into small dice
- ½ beauty heart radish, cut into small dice
- 1 Tbsp. each garlic & ginger, minced
- 2 cups kale, de-ribbed & finely chopped
- 3+ Tbsp. peanut or sesame oil
- 3 cups cooked rice
- Salt & pepper to taste
- 2 eggs, lightly beaten
- 2 Tbsp. tamari/soy sauce
- ½ tsp. Chinese 5-spice powder (optional)
- Heat oil in a large cast iron pan or wok over medium-high heat & add onions, carrots, parsnips, & radish. Stir fry until starting to brown, then add garlic, ginger, & kale. Stir for another minute, then add rice, a bit of salt, & pepper. Stir fry until rice is hot & just starting to brown. Lower heat a bit & make a well in the middle. Add the egg & season with salt & pepper. Stir until egg just starts to set & then stir & scrape it into the rest of the stir-fry until cooked. Add soy sauce & 5-spice & serve. Garnish with chopped roasted peanuts & cilantro, if desired. Add cooked chicken, pork, or tofu if you wish. Serves 4.

Spicy Southwest Red Cabbage Salad

- 1 medium or ½ large head of red cabbage, cored & shredded
- ½ red onion, very thinly julienned
- 2 carrots, grated or very thinly julienned
- 1 cup frozen sweet corn
- 2 cloves garlic, minced
- 1 jalapeno, fresh, frozen, or pickled, minced
- ½ red sweet pepper (can be frozen), chopped
- 1 Tbsp. oil
- ½ tsp. each ground coriander & cumin
- ¼ tsp. chipotle powder or hot paprika (or 1/8th tsp. cayenne)
- 3 Tbsp. mayonnaise
- Juice & zest from 1 lime
- Salt & pepper to taste
- Preheat broiler. Combine cabbage, red onion, & carrots in a large bowl. Toss sweet corn, garlic, jalapeno, & red pepper in oil. Season with salt & pepper & spread on a baking sheet. Place under broiler for a few minutes, watching carefully & stirring once, until starting to brown. Let cool. Combine spices, mayo, & lime juice/zest with a whisk in a small bowl. Toss dressing & cooled roasted corn mix into cabbage & adjust seasoning as necessary. Serves 4-6. Excellent accompaniment to fish tacos!

Cranberry & Roasted Beet Salad with Goat Cheese & Pecans

- 5 medium beets, tops & tails trimmed, cut into wedges (don't peel)
- 2 cloves garlic, minced
- 1 Tbsp. oil
- 1 pint fresh cranberries
- Juice & zest of 1 orange
- 2 Tbsp. honey
- 1 oz. soft goat cheese, crumbled
- ¼ cup pecans, coarsely chopped & toasted
- Salt & pepper to taste
- Preheat oven to 400 degrees. Toss beet wedges with oil, salt, & pepper. Spread on a baking sheet & roast, stirring occasionally, until just tender & starting to caramelize on outside, about 45 minutes (or 25-30 minutes with convection). Let cool. In a small sauce pan, combine cranberries, orange juice/zest, & honey & bring to a boil over medium heat. Reduce heat to low-medium & cook until just saucy but cranberries remain whole, about 15 minutes. Let cool. Combine beets with cranberry sauce & season to taste. Top with goat cheese & pecans. Serves 4-5