



# ONE POTATO TWO

NEWS FROM THE FIELDS OF DRIFTLESS ORGANICS

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*We are back at it after a few weeks break from CSA boxes... It has been super busy around the farm these last few weeks, as we finish up the harvests, plant the garlic, clean up and put things away before the snow starts flying. We're pretty darn happy with all that we've reaped and now we are excited as ever to wash and pack it all up.*

**A**bout this time every year, when our coolers and other storage facilities are packed to the brim, I fret a bit wondering where the heck all of this produce is going to be sold. Well, we always eventually find a home for all of the goods we grow (sometimes it takes until March, but we do find a home for it). It is all the better when that home is our CSA members' pantries and fridges. We've sold more storage boxes this year than ever before and I can't tell you how wonderful that is!

You see, in no other outlet do we see and feel such appreciation of our veggies than we do from our CSA members. It is truly evident that you all are very passionate about good food, about supporting small farmers and are willing to pay a bit extra for all that it takes to grow and distribute food locally.

The big holiday news in the mainstream media this year is how Thanksgiving meals were going to cost "13% more than last year". "Folks will be lucky to find a turkey that costs less than \$1.25/lb", the newspapers say. As food prices continue to rise, articles and blogs are offering tips on how to combat these trends. The unfortunate thing is that most of these tips range from plain silly to downright ghastly. Tips like using

powdered milk instead of the real thing or generally using more processed foods to cut down on expenses are what they are calling for.

Probably the worst part about the whole thing is that what these articles fail to even consider that maybe it is OK to be paying a bit more for our food. After all, Americans pay a ridiculously small percentage of their income on food (5.7% vs. 22% in 1949). While the immediate reaction to this staggering figure is celebration (who doesn't like to spend less money); one does have to wonder, how has our food become so cheap?

One of the main reasons is increased efficiency in agriculture - bigger machines, better seed hybrids, GMOs that produce more, and so on. An exploited and often times illegal labor force has a lot to do with our low food prices as well. Cheap food is also the result of government subsidies, which people don't realize they are paying on the other end. The rise of processed food has also contributed to less expensive food, as it is a lot cheaper to create something out of corn and chemicals than it is from whole vegetables and grains.

It goes without saying that there a lot of hidden expenses to all of this cheapening of

## THIS WEEK'S BOX

- Acorn Squash
- Beauty Heart Radish
- Butternut Squash
- Carrots
- Collard Greens
- Red Beets
- Garlic
- German Butterball Potatoes
- Gold Turnips
- Heart of Gold Squash
- Lacinato Kale Tops
- Parsnips
- Red Potatoes
- Rutabaga
- Sweet Potatoes
- Yellow Onions

food. This includes higher health care bills (I think we can all agree that this cheap food isn't that good for us), failing rural communities, and environmental degradation.

Before I get too preachy on all of this (maybe I already have...), I just want to reiterate how grateful we all are here at Driftless to be growing veggies for folks who truly appreciate the value of what we do. I believe you do this because you know that your dollars are supporting us, our families and the members of the community that we work with. And, as an added bonus, you are eating healthier. It is a win-win!

In a time of the year when so much of our time and energy is spent around food, it

saddens me to see how so many people treat what they eat with such little value and regard. But, then I help pack all of those CSA boxes or eat a beautiful holiday meal with my family and realize, there's a ton of folks like us all who know that food is more than just a commodity to pinch pennies on. It is what nourishes us, brings us together and keeps us healthy.... Happy Thanksgiving everyone!!!

--Mike



Noah and the gang harvesting winter radishes with the root harvester.

# 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** - Look for the beige and green roots with the pinkish tinged 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.

**Black Spanish Radish** - This is the black skinned root with a white flesh. They are a robust winter storage radish that will store in plastic in the fridge for many months, getting mellower with time or cooking. Delicious grated on salads or slaws or cooked in stir-fries or miso soup.

**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!

**Collard Greens** - If you like anything as crazy as bacon, try frying chopped bacon, chopped collards and walnuts for a quick side. Otherwise try 'em in the recipe provided.

**Garlic** - you will be getting 3 bulbs of our porcelain and 2-3 of our german. The porcelain is great for roasting, and both work equally well in most any savory dish imaginable. Store on your counter and trim out any green sprouts.

**Gold Turnips** - Look for the yellow roots with slight green on the shoulders. 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.

**Heart of Gold Squash** - one of the most underrated squashes around. Heart of Gold 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.

**Lacinato 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, lacinato is the powerhouse of kales. 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.

**Onions** - We are bit nervous about putting these onions in the box, as we've been finding some rot in the middle of some, even when the outside looks fine. This is the very last of our onions and we apologize if you do get some rot. Store your onions somewhere dry and try to use them up asap.

**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.

**Red Potatoes** - great for roasting or in the gratin recipe on the next page. Store out of the light!

**Rutabaga** - is another underutilized & tasty storage veggie. Look for 1-2 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.

**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.

**Yellow Potatoes** - German Butterball (GBB) variety. My favorite potato variety and I think, after a batch of mashed potatoes made with these, you will agree. Out of the two types of spuds.

## Carrots with Raisins & Dates

*An Iranian dish from Madhur Jaffrey's "World of the East Vegetarian Cooking"*

5 medium carrots, sliced diagonally into ¼ inch thick ovals  
 1 medium onion, cut into ¼ inch thick half rings  
 4 Tbsp. unsalted butter  
 ¼ cup raisins  
 ¼ cup pitted dates, cut into ¼ inch thick slivers  
 ½ tsp. salt  
 ¼ tsp. sugar

Melt butter in a medium skillet over medium heat. Add carrots, onion, raisins, & dates. Stir & fry gently for 5 minutes. Add the salt & sugar. Stir & fry for another 4 to 5 minutes, until carrots are just tender & onion is soft. Serves 4.

## Roasted Root Vegetables

6 cups mixed root veggies of choice (parsnips, turnips, sweet potatoes, beets, rutabaga, celeriac, potatoes, carrots, etc.) cut into uniform bite size pieces  
 3 cloves garlic, minced  
 3 Tbsp. olive oil  
 3 Tbsp. white wine, sherry, apple cider, broth, or water  
 2 Tbsp. chopped fresh sage, rosemary, or thyme  
 salt & pepper to taste

Combine garlic, liquids, herbs, salt & pepper in large oven proof baking pan. Stir in root veggies & bake at 450 degrees for about 45 minutes, stirring several times, until done. Serves 5-6.

If you have leftovers, this makes a delicious soup added to vegetable/chicken broth & pureed with some cream.

## Creamy Parsnip Soup

2 lbs parsnips (a wee bit less than what's in the box), cut into 1" pieces  
 1 Tbsp. olive or sunflower oil  
 3 Tbsp. butter  
 1 medium onion, chopped  
 2 cloves garlic, minced  
 2 quarts vegetable or chicken stock  
 ¼ c. heavy cream (optional)  
 1/8 tsp. allspice  
 1/8 tsp. nutmeg  
 salt & pepper to taste  
 8 pieces of bacon, cooked, drained, & chopped (optional)

Preheat oven to 400°F. Toss parsnips in oil & pour onto a rimmed baking sheet & roast until brown, stirring occasionally, about 30 minutes (adds sweetness & complexity to the soup). Melt butter in heavy large saucepan over medium heat. Add onion & sauté until beginning to brown, about 5 minutes. Add garlic & parsnips & sauté 5 minutes. Add stock & boil until parsnips are tender, about 5 minutes. Add cream, if desired, & remove from heat. Puree soup with an immersion blender or in a regular blender in batches. Return to saucepan. Stir in allspice & nutmeg, salt and pepper. Bring soup back to simmer & serve. Top with bacon, if desired, & serve.

## Kale & Squash Gratin

1 Butternut squash, peeled, halved crosswise and seeded  
 7 cloves Garlic  
 1/2 tsp. Olive Oil  
 Lacinato Kale, large stems removed  
 1 tsp. Butter  
 Salt & Pepper  
 1/2 tsp. Ground Nutmeg  
 2-1/2 tsp. chopped Fresh Thyme, or 1-1/2 tsp. Dried Thyme Leaves  
 1 1/2 cups Cream  
 3 tbsps. Bread Crumbs  
 2/3 cup Grated Parmesan

Heat oven to 400°. Cut peeled squash lengthwise into 1/4-inch-thick slices; set aside. Butter a 2-1/2-quart baking dish.

In a large bowl, combine the olive oil, chopped garlic, thyme, salt and pepper. Add the kale (roughly chopped) and rub the olive oil mixture aggressively into the leaves. Distribute half the sliced squash in the dish and sprinkle with 1/3 of the nutmeg, salt and pepper. Arrange the kale mixture over squash and sprinkle with 1/3 of the salt, pepper and nutmeg. Arrange remaining squash over kale mixture and sprinkle with remaining nutmeg, salt, pepper, and thyme. Distribute remaining garlic over squash, tucking it between slices. Pour cream over assembled gratin and cover with foil. Bake until squash is soft when pierced with the tip of a knife, 40 minutes; halfway through baking time, remove foil, press down on squash with a spatula to compress and distribute the liquid, cover and continue baking. Meanwhile combine bread crumbs and parmesan. After the 40 minutes, reduce oven temp. to 375° and sprinkle the bread crumbs and parmesan over the squash, return to oven and continue to bake, uncovered until golden brown. Let cool 15 minutes before serving.

## Butternut Squash Vindaloo

(a mild Indian curry)

1 ½ Tbsp. grainy mustard  
1 tsp. ground cumin  
¾ tsp. ground turmeric  
½ tsp. cayenne pepper  
1 tsp. salt  
1 tsp. white wine vinegar  
3 Tbsp. oil  
1 small onion, cut into thin half rings  
5 cloves garlic, minced  
1 medium butternut squash (appr. 1½ lbs.), peeled, seeded, & cut into 1" cubes (should be about 4 cups squash)  
1 c. coconut milk (well stirred)  
1/2 c. water  
Cilantro & roasted cashews, for garnish (optional)

Mix mustard, spices, salt, & vinegar well in a small bowl. Heat oil in a large frying pan over medium-high heat. Put in the onion & fry until golden brown. Add garlic, stir, & fry for 30 seconds. Add the spice past & stir for a minute. Add sweet potatoes, coconut milk, & water & cover. Bring to a boil, lower the heat, & simmer for about 30 minutes, or until squash is tender but not falling apart. Garnish with cilantro & cashews if you wish, & serve with rice.

Serves 4.

## Mashed Sweet Potatoes with Thyme & Caramelized Onion

*From the Cook's Country Cookbook*

3 + 1 Tbsp. unsalted butter  
1 sprig fresh thyme or ½ tsp. dried thyme  
3 Tbsp. heavy cream  
Salt & pepper to taste  
1 tsp. sugar  
2 lbs. sweet potatoes (2 large or 3 medium), peeled, quartered lengthwise, & cut into ¼ inch slices  
1 Tbsp. unsalted butter  
1 small onion, diced  
¼ tsp. each sugar & salt

Combine 3 Tbsp. of the butter, 2 Tbsp. of the cream, ½ tsp. salt, ¼ tsp. black pepper, 1 tsp. sugar, & sweet potatoes in a large, heavy bottomed saucepan. Cook, covered, over low heat until the potatoes are fall-apart tender, 35 to 40 minutes. Meanwhile, melt remaining 1 Tbsp. unsalted butter in a small skillet & add the onion & remaining sugar & salt. Cook over low heat until the onion is caramelized, about 15 minutes. Discard the fresh thyme sprig from the sweet potatoes & mash with a potato masher. Stir in the caramelized onion & remaining 1 Tbsp. cream & serve.

## Pickled Beauty Heart Radishes

2 lb. beauty heart radishes ((or mix of beauty hearts, Spanish radishes, & carrots or even turnips), cut into 1/8 inch julienne  
1 ½ c. white or apple cider vinegar  
1 ½ c. water  
¾ c. sugar  
½ tsp. salt  
1 tsp. fresh ginger, grated  
3 whole star anise  
6 cardamom pods  
9 whole black peppercorns  
1 ½ tsp. whole coriander seed  
¾ tsp. hot red pepper flakes

Sterilize 3 pint-size canning jars & lids.

In a medium saucepan, bring vinegar, water, sugar, salt, & ginger to a boil. Add julienned radishes & stir for 1 minute. Remove from heat & pack into sterilized jars with evenly distributed spices. Fill with pickling liquid to within a ½ inch of rim, wipe rim, & apply lids tightly. Place in refrigerator for up to a few months (wait a couple days to try them) OR can: process in a boiling water bath or steam canner for 10 minutes.

Makes 3 pints.

## Roasted Squash with Collards

1 Heart of Gold squash  
1/2 minced yellow onion  
1 Tbsp butter (for carmelizing the onion)  
3 Tbsp balsamic vinegar  
3 Tbsp grapeseed (or other high-heat) oil  
1 tsp salt  
2 cloves of garlic, minced  
1 large bunch of kale, chopped  
1 bunch of collard greens, chopped

Preheat the oven to 425.

Peel the squash and then cut in half and scoop out the seeds. Cut the squash into chunks. Mix the squash with the balsamic vinegar, oil, and salt. Roast the squash for 30 minutes, stirring occasionally. Meanwhile, sauté the onion in the butter over low heat, stirring regularly. Your goal is to caramelize the onions and get them slightly crispy. Remove the onion with a slotted spoon and drain on a paper towel. Remove the squash from the oven when tender and set aside. In a large pan over medium heat, sauté the garlic for 2 minutes, or until very fragrant. Add the kale and collards in small batches, stirring constantly, until the kale and collards have started to wilt and turn bright green. Add squash to the kale, mix, and serve, topped with the caramelized onion. Serves 4.