

ONE POTATO DRIFTLESS TWO

NEWS FROM THE FIELDS OF
DRIFTLESS ORGANICS

VOLUME 3, ISSUE 21 NOVEMBER 19-21, 2009



THE BOX

Well, well, here we are again! Time flies and it is hard to believe that Thanksgiving is less than a week away. All is well in the Driftless region as we bask in the glory of a finished harvest. There has been years past where we've endured all sorts of late November weather to get crops in; be it rain, sleet or even snow. This year we're proud to announce that we are finished in the fields and have been for a couple of weeks. We can now focus on washing and packing the bounty - which keeps us, and 3 fellow employees, busy until at least the end of the year. It's at that point where next season's planning and CSA recruiting begins once again. Never a dull moment here at Driftless Organics!



ACORN SQUASH
BLUE POTATOES
BUTTERNUT SQUASH
CARROTS
GARLIC
GREEN KABOCHA
SQUASH
LACINATO KALE
PARSNIPS
RED BEETS
RED CABBAGE
RED ONIONS
RED POTATOES
SWEET POTATOES
YELLOW ONIONS
YELLOW POTATOES

Oh, what a year!

(Clockwise from top): Josh harvesting sunflowers; Adrian, Zac & Rachel transplanting onions; The 2009 crew in the Kale patch; and Rachel bagging potatoes for the CSA boxes.



YOUR BOX

BLUE POTATOES - A great potato for frying or roasting. Don't try mashed, unless you want grey mashed potatoes. (see red potatoes for storage instructions).

CARROTS - Of all of winters' storage vegetables, carrots are the most versatile. Eaten raw out of hand, thinly sliced or grated on salads, cut into sticks for dipping, or cooked in any number of ways carrots surely are a staple. I love braising carrots in a bit of water, honey, & butter or olive oil until just tender & topping with black pepper & fresh mint. Sweet, crunchy, loaded with vitamins & minerals & fiber to boot. Carrots store best in your fridge, wrapped in plastic. Keep them sealed up so they don't get rubbery. If they DO get rubbery you can revive them by soaking them in a bowl full of cold water.

GARLIC - See onions for storage tips.

GREEN CABBAGE - Cabbage is also great for winter salads & slaws, especially when you add colorful carrots & beets! Or stir-fry it, braise it in wine, add it to soups, or steam whole leaves & stuff them with things... Check out the Colcannon recipe, below, for some serious comfort food. Cabbage is packed full of vitamins, minerals, & antioxidant phytonutrients. Store in or out of plastic in the fridge. If outer leaves get wilted, simply peel them off.

LACINATO KALE (TOPS) - these tops mark the end of the kale crop. After spending so many cold nights outdoors this kale is super sweet & tender. For three different easy side dishes, steam or braise chopped kale leaves until just wilted & top with olive oil & lemon juice, sunflower oil & apple cider vinegar, or tamari & toasted sesame oil. Or you can add chopped leaves to soups, sauces, or stir-fries right at the end of cooking time.

PARSNIPS - these parsnips should also be nice & sweet due to lots of cold exposure. Boil them with potatoes & garlic for a mixed mash, roast them with other root vegetables, or cook them in stews or roasts. Store in plastic in the fridge.

RED BEETS - store in plastic in the fridge & they should last at least a month (I've had them last all winter, but everyone's fridge is different). Beets are a great winter salad vegetable. As such, they can be eaten cooked or raw. If you have some Driftless sunflower oil, an incredible salad can be made with raw grated beets (no need to peel), some minced onions of some sort (shallots, scallions, or red onions work best), & dried cranberries (raisins or currants work, too) & a dressing of sunflower oil, freshly squeezed orange juice, a pinch of cayenne or chipotle powder, salt & pepper topped with toasted pumpkin seeds, walnuts, or cashews. For a hot beet side dish, toss thinly sliced beets (again, no need to peel) with olive oil, garlic, some fresh rosemary, salt & pepper, & a splash of water or red wine & roast, stirring often, until beets are cooked & caramelized on the outside. Sure you may lose some nutrients cooking it this way, but it's super yum.

RED AND YELLOW ONIONS - store best in a dark, cool, place. If they start to sprout, simply cut the sprouted bit out - the rest of the onion is perfectly good. I feel the reds are better in salads and can be eaten raw, whereas the yellow onions work great for sauteeing and soups.

RED POTATOES - Potatoes, especially organic ones like these that haven't been fumigated to not sprout, need to be stored in a cold, dark place if you don't want them to turn green. If they do turn green, you must peel all traces of green off, but the rest of the potato should be edible.

SWEET POTATOES - You might not want to toss the skins, they hold a lot

of minerals. Sweet potatoes can be baked whole (350 degrees for approximately 45 minutes) & mashed or served like a baked potato... with lots of butter... You can also chop them up & steam them or add them to soups (incredible in Thai coconut soups), chili, curries, stews, or roasts. They're fabulous as oven fries or grated up into savory latkes (pancakes), or try making sweet potato pie, recipe below. Store at room temperature with your winter squash (they don't like moist, cold conditions).

YELLOW POTATOES - these aren't your normal everyday yellow potatoes - these are our special 'German Butterballs'. They are in high regard as they are substantially creamier and richer than a normal yellow. They are great mashed or as hashbrowns.

WINTER SQUASH -

All types in your box can be stored the same - somewhere cool. They do not like it really cold, nor do they do well when it is really damp. Somewhere dry, dark (if possible) and out of the way.

Acorn - a squash that has a lot of moisture and are great baked. I like to slice them lengthwise, back them (upside down) and use them as bowls to fill with such things as wild rice, stuffing (Thanksgiving fare?).

Butternut - a moist yellow fleshed classic squash. Best to cut in half, scoop out seeds, place cut-side down on a baking sheet, & bake at 350 degrees for about 30 minutes, until soft but not collapsed. Flip over so cut side is up, place a pat of butter & a sprinkling of brown sugar on top, & bake for another 5 minutes. For making any type of soup - butternuts are the squash to use. Plus - most cans of pumpkin pie filling are actually butternut squash so you can go ahead and use your butternut in any pumpkin pie recipe (or try the recipe on next page).

Green Kabocha - Good for baking, the golden orange flesh of the Sunshine, which is a tender stringless flesh, provides a sweet nutty flavor as a side dish.

CURIOUS ABOUT SIGNING UP FOR OUR CSA NEXT YEAR? NEVER FEAR, WE WILL BE TAKING SIGN-UPS SHORTLY. EXPECT AN EMAIL FROM US SOON!

RECIPES

CABBAGE CARROT SLAW

- 1/3 cup white wine vinegar
- 1 to 2 tablespoons sugar (optional)
- 1 clove garlic, finely chopped
- 1/8 teaspoon ground cumin
- 1/8 teaspoon dried oregano
- 1/8 teaspoon dry mustard
- 4 cups finely shredded green cabbage
- 2 cups shredded carrots
- 1 cup thinly sliced green onions
- Salt and pepper to taste

In a large bowl, whisk together vinegar, sugar, garlic, cumin, oregano and mustard just until sugar is dissolved. Add cabbage, carrots, green onions, salt and pepper and toss gently to combine. Cover and chill for at least 4 hours before serving. Serves 6.

SHREDDED BEET AND CARROT SALAD

- 2 tablespoons freshly squeezed orange juice
- 2 teaspoons freshly squeezed lemon juice
- 2 teaspoons extra-virgin olive oil
- 1/2 teaspoon fresh ginger, minced
- 1/4 teaspoon sea salt
- 1 cup carrots, peeled and shredded
- 1 cup red beets, peeled and shredded
- 2 tablespoons fresh mint, chopped

Whisk together orange juice, lemon juice, olive oil, ginger and salt till thoroughly combined. Put carrots in a mixing bowl, drizzle with half of the dressing and toss till evenly coated. Place carrots on one side of a shallow serving bowl. Put beets in mixing bowl, drizzle with remaining dressing. Toss till evenly coated. Place beets in serving bowl next to carrots for a beautiful contrast of color. Top with mint before serving. Serves 4.

ROASTED ROSEMARY POTATOES

- 3 cups cubed Driftless Organics potatoes
- 1/8 cup Drifless Organics Sunflower Oil (or a good olive oil)
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 tbsp minced garlic (3 cloves)
- 2 tbsp minced fresh rosemary leaves

Place cubed potatoes in a bowl with the oil, salt, pepper, garlic and rosemary; and toss until well coated. Dump the potatoes on a baking sheet and spread out into 1 layer; roast in the oven for at least 1 hour, or until browned and crisp. Flip twice with a spatula during cooking to ensure even browning. Serve while hot.

Preheat the oven to 400 degrees F.

RED POTATO COLCANNON

This is a much healthier version of the traditional Irish hot-dish that normally contains bacon/ham and loads of butter and cream. Try it - it's plenty good!

- 1 pound red potatoes, scrubbed and cubed (don't peel 'em!)
- 1 tablespoon butter
- 1/2 cup onion, thinly sliced
- 6 cups green cabbage, thinly sliced (about 1/2 head)
- 1 cup low-fat milk
- 1 teaspoon salt
- 1/4 teaspoon pepper

Steam or boil potatoes until just cooked through, about 15 minutes. Transfer to a large bowl and cover to keep warm. Meanwhile, heat butter in a large nonstick skillet over medium heat. Add onion and cook until translucent, about 2 minutes. Add cabbage and continue cooking, stirring occasionally, until the cabbage begins to brown, about 5 minutes. Reduce heat to low. Stir in milk, salt and pepper; cover and cook until the cabbage is tender, about 8 minutes. Add the cabbage mixture to the potatoes. Mash with a potato masher or a large fork to desired consistency. Serves 4.

SWEET POTATO PIE

- 1 pound sweet potatoes
- 1/2 cup butter, softened
- 1 cup sugar
- 1/2 cup milk
- 2 eggs
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1 (9 inch) unbaked pie crust

Boil sweet potatoes whole in skin for 20 to 30 minutes, or until done. Run cold water over the sweet potato, and remove the skins. Break apart sweet potato in a bowl. Add butter, and mix well with mixer. Stir in sugar, milk, eggs, nutmeg, cinnamon and vanilla. Beat on medium speed until mixture is smooth. Pour filling into an unbaked pie crust. Bake at 350 degrees F (175 degrees C) for 55 to 60 minutes, or until knife inserted in center comes out clean. Pie will puff up like a souffle, and then will sink down as it cools.



MORE RECIPES

BUTTERNUT SQUASH PIE

This recipe is a fair amount of work, but if you are feeling industrious and want to make a homemade substitute to the ordinary pumpkin pie, here's your chance:

- 1 unbaked and chilled 9-inch pie shell
- 1 large butternut squash, cooked and pureed, about 1 1/2 cups pureed squash
- 1 cup light brown sugar, firmly packed
- 3 large eggs
- 3/4 cup evaporated milk or half-and-half
- 1 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon salt
- 2 tablespoons all-purpose flour
- 1 tablespoon melted butter
- 1 teaspoon vanilla

To cook squash:

Cut the squash in half lengthwise; remove stem and scoop out the seeds. Place the squash, cut side down, on a foil-lined oiled baking pan; add about 1/2 cup of water to the pan. Cover loosely with foil and bake at 400° for 45 to 55 minutes, or until the squash is tender and can be easily pierced with a fork. Let cool completely then peel and mash or puree the squash or put it through a food mill. Measure 1 1/2 cups of the squash and set aside.

Reduce oven to 350° F and position an oven rack in the center of the oven. In a mixing bowl with electric mixer, beat the squash with the brown sugar. Add eggs, evaporated milk, spices salt, flour, butter, and vanilla. Beat until well blended. Pour the filling into the chilled pie and place on the center oven rack. Bake for 45 to 55 minutes, or until set. Check after about 35 minutes and loosely set a ring of foil or a pie crust protector over the browned crust so it won't get too dark. When the filling is set, transfer the pie to a rack to cool. Serve just warm or at room temperature with a dollop of whipped cream.

MISO GARLIC MASHED POTATOES

- 1 bulb garlic, unpeeled
- 1/2 teaspoon olive oil
- 2 pounds potatoes, rinsed and quartered
- Salt and pepper to taste
- 3/4 to 1 cup plain soy milk (unsweetened)
- 2 tablespoons aged barley miso
- Chives or green onions, finely chopped (for garnish)

Heat oven to 425°F. Slice 1/2-inch top off garlic bulb and drizzle with olive oil. Wrap in aluminum foil. Bake until garlic is soft and golden, about 45 minutes. Remove from oven. When cool enough to handle, peel garlic cloves, mince and set aside.

In large pot, add potatoes and cover with salted water. Bring to a boil then reduce heat and simmer, uncovered, until tender, about 15 to 25 minutes.

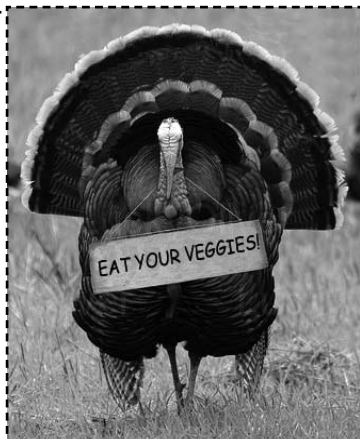
Drain potatoes and force through a potato ricer or mash until smooth. Transfer to a large bowl and mix in garlic. Cover and keep warm. Serves 6

SQUASH AND KALE SOUP

- 4 strips bacon, 4 ounces, cut crosswise into 1/2-inch pieces
- 1 medium onion, finely chopped
- 1/2 pound kale, thick stems removed, leaves finely chopped (about 8 cups)
- 4 cups Acorn/Green Kabocha Squash Puree (bake until soft, scoop out from skin and mash with fork)
- Salt and pepper

Cook bacon in a large saucepan over medium heat, stirring occasionally, until crisp, 4 to 5 minutes. Using a slotted spoon, transfer bacon to a paper-towel-lined plate; set aside.

Add onion to fat in pan, and cook until softened, 4 to 5 minutes. Add kale; cook until soft, 3 to 4 minutes. Add squash puree and 3 cups water (or more if necessary to achieve desired consistency); bring just to a boil. Season generously with salt and pepper. Serve, garnished with reserved bacon.



Happy
Thanksgiving
from all of us
at Driftless.
Thanks so
much for a
wonderful
season!!