



# one potato two

News from the Fields of Driftless Organics

Volume 2, Issue 21 - November 20 - 22, 2008

*Hey hey! Remember us? Thanks to all of you for ordering some more of our fine fall produce. To me, what is in this box represents some of the best of what we do and that goes tenfold for this season. Due to the flood, our early season crops didn't get their rightful chance to shine, but these late season treats got our full attention. Not to mention, there is some true romanticism in the idea of being able to "put away" some local food for the winter, like squirrels do or even how us humans used to live not too long ago, during the days of canning and root cellars. This is undoubtedly the toughest time of the year to eat local and we are proud to be able to provide you with a little bit of homegrown goodness that we hope you'll share with your families this Thanksgiving. Enjoy!*

**S**o, I thought I'd give y'all an update to the goings-on of the Driftless Organics' scene since our last box. Despite what some people think (no, the season doesn't end for us once the frost hits), we have been working steadily through this seasonal transition and have somewhat of a full winter ahead of us.

Up until about a week ago we still had a sizeable crew (there was about 7 or so of us). With some blessed nice Autumn days, we've been harvesting potatoes, carrots, parsnips, kale and turnips. After all was said and done, I have to say that the potato harvest was more plentiful than I've ever seen before (you'll have to ask Josh or Noah if it's the best ever). With about 12 acres of potatoes planted, we had some pretty long days to get them all out of the ground before it got too cold or wet. Alas, they are all in storage and we

are obviously very happy indeed.

On one of the worst days of the fall (thus far), as the sleet fell and our fingers became more and more numb, we dug the rest of our carrots and got them safely in storage.

And, just 2 days ago we finally harvested the last of the parsnips (well, not quite the last, there's still 2 more beds that we'll leave to spring to dig).

In between all of this madness, we've managed to wash, pack and deliver about a truck load a week of potatoes, cabbage, winter squash and onions. This is usually what our Monday, Tuesday and Wednesdays consisted of. Thanks to Rachel, Adrian, Keefe, Alan, Zach and Dan for all of their hard work in the packing shed!

And when there was time leftover we worked on cleaning the fields of plastic mulch, remay (row cover) and other such flotsam and jetsam from the growing season gone past. Its easy to put this stuff off to focus on the more pertinent things but the longer we waited, we knew the harder it would be to accomplish. And alas, there are still two fields that need to be attended to. Let's hope for one or two more above-freezing days to get these fields cleaned up and ready to go for the spring.

Spring, what a faraway concept. Not too faraway though and we are reminded of this as the 2009 seed catalogs start to roll in. Noah attempted to show me something in one of them and I shied away. Y'know, I'm just not ready to dive into that realm just yet. Give me

## the box!

Acorn Squash  
AllBlue Potatoes  
AllRed Potatoes  
Beauty Heart Radish  
Butternut Squash  
Carrots  
Cippolini Onion  
Garlic  
Green Cabbage  
Parsnips  
PurpleTop Turnips  
Red Cabbage  
Red Kuri Squash  
Red Onions  
Red Potatoes  
Shallots  
Sweet Potatoes  
Sweet Dumpling Squash  
Yellow Onions  
Yellow Potatoes

a month of snow and then we'll talk.

So let's focus on the goodies of this box and about the grand feast that awaits next week. Our intention was that this box will help fill your table and impress your relatives. We hope it fulfills your expectations. Enjoy and Happy Thanksgiving!



Josh and Noah standing with some of the potato bounty.

# YOUR BOX!

**ACORN SQUASH** - Store all of your squash in a dry cool (but NOT cold) and well ventilated environment. In February, when we are still eating our winter squash that we've stored in the kitchen, we joke: if only we could create a giant facility just like our kitchen... because that's where it keeps the best. Acorns are squash that has a lot of moisture and are great baked.

**ALLBLUE POTATOES** - Store all potatoes in cool area in paper sacks (out of the light). Check periodically for any rotting taters and remove. These blues are great for purple mashed potatoes! A starchier potato that holds up when steamed/mashed.

**ALLRED POTATOES** - Just like the AllBlues, only AllRed! Makes great pink mashed potatoes.

**BEAUTY HEART RADISH** - Beauty Hearts work well as a snazzy addition to an appetizer plate (with the carrots and some dip!). Or simply grate them up in your salad. In the crisper of your fridge they should keep for at least a week, if not two. They'll keep best in a plastic bag that has some ventilation holes in it (or just leave the top open).

**BUTTERNUT SQUASH** - You will be getting 1 medium or 2 small butternuts and they will keep the longest. They are one of the more versatile squashes - good in soup, roasted or even in pumpkin pie.

**CARROTS** - We partly wanted to give you a box half full of carrots - as they last a LONG time and they are such a staple food. But alas, diversity won over abundance of any one thing. You have 3.5 lbs of carrots which should be enough for any dish including the glazed carrots (see recipe), or with other root veggies in a roasted roots dish (see Oct 23rd newsletter on the web). 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.

**CIPPOLINI ONIONS** - We wanted to put a 1/2 lb of these saucer-shaped Italian Heirloom onions. For caramelizing, these are the best - thick walled, juicy, packed with flavor.

**GARLIC** - There is approximately 1/2 lb of garlic in your box and it keeps best on the counter, but out of the light, if possible. We tried to mix the varieties up so you get a bit of the German, with the small cloves, and the Porcelain with their giant cloves.

**GREEN CABBAGE** - Just a wee little green cabbage to supplement a salad or coleslaw. You will probably want to mix with the red cabbage if you are going to make a dish of any size.

**PARSNIPS** - There is about 2 lbs of parsnips in your box and they keep just as well and in the same manner as carrots. I like parsnips best roasted, but some like them mashed up with potatoes to give those traditional mashed potatoes a new twist. Try the recipe - tis a good one.

**RED CABBAGE** - delicious & pretty added to mixed green salads - combine them with grated beets & carrots. Cabbage is another one of those veggies that last for a very long time in the fridge. If you don't get to this cabbage in the next couple of weeks and it starts to look a bit sad, don't fret - just remove a few of the outer layers and the cabbage should be good to go. One thing to remember about cooking with red cabbage - it mostly likely will turn any baked dish grey in color. Best eaten raw, as far as I am concerned.

**RED KURI SQUASH** - There is one of these - its reddish-orange with a small green spot. They are a drier squash and need, in my opinion, a lot of butter to make them real tasty. Another good baking squash. They store just like any other squash.

**RED/YELLOW ONIONS** - There are about 2 lbs on these onions. Its best to keep them in the mesh bag they come in and hang it in a cool, DRY place. If they start to sprout, you can still use them, just make sure to cut out the green parts.

**SHALLOTS** - Again, for the sake of diversity, we put in about a 1/2 lb of yellow shallots. These should keep in a well ventilated area in your pantry or even on your counter. Some people like to store them in a cooler spot, but for us they keep real well in our pantry, in one of those mesh hanging baskets. Shallots are the "fancy" onions

and the jury is still out (as far as I concerned) on whether or not they deserve all the hullabaloo that they get. In any event - try roasting them and then using them as you would any onion - this is well worth the extra effort.

**SWEET POTATOES** - This is one of the veggies of the box that you'll want to use up by next week. If you have one with a cut end that is starting to get gray with black spots, you can simply cut that bit off and it should be nice and orangy-pink underneath. Whatever you do, DON'T store these in your fridge - you will ruin them. Also, we absolutely forbid you to add marshmallows to any sweet potato dish! (Just kidding...). Do however think twice about adding too much brown sugar if you decide to make the customary mashed sweet potato dish - these puppies are pretty darn sweet as is. For the more adventurous amongst us, try the sweet potato pie recipe.

**YELLOW/RED POTATOES** - These, ofcourse are one of our signature crops. We packed about 2 1/2 lbs of yellows, mixed in with 2 1/2 lbs of reds. These yellows are best used for roasting or in soups. They work ok as mashed, but really the AllReds work the best and not just because you get pink mashed potatoes. For a more traditional look though, go with these and the reds for your mashed taters. (Leave the skins on though. Trust me, it makes a better mashed potato.)

**SWEET DUMPLING SQUASH** - There are two of these - they are small (about the size of a baseball and are yellow & green with a bit of orange. If you are feeling like you've got too many varieties of squash, remember you can just bake them all on a cookie sheet and mix them together with butter, salt and pepper, for an easy squash dish. These store like all the rest, but you'll want to use them up sooner than later.

**TURNIPS** - These will keep in your crisper for at least 2 weeks, in a plastic bag. They are a nice addition to a roasted root dish or turn a boring potato soup into potato-turnip soup!

**FOR ALL OF YOUR VEGGIES** - remember that a small rot spot doesn't necessarily mean that it should be tossed. Be brave and cut out any blemishes and you most likely will still have a lot of good stuff left!

# RECIPES!

## SWEET POTATO APPLE SAUSAGE BAKE

Try this incredibly easy & comforting dish from Noah's mother-in-law.

- 3 parts sweet potatoes, peeled & cut into 1" cubes
- 2 part apples, cubed a bit smaller
- 1 part Italian sausage, rolled into small balls
- 1 part onions, cut into thick pieces (optional)
- salt & pepper to taste

Mix all ingredients into a single layer in a cast iron pan or baking dish. Bake at 350 for about 45 minutes or 400 degrees for about 30 minutes. No need for oil, the grease from the sausage & juice from the apples suffice for moisture.

## HONEY GLAZED CARROTS

- 1 pound carrots
- 2 tablespoons butter
- 2 tablespoons honey
- 1 1/2 teaspoons apple cider vinegar
- Sea salt and ground pepper to taste

Steam carrots over an inch or two of boiling water until just tender, 7 to 10 minutes. Meanwhile, melt butter in a large skillet and stir in honey and vinegar. Add steamed carrots to the skillet and sauté over medium-high heat, stirring constantly, until carrots are well glazed, 2 to 4 minutes. Season carrots with salt and pepper. Serves 4.

## PARSNIP & POTATO MASH

- 4 pounds potatoes, peeled and quartered
- 1 pound parsnips, peeled and cut into large chunks
- 1 tablespoon salt
- 1 cup milk
- 6 to 8 tablespoons unsalted butter
- Freshly ground pepper

Place potatoes and parsnips in a large pot, cover with water, and add 1 tablespoon salt. Bring to a simmer and cook for 20 to 25 minutes, or until potatoes are very tender. Drain, return to pot, and mash until almost smooth (or leave slightly chunky, if you prefer). Heat milk with 6 tablespoons of butter until scalding and then add in slowly, mashing or stirring into potatoes until smooth. Season with pepper. Dot with remaining butter, if desired.

## ROASTED SHALLOT GRAVY

- Your shallots and cippolini onions, peeled
- 1 tablespoon chopped fresh thyme
- 2 tablespoons extra virgin olive oil, divided
- 3 tablespoons unbleached flour
- 2 1/2 cups vegetable stock
- 2 tablespoons dry sherry or brown rice vinegar
- 2 tablespoons nutritional yeast flakes
- 1/4 teaspoon salt
- 1/2 teaspoon white pepper

Preheat oven to 375°F.

Place shallots/cippolini onions and thyme on a piece of aluminum foil and drizzle with a little olive oil. Gather up corners of aluminum foil to enclose shallots and place the packet in a pie pan.

Bake for 15 to 20 minutes or until shallots are soft when gently squeezed. Let cool.



You Say Potato.  
I Say  
Driftless  
Organics  
Potato!

## 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!

## ROASTED BUTTERNUT SQUASH

- 1 medium butternut squash (or 2 small)
- 4 tablespoons olive oil
- Salt and ground pepper
- 2 medium onions
- 2 tablespoons chopped sage
- 4 tablespoons dried cranberries or cherries

Preheat oven to 375°F.

Peel squash and cut in half lengthwise. Scoop out seeds from the center and discard. Cut squash into large chunks. Coat with 2 tablespoons of the olive oil. Season with salt and pepper to taste and arrange on a parchment-lined baking sheet. Bake for about 30 minutes, or until well caramelized.

Peel onions and cut into large chunks. Coat with remaining 2 tablespoons olive oil. Season to taste with salt and pepper and spread on a second lined baking sheet. Bake for about 20 minutes, or until well caramelized.

When squash and onions are done, toss with sage and cranberries. Serve immediately. Serves 4 to 6

## MORE SQUASH!

There are two more types of squash I forgot to mention: Delicata (the long yellow ones with green stripes; and a small buttercup (green and round). The Delicata will keep until Thanksgiving no problem, but perhaps not much longer. Store with your other types. Here is another squash recipe:

## SQUASH W/ HERBS

- 2 medium winter squash (about 2 pounds)
- 3 tablespoons butter
- 1/4 cup fresh sage, chopped
- 1 tablespoon fresh rosemary, chopped
- 1 1/2 cups apple cider or juice
- 1 cup water
- 2 teaspoons wine or herb vinegar
- 1 teaspoon salt
- freshly ground pepper to taste

Squash should be peeled, seeded, cut into 1x 1/2 inch pieces. Melt the butter in a large skillet over low heat. Add the sage and rosemary and cook until the butter just begins to turn color-3to5minutes. Add the squash to the skillet, then the apple cider, water, vinegar, and salt. Cook stirring occasionally, over medium heat at an even boil until the cider has boiled down to a glaze and the squash is tender, 20 to 30 minutes. Taste and season with pepper and additional salt if needed.



Rachel bagging up some taters

## 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 until 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