

# ONE POTATO



# TWO

NEWS FROM THE FIELDS OF  
DRIFTLESS ORGANICS

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**O**ld man winter has made himself at home and we continue packing and shipping our potatoes, cabbage and carrots.

The end is in sight as our potato stores dwindle and we look forward to a brief lull before the craziness of next spring begins. Josh is planning a trip to Mexico, I'm hoping to make it out to

Idaho, and Noah, well we hope Noah will just stop working for a couple of days! (We'll see.)

In other news, the seed catalogs have all arrived and this signals the beginning of the planning for 2010. We hope to see you all on next year's roster!

**BEETS** - You have 2 types: chioggia (a lighter red) and regular. Store in plastic in the fridge. Beets are an extremely nutrient dense food: high in minerals calcium, iron, magnesium, & phosphorous as well as vitamins A, C, & B complex. Delicious grated raw (no need to peel if they're organic like these) onto green salads or in coleslaws (try the grated beet orange salad recipe below). Or you can bake, boil, or steam them whole (skins slip right off) to be eaten hot (yummy with butter & some fresh garlic) or cooled & marinated in oil & vinegar or lemon juice. I still love them best crispy roasted: slice them thin, toss with olive oil, garlic, salt & pepper & fresh rosemary, pour into a baking pan with a bit of water, & roast at 450 degrees, turning a few times, until they're sizzling & caramelized on the outside.

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

**CABBAGE** - One of the highest vitamin C sources in the vegetable world (as well as lots of other vitamins, minerals, & antioxidant phytochemicals)-eat it raw, fermented, or lightly cooked to preserve them. If you have a food processor, it's a snap to cut the cabbage in to wedges, core them, & run through the processor with the fine slicing disk. This is the best cut for coleslaws, sauerkraut, & simple braised cabbage. To braise, rinse the shredded cabbage in water

& immediately place into a skillet, top with a bit of butter or olive oil, salt & pepper & cover with a lid. Cook for no more than 4 or 5 minutes, stirring once or twice, just until cabbage is wilted (this is a great method for cooking any leafy green vegetable, too). Store in or out of plastic in the fridge. Peel off outer leaves if they get wilted.

**CARROTS** - there's no need to peel these organic carrots, but they still have lots of vitamins, minerals, & fiber if you really want to. Eating raw carrots sticks every day is one of the easiest ways improve your vitamin & fiber intake since they're such an easy snack (somewhere recently I read research that shows that just a couple raw carrots a day can lower blood cholesterol & significantly lower your risk of cancer!). If you cook them, just don't overcook them to mush. Store in plastic in the fridge.

**FINGERLING POTATOES** - Look for a plastic bag with a mix of small yellow and reddish-purple potatoes. These are two types of a specialty potato that all the foo foo restaurants just *love* to make soups and mashed potatoes out of. They are very creamy and buttery. No need to peel these small guys. Store like you would any other potato.

**GARLIC** - Store in a dark cool place if it takes you awhile to use it up, otherwise the counter is fine. Eating raw garlic is a great way to stay healthy during cold & flu season - no need to torture yourself chewing it by itself, just add lots of it to salad dressings, coleslaws, dips, etc.

**PARSNIPS** - best roasted or sauteed to concentrate their natural sugars. Or check out the Parsnip Puree recipe, below. Store in plastic in the fridge. No need to peel them, just scrub well.

**RED AND YELLOW ONIONS** - a great food to eat raw in the winter as it is full of vitamins & antioxidant sulphur compounds that support your immune system, increase body heat, break up mucus, & have antibacterial properties. Store on the counter or in a dark, cool place. If they start to sprout, simply cut it out & use the onion as normal.

**RED AND YELLOW POTATOES** - one of the most important vegetables to source organically as conventional skins are loaded with chemicals (particularly sprout inhibitors) you really should peel off, yet it's a shame to peel potatoes because most of their nutrients are concentrated just below the skins. The skins are also great sources of minerals & fiber. Store in a cool & very dark place. If they start to sprout, simply trim them off before cooking. If you store them in the fridge, be sure to allow them to slowly return to room temperature before cooking as refrigeration causes their starch to turn to sugar. The yellows are our specialty German Butterballs... enjoy!

**SWEET POTATOES** - Sweet potatoes are loaded with betacarotene, that when converted to vitamin A in our bodies can help protect us from infections & colds. Vitamin A is also a strong cancer fighting antioxidant. This vitamin A

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conversion is assisted by the presence of fats like butter or cream - a great excuse to add them to your sweet potatoes! Try the Creamy Braised Sweet Potatoes recipe, below. Sweet potatoes are also high in vitamin C, iron, potassium; and are known as a heart healthy vegetable because of their high fiber, vitamin B6 & magnesium content. Store at room temperature & use up within a few weeks as they won't store all winter. Their skin is a bit tough, so I tend to peel them (unless I'm baking them whole), although you don't have to.

**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 (Christmas 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.

**Carnival** - one of the sweetest squashes (and most underated). Look for the smaller, white, orange and green stripey guys. There'll be two of them in your box. They cook up like the others - and are one of my favorites eaten out of the rind with some butter and salt.

**RECIPES**

*Visit our website's newsletter page to view all the great recipes from our November box!*

**CARMELIZED ONIONS**

- 3 large or 5 medium onions, thinly sliced
- 2 Tbsp. butter
- 1 Tbsp. olive oil

Cook all in a heavy skillet over low heat for 45 minutes to an hour, stirring occasionally, until darkened & caramelized. Watch carefully towards the end to prevent scorching. Delicious on pizzas, squash, or served with red meats. Will keep in the fridge for several days. Freezes well.

**PARSNIP POTATO PUREE**

- 1 1/2 lb. parsnips, scrubbed well (unpeeled) & cut into 1" pieces
- 2 large potatoes, scrubbed well (unpeeled) & cut into 2" pieces
- 1/2 cup creme fraiche (or sour cream)
- 4 Tbsp. butter, softened
- pinch of nutmeg
- salt & pepper to taste

Cook parsnips & potatoes in boiling, salted water until tender, about 20 minutes. Drain & puree with creme fraiche or sour cream & butter. Season to taste with nutmeg, salt, & pepper.

**CREAMY BRAISED SWEET POTATOES**

- 1 large or 2 medium sweet potatoes, peeled & cut into 2" pieces
- 2 Tbsp. butter
- 1 c. salted water or chicken broth
- 1/4 c. creme fraiche
- nutmeg, salt, & pepper to taste

Melt butter in medium sauce pan. Add sweet potatoes & saute for a couple of minutes. Add salted water or broth, cover, reduce heat & simmer for 10-15 minutes, stirring once or twice, until sweet potatoes are just tender. Remove lid & simmer for another few minutes until liquid is reduced. Drain & toss sweet potatoes gently with creme fraiche & seasonings to taste. Serve hot.

**GRATED BEET AND ORANGE SALAD**

- 3 medium beets, grated (no need to peel)
- 1/4 c. dried cranberries
- Juice of one orange (plus a bit of zest if you wish)
- 2 Tbsp. olive or cold-pressed sunflower oil
- salt & pepper to taste
- 1 clove garlic, minced
- FOR GARNISH: cashews & peeled chunks of navel oranges or sections of satsuma mandarins or clementines (optional)

Combine orange juice, oil, salt, pepper, & garlic. Add grated beets & craisins. Garnish with cashews & orange chunks if you wish. Let sit at room temperature for 15 minutes so flavors can meld. Will store in fridge for several days.