



ONE POTATO TWO

News from the Fields of Driftless Organics

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Hello! We hope this box of goodies finds you well and it helps in your holiday festivities. All is well on the farm as we endure the bitter cold that Mother Nature gives us. This is

the kind of weather, with temps down into the negatives, that makes us true midwesterners. It makes us tough and resilient and ok, somewhat bitter as well. The veggies in your box however are sweet, tender and anything but bitter so I guess it all balances out in

the end, right? We think so.

We have been spending our days packing potatoes for wholesale, and yes, we are finally taking a look at those seed catalogs for next year. In any event, thank you all for a great season and we sure do hope to see you next year!

YOUR BOX!

ALLBLUE/ALLRED POTATO MIX - Store all potatoes in cool area in paper sacks (out of the light). Check periodically for any rotting taters and remove. Steam or bake whole or fry (either in slices, small cubes, or hash-browns) to retain vibrancy of color with these two lovely potatoes.

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. Sweet, crunchy, loaded with vitamins & minerals & fiber to boot. Try out the delicious Indian grated carrot-yogurt salad recipe altered from one of Madhur Jaffrey's cookbooks on the next page! 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.

GREEN & RED CABBAGE - Store cabbage in your crisper and remove outer leaves before use if necessary. Add thinly sliced red cabbage to salad greens for color & crunch, & either can be used in coleslaws. Try the tasty & comforting Eastern European cabbage & noodles recipe from the Moosewood New Classics cookbook, on page 2.

PARSNIPS - There is about 2 lbs of parsnips in your box and they keep just as well and in the same manner as carrots. Try parsnips in the mixed root vege-

table gratin recipe. Also delicious in soups, roasts, boiled with potatoes for mashing, or grated & used instead of potatoes in latkes. No need to peel these organic parsnips - like carrots, parsnips hold a whole lot of vitamins & minerals in their skin.

MIXED BAG OF ONIONS & GARLIC - There is about 3.5 lbs all together and in your bag there is the standard red and yellow and then a smaller, flatter red onion called a "cippolini" onion. This is a Italian heirloom variety that is GREAT for caramelizing. It is best to keep everything in the mesh bag 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.

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 POTATOES - These, of course are one of our signature crops. 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 for your mashed taters. (Leave the skins on though. Trust me, it makes a better mashed potato.)

WINTER SQUASH - There is a mixture of squash here including Acorn, Butternut, Ambercup and Sweet Dumpling. All can be cut in half, seeds scooped out, & baked cut side down in a baking pan (either oil the pan or pour a bit of water in it). Bake at 350 degrees for anywhere from a 1/2 hour to an hour, depending on the size of the squash. Or, to speed up the process, prick your squash and then microwave them for a few minutes to soften them up before baking. After baking, eat topped with butter or olive oil & sugar or maple syrup or salt or parmesan cheese. Or scoop out flesh & use as a substitute for canned pumpkin (since most commercial canned "pumpkin" is actually butternut squash!). Every time I bake squash I like to bake extra & freeze some for making soup or bread later. Try the pumpkin bread recipe, below.

TURNIPS - These will keep in your crisper for at least 2 weeks, in a plastic bag. Delicious in stews & meat roasts. Cube or slice it & mix with any other root vegetable, toss with oil & seasonings of choice, & roast for a fabulous winter side dish. Or try it in the winter vegetable gratin recipe on page 2.

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!

WINTER ROOT VEGETABLE AU GRATIN

1/2 c. yellow onions, thinly sliced
2 cloves garlic, minced
1 Tbsp. fresh thyme (or 1/2 tsp. dried)
salt & pepper to taste
1 c. milk
1 c. heavy cream (or condensed milk)
8 c. thinly sliced mixed winter root vegetables (potatoes, sweet potatoes, parsnips, turnips, etc.)
1 c. grated cheese of choice such as parmesan, asiago, Gruyere, aged cheddar, etc.

Preheat oven to 350 degrees.
Oil a 7" x 11" baking dish. In a large bowl, mix all ingredients but the cheese & pour into baking dish. Press down any veggies that are sticking out. Top with grated cheese & bake uncovered for 45-60 minutes, rotating if necessary, until vegetables are tender & top is crisp. Remove from oven & let stand a few minutes before serving.

CABBAGE AND NOODLES

2 c. thinly sliced onions
1/4 c. unsalted butter
1 1/2 Tbsp. paprika
8 cups finely shredded green cabbage (about 1 1/2 pounds)
2 tsp. salt
12 ounces fine or medium-wide egg noodles
freshly ground pepper to taste
dollop of sour cream (optional)

In a pot with a tight lid, cook the onions in the butter on medium heat until golden, about 15 minutes. Add the paprika & saute for a few seconds more. Stir in the cabbage & salt & continue to cook for 5 more minutes, stirring now & then. Cover tightly & cook on very low heat for 40-60 minutes, stirring occasionally, until cabbage is very soft & brown.

When cabbage is almost done, cook noodles in boiling water until al dente. Drain & toss well with cabbage mixture. Add generous amount of pepper, &, if you like, top with a dollop of sour cream & serve! Serves 4.

WHOLE WHEAT PUMPKIN NUT BREAD

2/3 c. brown sugar
1/2 c. oil
2 eggs
1 c. cooked & mashed winter squash
2 Tbsp. yogurt or buttermilk
1 c. unbleached all-purpose white flour
1 c. whole wheat flour (all-purpose or pastry)
1 1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. cardamom (optional)
1/2 c. pecans or walnuts, chopped

Preheat oven to 350 degrees.
Beat brown sugar & oil together. Add eggs & beat. Add squash puree & yogurt & beat to mix. In a separate bowl, sift flours, baking powder & soda, salt, & spices together to mix. Add squash mixture to flour mixture & stir just enough to combine. Fold in nuts. Turn into a lightly greased 8"x 4" loaf pan. Bake for 45-55 minutes, until a toothpick comes out clean in the center. Cool for 5-10 minutes & turn out onto wire rack to cool.

INDIAN CARROT-RAISIN-YOGURT SALAD

1 cup plain yogurt
1/2 tsp. sugar
1/4 tsp. salt
1/4 tsp. cayenne pepper
2 medium carrots, grated
1 Tbsp. canola, safflower, or sesame oil
1/4 tsp. whole cumin seeds
1/4 tsp. black or yellow mustard seeds
3 Tbsp. raisins

Mix yogurt, sugar, salt, & cayenne in a bowl & beat lightly with a fork. Add grated carrots. Pour oil in a small frying pan over medium-high heat. When oil is hot, add cumin & mustard seeds. After a couple of seconds, add the raisins. Stir once or twice & pour oil, spices, & raisins into carrot mixture. Mix & serve.

Check out the Thanksgiving box Newsletter on our website for more recipes!