



News FROM THE FIELDS of
Driftless Organics!
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ONE POTATO TWO

Week 20! Is this the end? Well, it is of the regular season CSA boxes anyway. What a ride it has been! From the rainy, rainy spring, to that damn flood in June, to the two month dry spell in the middle of the summer, we've seen it all this year. It has been a glorious fall with a very late frost that didn't come until last Saturday for us. And now we have been working through a week of unseasonable cold temperatures. Wackiness indeed.

I feel like the veggies this year were some of the best we've ever grown, and I hope you agree. We had an epic strawberry year, some pretty awesome sweet corn, a massive amount of tomatoes, and some super sweet carrots (OK - the purple ones weren't the best... we'll keep trying varieties until we find one that tastes as awesome as it looks).

How can we improve? Where do I begin?? More cauliflower, maybe? More fall broccoli, for sure. Less spinach? More potatoes? It's so hard to say what everyone likes the most and the least and I can't wait to read the responses to the survey that I am sending out (please oh please DO fill out the survey - I will be e-mailing you a link next week).

So what now? Do we head to Cancun for the winter? No, not really - we'll be busy until spring with more CSA box packing (see below), tons of orders (you can find our carrots, spuds and more at a few of your local co-ops) and a whole heck of a lot of planning for next season. The fun never stops for us and we love every minute of it.

And lastly, I just want to express once again: THANK YOU for all of your support this season. YOU are the reason we do what we do and we couldn't really be the farm we are without your support. We really hope to see you next year for the 2014 CSA season (sign up begins in January!). If all goes well, we'll be washing and packing your boxes out of our NEW packing facility. Until then, thanks again and have a great winter!!!

- Mike

THIS WEEK'S BOX

- Broccoli - Raab
- Carnival Winter Squash
- Carrots
- Garlic
- Green Cabbage
- Lacinato Kale Tops
- Mixed Bag of Tomatoes
- Mini Sweet Peppers
- Parsnips
- Rutabaga
- Spinach
- Sweet Potatoes
- Yellow & Red Onions
- Yellow Potatoes



DID YOU KNOW?

Did you know that Rutabagas are a totally delicious root vegetable that are a cross between a turnip and wild cabbage? They've also been known to be called "Swedish Turnip" or "Swede". They apparently originated in Northern and Eastern Europe and are eaten by us humans, but also by domesticated animals as well!

In Scotland, Rutabagas are pretty popular and are oftentimes referred to as "Neeps". They have a dish called "Neeps & Tatties", which is Rutabagas and Potatoes, both mashed and served with Haggis. In England, Rutabagas are served with a "Sunday Roast" of roast beef, roasted potatoes & carrots, Yorkshire pudding, gravy and mashed Rutabagas. They're also baked with other veggies inside of a pastry called a "pasty" (you can also find these in the U.P. - they're so tasty).

Rutabagas are most definitely an "old world" vegetable that keep in the fridge or root cellar for a super long time, provide sustenance during those cold winter months and are a very versatile ingredient in lots of different dishes. Don't fear the Neep - they are delicious!!! We have a number of recipes on our website: <http://driftlessorganics.com/rutabaga/>

The CSA boxes are done? Aww, bleepity bleep!

Yep - we're afraid so. I've got some good news though: there's more chances to get in on some more wonderful Driftless Organics goodies. Check it out:

We have TWO larger storage boxes available. These boxes are about 45 pounds of storage vegetable goodness including potatoes, carrots, onions, winter squash, sweet potatoes, parsnips and more. These boxes are HUGE!

November Box: Delivered November 21st

December Box: Delivered December 19th.

We still have some grass fed beef available as well!

www.csaweb.driftlessorganics.com

Broccoli - Raab - Look for the leafy green bunch at the top of you box. This is a wonderful Italian leafy green form of broccoli, that you should cook like chard or kale – best barely wilted by sautéing, stir-frying or briefly simmering in soups, sauces, or curries. Keep in plastic in the fridge & use up within a few days.

Carnival Winter Squash - a pretty squash that's the perfect size for two to eat. As with most squash, just cut it in half & scoop out the seeds & roast cut-side down on a baking sheet at 375 degrees for 30-40 minutes. Stores on the counter for weeks.

Carrots - These are the first of our fall planting of carrots and man are they delicious! Try them in the Sri Lankan quick pickle recipe, below.

Green Cabbage - slice up really thin & add to a spinach salad for pretty contrast & sweet crunch. Or stir-fry it, braise it with white wine, or roast it in wedges. Store in the fridge.

Lacinato Kale Tops - you know it's almost winter when we chop the tops off of the

kale. They've had a few frosts now so they should be extra sweet & tender. Store in plastic in the fridge.

Mixed Bag of Tomatoes - Enjoy them while they last! Try a simple fresh tomato soup for one of these cool nights – sauté onions & garlic in oil, then add a whole bunch of chopped tomatoes & fresh herbs if you've got them (thyme, basil, & rosemary are all nice), & a bit of red or white wine, salt & pepper & simmer until softened. Puree & add cream or crème fraîche, adjust seasonings, & serve with grilled cheese or a salad. Store on the counter. Interested to know what varieties you have? Check out our website at: www.driftlessorganics.com/tomatoes

Mini Sweet peppers - probably the last of these too – try them in the Sri Lankan pickle recipe, below. They'll keep for about a week in the fridge in plastic.

Parsnips - look for the white roots in your box that look like carrots. There will be about a pound or pound and a half of them. We love them roasted best, or you can try boiling and the mashing them and mixing half and

half with potatoes for a new twist on mashed potatoes.

Rutabaga - look for the purple and beige roots in your box. They have a nice dark yellow-orange flesh and a very unique flavor. You'll want to peel these guys. They go great in any roasted root vegetable recipe (check some out on our website: . Store in your fridge for up to 2 months.

Spinach - Holy cow, this spinach is SO DELICIOUS and sweet. It survived a 25 degree night and looks and tastes amazing. Eat raw in a salad with some sort of blue cheese dressing.

Sweet Potatoes - store on the counter, never the fridge. Roast them solo in wedges or with other veggies, or roast/grill whole long skinny ones until soft & dip in a Korean dipping sauce of soy sauce, sake, sugar, green onions, garlic, ginger, & toasted sesame seeds.

Yellow Potatoes - a versatile potato with medium starch content, meaning you can bake them, roast them, fry them, or boil them – it's all good! Store in a cool dark place in paper.

Roasted Sweet Potatoes with Korean-style Dipping Sauce

3 medium or 4 small sweet potatoes, pricked with a fork
4 Tbsp. tamari
3 Tbsp. sake or mirin
2 Tbsp. rice vinegar
2 Tbsp. sugar
1 clove garlic, minced
1 Tbsp. ginger, minced
2 Tbsp. toasted sesame seeds

Preheat oven to 400 degrees (or a grill). Place sweet potatoes directly on the oven/grill grate (put a pie tin on the rack under them to catch drippings in the oven) & roast until soft when squeezed, 30-40 minutes. In the meantime, whisk together remaining ingredients until sugar is dissolved. Cool sweet potatoes just enough to handle. Cut larger ones in half cross-wise. Serve with individual bowls of dipping sauce.

Sri Lankan Mixed Pickle

½ an onion cut in ½" dice
1 large or 2 medium carrots, cut in half lengthwise then sliced into ¼" half moons
4-5 red or yellow mini peppers, cut into 1/2" dice
1-2 fresh hot peppers, minced (optional)
2 cloves garlic, smashed & minced
1 Tbsp. grated fresh ginger
½ cup coarsely chopped pitted dates
¼ c. apple cider or rice vinegar
1½ Tbsp. whole brown mustard seed
1 tsp. chili powder
2 tsp. sugar
Salt to taste

Combine onion, carrot, mini peppers, & hot peppers if using into a mixing bowl. Combine remaining ingredients in a food processor & grind into a paste. Stir into vegetables & let sit at room temperature for an hour or so until serving or storing in the refrigerator. Serve with rice & curry or rice & chicken, pork, or fish. Will store in the fridge for at least a week.