



News FROM THE FIELDS of
Driftless Organics!
Volume 7 - Issue 21
November 9, 2013



ONE POTATO TWO

The Veggie lovers share has begun! I bid a hearty WELCOME to CSA members, both new and returning alike, to another round of CSA shares. Thank you so much for signing up for these boxes. This is the first year that we are doing the veggie lovers share, and we are so excited to see how it all unfolds. We came up with the idea last winter when we kept seeing past CSA members come to our market stand week after week (we go to market pretty much year round) and purchasing the same few veggies. We thought: why not offer a small, simple box that just includes a few, key winter vegetables so members can: A) purchase our veggies for less money and B) stay connected with the farm during the "off" season. And here we are!

In the past few years we really have transitioned from a seasonal farm that shuts down for the winter, to an operation that is pretty much chugging along all year round. This is so great for a number of reasons including the fact that we can offer year round employment, and that we are able to keep the farmers (Josh, Noah and myself (Mike) farming full time and

not having to work side jobs to pay the bills. Most important of all, we are able to provide locally grown organic food to folks that want it for a longer portion of the year. And we're able to do it because of all of you, so thank YOU.

We have become better and better at growing (and storing) vegetables like potatoes, carrots, sweet potatoes and so on and we feel really confident about selling and packing these wonderful boxes all the way to that last box in February.

And how are things on the farm? They're great! Most of us are still around, working hard at washing and packing your veggies, planting and mulching garlic, cleaning up the farm, putting our machinery "to bed" for the winter and of course helping out where we can on building the new packing house (you can see the progress of this exciting adventure on our facebook page).

So once again, welcome aboard and may it be a beautiful and kind winter for us all.

--Mike

THIS WEEK'S BOX

Beauty Heart Radishes
Butternut Squash
Carrots
Lacinato Kale Tops
Mixed Bag of Tomatoes
Red Kuri Squash
Red Potatoes
Spinach
Sweet Potatoes

DID YOU KNOW?

Did you know that we grow more potatoes than any other vegetable? Yeah, you probably did (it is what we're known for after all). We've been growing spuds since 1993, and haven't stopped since. Even when Josh and Noah were working or going to school away from the farm, they were still coming home on the weekends to tend to their potato fields.

Every year we get a tiny bit better at growing potatoes. Over the years, we've tried hundreds (honestly) of different varieties of spuds to find the ones that work the best for us and our soil conditions. We have a few mainstays, like German Butterballs (a yellow variety), Modoc (a red variety in your box this week), and Purple Majesty (an all blue variety that we just love - they are so pretty and vibrantly blue). And every year we try a new variety or two just to see if we can find an even better potato. We're just never satisfied until we reach potato perfection!

I feel like, as of late, potatoes have been getting a bum rap for being unhealthy or fattening. It turns out that spuds are loaded with potassium, vitamin B6 (good for the heart), iron and even vitamin C. A lot of those nutrients are right below the surface of the skin, so don't peel your potatoes. Remember - they're 100% organic, so there's really no reason to ditch those skins. Eat em up!

Potatoes are great mashed, roasted (my favorite), hash browns, in soups.. the list goes on and on! Check out our recipe page for some great potato recipes: www.driftlessorganics.com/potatoes

We're going to be on TV!

Yep, and we're so excited! Some folks from Wisconsin Public Television visited this summer and filmed for their program *Around the Farm Table*.

A food and farming adventure, *Around the Farm Table* connects consumers to small, thoughtful farmers through storytelling, forgotten recipes and entertainment. Hosted by fourth-generation organic dairy farmer Inga Witscher. Driftless Organics is going to be featured in one of the episodes and here is the schedule of when it will air:

Thursday, November 14 - 7:30 pm on WPT

Saturday, November 16 - 1:00 pm on WPT

Saturday, November 16 - 6:00 pm on The Wisconsin Channel

Tuesday, November 19 - 6:30 pm on The Wisconsin Channel

Wednesday, November 20 - 1:30 am on The Wisconsin Channel

For more information, visit WPT's website at: www.wptschedule.org/episodes/44717911/Around-the-Farm-Table/Counting-Sheep/

Hi there CSA folks – My name's Dani Lind. For all you newbies, this is the part of the newsletter where we give you descriptions of each of the items in your box along with storage tips & cooking suggestions and even a couple recipes.

Don't forget: all of this information and many, many more recipes are online on our website at: www.driftlessorganics.com/recipes. We have amassed over SEVEN years worth of CSA newsletter recipes for you to peruse. So, check it out, it's an invaluable resource for making the most of your CSA boxes. I've found the best way to use up a lot of veggies quick is by roasting them. You can roast just about ANY vegetable (OK - maybe not the spinach) and I've found the more you mix together, the better tasting your dish will be. It's really simple to roast vegetables: simply chop up into bite-sized cubes, toss in oil, salt, pepper and any other spices you like and lay out on a cookie sheet. Bake at 400 for 20-30 minutes (stir a few times and check for done ness).

Beauty Heart Radish - this winter storage radish is rather mild, but will get milder the longer it's stored (best in plastic in the fridge). No need to peel it, but you can if you prefer (the peel is usually has the most bite, so if you like a spicy radish leave it on!). Its beautiful crispy

magenta flesh is nice sliced raw with dip, grated raw in salads or slaws, or cooked in stir-fries or simmered in Asian-style soups.

Butternut Squash - I think the best all-purpose winter squash: perfect smooth texture, not too dry or too wet, nice earthy sweet squash flavor, easy to cut in half & roast or to peel, cube, & simmer in soups or sauces or curries. To prepare all squash for cooking: cut in half and scoop out seeds with a large metal spoon. Store your squash on the counter for weeks.

Carrots - big & sweet! Fantastic raw by themselves or grated in salads or slaws, or cooked in sautés, stir-fries, roasts, stews, & soups. Will keep in plastic in the fridge for many weeks.

Lacinato Kale Tops - dark green & sweet after many frosts. Great for juicing or green smoothies, or slicing into thin ribbons for salads or coleslaws, or cooking until just wilted in sautés, stir-fries, soups, & sauces. The stems, although edible, can be a bit tough – I like to strip them off & just use the leaves. Keep in plastic in the fridge & use up within a week.

Mixed Bag of Tomatoes - What a treat to have homegrown tomatoes in November. These

are the last of our outdoor tomatoes, picked when green before the frost and then allowed to ripen in storage.

Red Kuri Squash - look for the orangish-red squash in your box. Red Kuris are great for cutting in half & roasting. They have a rich nutty squash flavor & deep orange flesh. Store on the counter.

Red Potatoes - a somewhat waxy potato that will hold its shape when roasted, boiled/steamed, simmered in soups or baked in gratins. No need to peel – many of their nutrients lie in & just below the skin – they're organic! Store in paper in a dark cool place. If you don't have one, keep them in the fridge, but try to bring them up to room temperature for an hour or so before cooking.

Spinach - frost-kissed sweet crunchy fall spinach. Makes a wonderful salad or a tender cooked green. We've washed them carefully, but those savoy leaves can really hide dirt so it wouldn't hurt to run them through a salad spinner. Will keep in plastic in the fridge for several days.

Sweet Potatoes - store on the counter or in the pantry but **never** the fridge. Delicious baked whole or cut into cubes, fries, or wedges, or simmered in soups or chili. Or check out the recipe below.

Coconut Sweet Potato and Kale Soup

- 2 Tbsp. Driftless Sunflower Oil (or olive oil)
- 1 medium onion, diced
- 2 garlic cloves, minced
- 2 tsp. finely minced ginger
- 1 or 2 medium large sweet potato, cut into bite-sized cubes
- 1 kale top, coarsely chopped
- heaping Tbsp. curry powder
- 1 tsp. cinnamon
- 2 tsp. salt
- 1/4 tsp. cayenne pepper
- 1 Tbsp. brown sugar
- 4 1/2 cups of chicken stock, veggie stock, or water
- 1 can of coconut milk

In a medium-large pot, heat oil over medium high. Saute onion until nearly translucent. Add garlic and ginger, and cook for another minute, stirring to prevent sticking. Add spices, salt, brown sugar, and sweet potatoes. Cook additional minute, stirring frequently.

Add water, cover, and bring to a simmer. Cook until sweet potatoes are nearly fork tender, 15-20 minutes. Add kale and coconut milk and cook a remaining 5-10 minutes, or until kale is tender. Serve with a side of brown rice, if desired.

Maple Cinnamon Roasted Squash

- 8 cups cubed butternut squash (the red kuri squash would work as well)
- 2 tbsp Driftless Sunflower Oil (or olive oil)
- 2 tbsp maple syrup
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 2 pinches cayenne

Preheat oven to 425 degrees. Line 2 baking sheets with foil (optional-- protects baking sheet when the sugars caramelize so it won't be sticky/hard to clean). In a mixing bowl, combine all of the ingredients and toss a few times to evenly coat the squash. Spread out on your baking sheet. Place in the oven for 10-15 minutes. Check and stir everything around and put back in the oven for another 10-15 minutes. When the squash is soft, place under broiler for 1-2 minutes (be careful not to burn!) or until sugars have carmelized.