



News FROM THE FIELDS of  
Driftless Organics!  
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# ONE POTATO TWO

**Hello Veggie Lovers!** Here we are with Box #3!! We have a great box for you this week and I am particularly excited about the “potato medley” in the box. Inside our signature paper bags are a wonderful mix of yellow, red and blue potatoes that, when combined in a potato salad, make such a beautiful display. We served this at our wedding and it was a huge hit! The green kale tops in the box will be the last of the “greens” for the season, so enjoy them while they’re here. Also - some of the gold turnips and parsnips look surprisingly similar. Just remember the parsnips will *usually* be longer and skinnier than the turnips; and the turnips will taste much more “radish-y”. As for the flesh: the parsnips are much whiter on the inside.

## And on the farm:

We continue to wash and wash and wash. We have some pretty steady accounts with stores such as Willy St Co-op and we aim to please. We also go to the Farmer’s Market in the Monona Terrace every Saturday (come on out and say hello!) and of course we have your CSA boxes to wash for. All of this keeps us pretty busy throughout the week.

In other news, THE SEED CATALOGS ARE STARTING TO ARRIVE. AHHH?! The arrival of the new seed catalogs represents the

beginning of a new season. As much as I get super-excited about this, I do also think “What about that winter break vegetable farmers are supposed to get?!” No - I really am excited to start the process all over again and ordering seeds is one of the most enjoyable parts of the whole experience. Every seed ordered symbolizing a new chance at improving the farm and more importantly, an opportunity to grow the very best produce that we can for CSA members like you! Happy Eating!

-- Mike

## THIS WEEK’S BOX

Butternut Squash  
Carnival Squash  
Carrots  
Garlic  
Gold Beets  
Gold Turnips  
Green Kale Tops  
Parsnips  
Potato Medley  
Sweet Potatoes  
Yellow Onions



## DID YOU KNOW?

Did you know that beets, botanically-known as *Beta vulgaris*, are native to the Mediterranean? Although the leaves have been eaten since before written history, the root part was generally used medicinally and did not become a popular food until French chefs recognized their potential in the 1800’s.

The most common beet is a deep Ruby Red in color. But gold (like the ones in your box), white, and even candy-striped (with red and white concentric circles - called “chioggia beets”) are grown by crazy farmers like us.

The Gold beet has just started gaining popularity in the last decade or so. Until just a few years, it was really hard to find gold beet seed that was actually worth a darn. Oftentimes it wouldn’t germinate very well, or the beets that did come up wouldn’t be “true to type” - that is, they wouldn’t be the true gold that they are supposed to be. But, thanks in part to folks like Irwin Goldman and Dwight Breitbach at the UW Madison Plant Breeding Program, gold beet genetics have come along way and farmers like us have access to much better gold beet seed than we’ve ever had before.

Gold beets are such a wonderful treat. I consider them the “gateway beet”, because they are so much sweeter than red beets. If you aren’t a beet lover then there’s a good chance these guys will change your mind and get you in to beets. Especially if you try them in the recipe on the back side of this newsletter... check it out!!

**Blue/Red/Yellow Potato Mix** - It's a potato medley! All 3 varieties of these spuds cook up the same, so feel free to cook together. As a mix, they make for a beautiful roasted potato dish, or even potato salad. The blue potatoes turn sort of grey if you boil them for too long, so I wouldn't try to make mashed potatoes out of them.

**Butternut Squash** - a nice squash for cutting in half, roasting, & mashing with butter & brown sugar or maple syrup. If you pierce the sides with a knife, you could even bake it whole! Or cream it with roasted garlic & Parmesan.

**Carnival Squash** - is a cross between acorn squash and delicata. It is a nice, sweet squash that is great simply cut in half and baked in the oven for half an hour (or soft). Don't forget to scoop out those insides!

**Carrots** - We've been doing a whole heck of a lot of juicing to keep us healthy during these cold months. Carrot juice makes a great base, and from that we add apples, ginger and even beets! Keep these guys in their plastic bag and they will keep for a month or more.

### Ginger Glazed Carrots & Gold Beets

1.5 lbs carrots, cut in half if over 4 inches in length  
 1 lb gold beets (about half of what's in your box)  
 1 bottle/can of gingerale  
 1 whole star anise pod (optional)  
 Zest & juice from 1 lemon  
 3 Tbsp. butter  
 Salt & pepper to taste  
 Chives for garnish (optional)

Bring a large pot of salted water to a boil & boil whole beets for about 20-25 minutes, until just tender. Add whole carrots & boil another 10 minutes or so. Drain.

Meanwhile, bring the ginger ale & the star anise to a boil in a skillet large enough to hold all the beets & carrots. Boil rapidly until reduced by about half (watch carefully to prevent scorching). Slip skins off beets, trim tail & stem & cut into 2-8 wedges/beet (depending on size of beet). Cut wider carrots in half lengthwise. Add to pan of reduced gingerale & stir gently until liquid is syrupy. Add lemon juice/zest, butter, salt, & pepper & continue to stir for another minute or so. Remove from heat & serve with chives as garnish. Serves 3-4 as a side dish.

**Gold Beets** - gold beetroots taste somewhat sweeter than red ones and they aren't as messy to work with. They are great roasted in the oven with other root vegetables, or steamed all by themselves and drizzled with olive oil, salt & pepper. Store your beets in the crisper drawer of your fridge.

**Gold Turnips** - Look for the pale yellowish roots in your box. Gold turnips are tasty cubed & roasted with olive oil & garlic, or boiled & mashed with cream & butter, or slow cooked in stews or roasts with beef/venison/pork & onions, carrots, potatoes, & garlic. Store in plastic in refrigerator for several weeks.

**Green Kale Tops** - We just can't help but give you some greens in your. Spinach is done for the year, so this is all we have left until spring! Sauté, stir-fry, or simmer it in soups or sauces. Lightly steam whole and serve with olive oil (or our very own Driftless Sunflower Oil!)

with a bit of lemon juice and/or shaved aged cheese. Or toss it in oil & bake for kale chips. Keep in plastic in the fridge & use in a week.

**Parsnips** - look for the white carrot-looking roots in your box. Roast or braise them on their own or with other root veggies. I also like to boil them with potatoes & mash them all together. Delicious in pot-roasts or braised with dark beer or apple cider. There's only a pound of these in your boxes, so it would be best I think to combine with other veggies. Only peel them if their skin has started to brown. Stored in plastic in the fridge, they should keep for a few weeks.

**Yellow Onions** - Onions are back! We hope to have onions in the rest of the boxes this season. These are great for everyday use in stir fries, pasta sauces, etc.

### Quinoa and Kale Stuffed Butternut Squash

1 butternut squash  
 1-2 teaspoons Driftless Sunflower Oil  
 salt and pepper  
 3/4 pound of thick cut bacon, cut into ~1-inch pieces (optional, but oh-so-good)  
 2 cups loosely packed green kale, chopped small  
 2 cups cooked red quinoa  
 pinch of freshly grated nutmeg  
 1/2 pound extra sharp white cheddar cheese, shredded  
 1/2 yellow onion, chopped  
 1 teaspoon dried thyme

Preheat oven to 425 degrees. Cut squash lengthwise and remove seeds. Rub with sunflower oil and sprinkle with salt and pepper to taste. Roast for 40 minutes or until the flesh is tender.

Meanwhile, in a large frying pan, cook bacon until crispy over medium-high heat. Remove and place on a paper towel lined plate to drain. Reserve 1 teaspoon of the bacon grease and saute kale and onions in bacon grease over medium heat until wilted. (you can use olive or sunflower oil if you'd rather not cook with bacon fat).

When squash is cooked through, remove from oven and reduce oven temperature to 375. Let squash cool slightly so it is cool enough to handle and then scoop out flesh, leaving a half-inch border around the edges. Place flesh of squash in a large bowl and mash up with a fork. Add quinoa, bacon, kale, nutmeg, cheese, and thyme. Mix until well combined. Return this mixture to hollowed out squash and bake at 375 degrees for 30 minutes or until heated through and cheese is melted. Let sit for about 5-10 minutes and then cut into slices and serve, garnished with sliced green onions.