



one POTATO TWO

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Week #17! What a beautiful and absolutely perfect fall it has been so far! As our days become shorter and the work gets longer, we bust our butts to harvest those crops we worked so hard to grow. We LOVE this time of year, when the CSA boxes are hard to close because of all the goodies inside and our storage spaces fill up quickly with all sorts of wonderful produce like potatoes, carrots, sweet potatoes

and a whole lot more. These crops are what will see us through the long winter ahead and even into the spring.

*We are nearing the end of the regular season CSA boxes. After this week's box, there are **only 3 weeks left**, which for some Every Other Week members, that's just one more box! If you have questions as to when your share ends, feel free to shoot me an e-mail at: csainfo@driftlessorganics.com.*

Did you know?

Did you know that what most people think of as yams are actually sweet potatoes? There's a very good chance you've NEVER EATEN A YAM. They are grown mostly in Africa and parts of Asia and are much more starchy and not as sweet as a true sweet potato. They're not even in the same plant family (yams are part of the lily family and sweets are part of the morning glory family).

We grow about half an acre of sweet potatoes. We buy the wee seedlings (called "slips") in the spring and plant them around the end of May in the sandiest ground we farm (they reeeeeeally like sandy ground to grow in). We water them pretty heavily all season long and then harvest them in the middle of September. We then put them in a room and crank up the heat to about 85 degrees. We also pour a bunch of water on the floor to get the humidity really high. This high heat/high humidity combo is what it takes to "cure" the sweet potatoes: which basically makes them sweeter and makes the skins a little more durable.

We're absolutely in love with sweet potatoes because they are so darn versatile: they're great in soups, or mashed, or roasted with other root veggies. Or, my favorite: make sweet potato oven fries out of them! We have some really awesome sweet potato recipes on our website at: www.driftlessorganics.com/sweet-potatoes/. You may also want to check out an article about sweet potatoes that Dani wrote in a past issue of Edible Madison at: www.ediblemadison.com/articles/view/the-inscrutable-sweet-potato.

THIS WEEK'S BOX

Acorn Squash
Broccoli
Brussels Sprouts
Garlic
Mixed Sweet Peppers
Poblano Peppers
Purple Carrots
Red Potatoes
Red Radishes
Romaine or Red Leaf Lettuce
Sweet Potatoes
Thyme
Tomatoes
Yellow Onions

-- Mike

ONLY A MONTH OF CSA BOXES LEFT... WHAT DO I DO?

NEVER FEAR! For those of you who just can't imagine life without Driftless veggies, we have created a new CSA share: It's called the **Extend Your Season Share**. This is basically an extension of the boxes you are getting now, delivered every other week. The boxes will be slightly smaller and will have 6-10 items including the following:

Carrots
Collard Greens, Chard & Kale
Potatoes
Winter Squash
Sweet Potatoes
Onions, Shallots & Leeks
Garlic
Root crops like Parsnips, Beets, etc

We are also doing the large storage boxes (delivered once a month) and don't forget there's still **grass fed beef** available for a December delivery. To sign up, check out our website at:

www.driftlessorganics.csasignup.com

Acorn Squash - a very moist, yellow fleshed squash classically cut in half & roasted cut side down & served with butter and brown sugar (return to the oven for a couple of minutes cut side up after filling the cavity with the butter & sugar). Store at room temperature or a bit cooler for several weeks.

Broccoli - perhaps the last of the broccoli for the year, so we're giving you a lot of it!

Brussels Sprouts - We have some really nice looking Brussels sprouts this year! Roasting is the best way to enjoy these guys. Halve or quarter larger ones, keep smaller ones whole, & toss in a bit of oil, spill on to a cookie sheet, & roast. Sprinkle with salt & pepper & enjoy! Store in plastic in the fridge for a week or two. You can keep them longer, but you'll have to trim the yellow outer leaves before cooking.

Mixed Sweet Peppers - A couple red roasters and some mini sweets. Just remember - any pepper in your box this week that is red, yellow or orange is sweet.

Poblano Peppers - Look for the dark green

peppers in your box. There should be two of them. These aren't that spicy this year - but rather they have a nice smoky flavor that's a great addition to fajitas or scrambled eggs.

Purple Carrots - Some beautiful carrots! These are best eaten raw, as the color fades when you cook them. OR - it's getting to be that time of year where roasted veggies really hit the spot. Try roasting your carrots with potatoes, sweet potatoes, radishes, broccoli, yellow onion, Brussels sprouts and peppers. Coat the whole sh-bang with Driftless Sunflower Oil, salt, pepper and thyme and roast in the oven for 40 minutes. You can't go wrong!

Red Potatoes - Some beautiful red potatoes that are great for roasting and then drizzling with olive oil and sprinkling thyme over the top.

Red Radishes - a nice little bunch of red radishes for your romaine salad or as a appetizer before dinner. Best served raw, although people have been known to stir fry these guys as well. Cut off the tops and store separately (you can cook and eat them, you know), or just chuck them into the compost.

Romaine or Red Leaf Lettuce - It's best to store your lettuce in a plastic bag with a piece of paper towel in it.

Sweet Potatoes - we LOVE sweet potatoes. Simmered in soups, stews, or curries; baked whole or as oven fries (cut into fry size pieces, tossed with olive oil and cayenne and then baked at 400 until brown) or roasted with other roots/tubers. Yummy. Sweet potatoes are high in vitamins C & B6 as well as potassium. Store them in a dark, well ventilated, cool (50-60 degrees) place loose or in a paper bag (NOT plastic, NOT in the fridge).

Thyme - one of my favorite fresh herbs! To remove the leaves, grab the top with one hand & strip downward with your other hand's pinkie & pointer finger.

Tomatoes - This is the last of the season's tomatoes. It's been a tough and not very stellar year for this staple - and we thank you for your patience and understanding with our less-than-awesome tomatoes.

Yellow Onions - nice fatty yellow onions that are great for cooking with.

ROASTED BRUSSELS SPROUTS WITH BEER & HONEY MUSTARD GLAZE

3/4 pound Brussels sprouts (what's in your box)
 2 tbsp. olive oil
 Salt
 2 garlic cloves
 1 tbsp. butter
 2 tbsp. beer
 2 tbsp. grainy mustard
 2 tsp. honey
 Salt and pepper to taste

Preheat oven to 400 degrees. If Brussels sprouts are mixed sizes, cut the largest ones in half. Toss with olive oil and some salt in a bowl. Pour onto a cookie sheet and roast until starting to brown on the edges, about 20 minutes. Meanwhile, combine garlic, butter, beer, mustard, honey, salt and pepper in a small saucepan and bring to a boil. Reduce heat and simmer for a couple minutes, stirring often, until thickened. Toss roasted Brussels sprouts in glaze and serve.

CREAMY BROCCOLI & THYME SOUP

2 Tbsp. butter
 1 medium onion, coarsely chopped
 2 large cloves garlic, minced
 1/2 c. dry white wine
 4 c. coarsely chopped broccoli
 2 medium potatoes, diced
 2 Tbsp. fresh thyme, finely chopped
 3 c. water or vegetable stock
 2 c. whole milk or half & half
 Salt & pepper to taste

Heat butter in a heavy bottomed soup pan. Add onion & saute until translucent. Add garlic & saute for a couple of minutes, until starting to brown a bit. Deglaze pan with white wine & add broccoli, potatoes, thyme, & water/stock. Bring to a simmer, turn down heat, & simmer covered for about 15 minutes, until vegetables are soft. Add milk/half & half, salt, & pepper & continue to simmer for a few more minutes. Puree soup with an immersion blender or process in a food processor or blender. The soup can be totally pureed or just partially, with some chunks left in - your call. Adjust seasoning as necessary & serve. Serves 4.