



one POTATO TWO

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Week #20! This is it? I'm afraid so. The season went by so quickly! Didn't it? It truly did, and we couldn't have asked for a better year. We had just enough rain and just enough sun and the days were never so hot that we thought we were going to keel over and die out there. The crops were nothing short of outstanding and the yields of our fall crops can continue to remind us of how great the growing conditions were. We certainly hope that

the veggies have been as memorable as the year was. We wish that, as you open up and eat from your last CSA box, you'll look back at the year with fondness and satisfaction, knowing that you ate healthy, supported a small farm and helped keep the local food movement alive. As we continue to work through these gorgeous fall days, we are so thankful for your support in keeping us in the fields. We hope to see you next season - or better yet - in a couple of weeks. Eat well and be well!

-- Mike

DID YOU KNOW?

Did you know that kale and collard greens are one of our main wholesale crops? Wait... let me back up a bit... did you know that in addition to growing vegetables for CSA members like you, we sell to a variety of wholesale accounts as well? That's right - we pack veggies for all sorts of stores such as Whole Foods, co-ops like The Wedge, Seward and the Willy Streets in Madison. We also sell to local co-ops like the Viroqua Food Co-op and Peoples Food Co-op in La Crosse. We really cherish our relationships with these folks and love to grow crops like potatoes, beets, carrots, cilantro and broccoli for them. And yes - kale is one of our biggest wholesale crops. We harvest from the same kale plants (all 20,000 of them) nearly all season long from about mid-June until the end of October (some years, even later!). We simply pick the lower leaves and let the rest of the plant continue to produce new leaves and grow taller and taller. At some point, when we think the plant has done all the growing it will do, we will chop the tops of the kale plant off. You see - these tops still have a lot of nice kale on them (in fact, these leaves are even more sweet and tender than the bigger bunches). And that's what you will be receiving in your box this week!



Rachel & Adrian, harvesting your red kale tops.

THIS WEEK'S BOX

- Broccoli
- Brussels Sprouts
- Carnival Winter Squash
- Carrots
- Fennel
- Garlic
- Red Cabbage
- Red Kale
- Rutabaga
- Salad Turnips
- Sage
- Spinach
- Sweet Potatoes
- Yellow Onions

THE CSA SEASON IS OVER...WHAT DO I DO?

NEVER FEAR! For those of you who just can't imagine life without Driftless veggies, we have created 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 winter vegetable 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

Broccoli - What a treat to have broccoli so late in the season! The perfect addition to a quiche or fritatta, or just eat raw as this broccoli is super sweet and delicious all on its own.

Brussels Sprouts - We've had a few frosts now, so these sprouts have really sweetened up! There's about a pound of Brussels sprouts in your box - and are a great addition to a roasted vegetable medley, or roasted all by themselves (tossed in a honey mustard dressing, they are delicious). There may be a layer of leaves that you will have to remove from a few of your sprouts to clean them up a bit.

Carnival Winter 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 - try honey glazed carrots: boil or steam about half the bag of carrots (chopped lengthwise) and when tender, drain, toss with 2 T. honey, 2 T. butter and 1 T. lemon juice, cook in a sauce pan for about 5 minutes until a glaze coats the carrots. Garnish with fresh sage. **YUM!**

Fennel - You have GOT to try the recipe below, even if you don't think you like fennel, I think you will like how it pairs with the rutabaga and cheese.

Garlic - Some beautiful porcelain garlic! Store on your counter or pantry.

Red Cabbage - a beautiful, hearty head of red cabbage that will last for a few weeks or more in your fridge. Great in cole slaw (see below).

Red Kale - a wonderful addition to pasta sauces or soups. Strip the leaves from the main stalk, then cut any thicker stems from the leaves (the thinner stems of the smaller leaves can just be chopped up with the kale). Add to sauces/soups right near the end of cooking.

Rutabaga - Look for the big whitish roots with purple on them. Also called "Swedes", these root vegetables are a bit sweeter than their close relative the turnip. Like parsnips, I like to add them to potatoes for mashing, but also love them in pot roasts or mixed root vegetable roasts or hash. You can also eat them raw in coleslaw. They'll keep in plastic in the fridge for months. Their skin is rather thick, so I usually peel it.

Salad Turnips - These taste a lot like radishes,

but aren't as "spicy" and have a much smoother texture. I love to slice these into rounds and eat them with hummus, cheese and olives. The greens are edible and can be added to the red kale for a sautéed mixed greens side dish.

Sage - a wonderful fall herb that goes great with winter squash, carrots, roasted vegetables, homemade stuffing and more.

Spinach - Some gorgeous frost-kissed spinach that absolutely MUST be eaten raw to thoroughly appreciate it. Try making a salad with spinach, chopped salad turnips and grated carrots. Store in your fridge in the plastic bag it came in for 4-6 days.

Sweet Potatoes - Our hands down favorite way to prepare sweet potatoes is to bake them in fry-form, tossed in oil, salt, pepper and heaps of cayenne pepper. If you are truly ambitious, you can make a bacon-ketchup sauce to dip them into.

Yellow Onions - these are some of the nicest yellow onions we've grown this year! They are very versatile and will work in just about any dish that calls for onions.

Yellow Potatoes - Great for mashing, baking, roasting, frying and more! These are very versatile potatoes that will last for a couple weeks

DEEP DISH FENNEL RUTABAGA GRATIN

This is the vegetarian version, but if you meat eaters want to spice it up a bit, a layer of thinly sliced chorizo would go really well in this dish...

1/2 cup grated cheddar cheese
 2/3 cup all-purpose flour
 4 Tbs. chopped fresh sage
 1 tbsp. salt
 1/2 tsp. ground black pepper
 1 large or 2 medium rutabagas, thinly sliced
 2 medium yellow potatoes, sliced
 1/2 yellow onion, thinly sliced (about 1 cup)
 1 fennel bulb, thinly sliced
 1 cup milk

Preheat oven to 350°F. Grease 2-qt. baking dish with oil. Combine cheese, flour, sage, salt, and pepper in bowl. Layer half of rutabaga, potato, onion, and fennel in prepared baking dish. Season with salt and pepper, if desired, and sprinkle with half of cheese mixture. Top with remaining vegetables; season with salt and pepper, if desired; and pour milk over top. Sprinkle with remaining cheese mixture. Bake 1 hour, or until liquid is absorbed and vegetables are tender. Let stand 15 minutes before serving. Serves 4

SOUTHEAST ASIAN SLAW

4½ cups grated mixed root vegetables of choice (such as broccoli stems, carrots, turnips, rutabaga, red cabbage, etc.)
 ¼ c. fresh cilantro &/or mint chopped (optional)
 1 clove garlic, finely minced
 4 Tbsp. rice vinegar
 1 Tbsp. soy sauce
 1 Tbsp. sugar/honey
 1 Tbsp. sriracha-type hot sauce
 salt & black pepper to taste
 2 Tbsp. toasted sesame seeds (garnish)

Whisk together garlic, rice vinegar, soy sauce, sugar, & sriracha. Toss in grated vegetables & cilantro/mint. Taste, & add salt & black pepper as needed & toss again. Serve immediately topped w/ sesame seeds. Serves 4-5 as a side. Add spinach & grilled meat or tofu for a complete meal for 3-4.