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Hello and welcome to the first week of our season extension and winter veggie lover shares! To our CSA members from the summer past: welcome back and to all of you new members: WELCOME! We're so happy to have you all aboard this fall.

Eating from your CSA box is all about "eating what's in season" and eating seasonally becomes more and more challenging as we dive deeper into the depths of winter. Greens like lettuce, spinach, chard and even kale can stand a few frosts, but before too long into November, these crops won't be around. It's

a good thing we have so many other beautiful and delicious vegetables to fill our bellies like carrots, potatoes, cabbage, sweet potatoes and so much more that you will enjoy in the CSA boxes to come.

So, let's talk about your very purple box this week. For the last four or so years, I have had this obsession to create a CSA box full of purple foods. And we were finally able to do it! Purple fruits and veggies are super-nutritious and really beautiful and there are a surprisingly large variety of them... This week's CSA box can attest to that... Eat purple and be well!

-- Mike

THIS WEEK'S BOX

A box full of purple...

Garlic
Purple Beets
Purple Cabbage
Purple Carrots
Purple Cauliflower
Purple Daikon Radish
Purple Leaf Lettuce
Purple Kale Tops
Purple Onions
Purple Potatoes
Sweet Potatoes

DID YOU KNOW?

Did you know that purple vegetables, like the ones that fill this week's CSA box, are packed full of powerful antioxidants and nutrients? According to U.S. Department of Agriculture, purple foods contain important nutrients called anthocyanins. These antioxidants are responsible for the purple, blue and red colors of the veggies in your box. The cool thing is that these nutrients protect against cell damage from free radicals as well. That means they are cancer fighting! And check this out: an analysis of the latest data from the National Health and Nutrition Examination Study (NHANES), a survey of eating and health habits, found that adults who eat purple and blue fruits and vegetables have reduced risk for both high blood pressure and low HDL cholesterol (the "good" kind); they are also less likely to be overweight.

Each purple vegetable has its own storied history, including purple potatoes, which have been grown in Peru and Bolivia for over 8,000 years; and purple carrots, which were the original predecessor to the common orange carrots. It wasn't until the 17th century that farmers starting breeding carrots to be orange. And then there's purple cauliflower, an heirloom variety that was brought to England by Flemish weavers in the mid-1600s and was all the rage in French Courts of the 1700s. We hope that all of the purple vegetables in your box this week will be all the rage for you and for your family.

WHAT THE HECK DO I DO WITH THAT?

Those purple daikon radishes can be challenging to figure out how to cook with and enjoy, but try these ideas:

1. Try shredded radish in addition to or instead of cabbage in your next batch of homemade coleslaw.
2. Roast 'em! Add a cubed daikon radishes to your next pot roast or pan of roasted vegetables.
3. Slow Cooked. Place daikon radishes in a baking pan or slow cooker with carrots, onions, garlic, salt & pepper, vegetable (or beef) broth, meat and chopped up carrots, beets, onions, sweet potatoes and potatoes. Turn on low and let the juices and flavors start mixing for an all-in-one meal!
4. Add More Vitamin C! Mix one cup of fresh or frozen mango with $\frac{1}{4}$ cup carrot juice, sneak in $\frac{1}{4}$ cup of daikon radish, and add a handful of ice cubes. This adds vitamin C without changing the flavor!
5. As a Substitute. Use daikon radishes in any recipe that calls for radishes (like some potato salads).
6. Try them baked or boiled in stews and soups or in a stir fry. Also try them lightly steamed with olive oil, salt or lemon juice for flavor.
7. Eat 'em Raw. Slice daikon radishes and eat raw with a dip or peanut butter or add shredded raw Daikon radishes to salads.
8. Homemade Asian Take-Out. Combine sliced daikon radishes, brown rice, one egg, all of your other favorite vegetables, and a small amount of tamari (soy sauce) in a wok. Stir-fry together and add some Sriracha at the end.

A box full of purple...

Garlic - This is some of the nicest garlic we've grown all year! Sure, it's not purple, but we just HAD to include a bulb or two because garlic can be used in virtual any savory dish. Store on your counter or in your pantry, but not in the fridge.

Purple Beets - Ok - so technically these are "red beets", but I am trying to do a theme hear so bear with me. Even though beets get a bum rap, they can be used in a lot of different dishes, included roasted veggies, shredded in salads, lightly steamed and drizzled with olive oil, salt and pepper, in soups and more. Check out our beet recipe page at: www.driftlessorganics.com/beets for tons of recipes. It's best to store you beets in plastic in your fridge for 2-4 weeks.

Purple Cabbage - A beautiful head of cabbage that would make a few great coleslaws. Combine with shredded daikon and shredded purple carrots and add lemon juice, honey and a generous dose of olive oil for a much healthier alternative to those nasty mayo-based coleslaws. Store in plastic and remove outer leaves if they start to look old and nasty.

Purple Carrots - As you will see, these amazing looking carrots have a yellow core, which makes them even more

beautiful. We like to eat them raw and enjoy the vibrant colors (that will fade when cooked). Store in plastic in your fridge!

Purple Cauliflower - Did you know that cauliflower comes in colors other than white? Well, it does! The flavor isn't much different, and you would cook it the same as normal cauliflower (my favorite it to roast it in the over with oil, salt & pepper for about half an hour. Take it out and squeeze lemon juice on it and serve). Better yet, cut it up into bite size florets and eat it raw with hummus or a creamy dip.

Purple Daikon Radish - Look for the 2 light purple cylinder of a root and these are your daikon radishes. Store them in the crisper drawer of your fridge, preferably in plastic. Check out the other side of this newsletter for more information how to use these beautiful radishes.

Purple Leaf Lettuce - Lettuce in November? That's crazy! We grew this lettuce under floating row cover (thin plastic fabric used to keep heat in and bugs out). They aren't the biggest heads in the world, but they sure are tasty.

Purple Kale Tops - Remove the leaves from the stem and us in stir fries, egg scrambles (add at the end of cooking and

cover and cook on low heat for a minute), or chop up in a salad.

Purple Onions - Great onions for salads, sandwiches and for cooking with too. These guys store best on your counter on in your pantry. They store the best in one of those hanging wire baskets used for produce.

Purple Potatoes - these spuds are wonderful roasted (see recipe below) or cut up into ome fries and baked, or made into mashed potatoes. They truly are a very versatile potato. They should be stored in the plastic bag they came in for 2-3 weeks. Remove any sprouts that might form before cooking. No need to peel - a lot of the nutrients of a potato lie in the peel.

Sweet Potatoes - Oftentimes mistaken for yams, sweet potatoes are in the morning glory family and are neither related to yams nor potatoes. They are however a very versatile veggie that can be used in soups, curries (my favorite), baked as oven fries (served with a bacon-ketchup) or simply roasted and served as a side dish with butter and salt. Mind you, you are not allowed to serve these with those little marshmallows. That's just sick & wrong. Store your sweets in your pantry for a week or in the fridge for 2 (they will lose some of their sweetness if stored in the fridge).

JAPANESE QUICK PICKLE: CARROT & DAIKON RADISH

3 medium purple carrots, cut in half & each half quartered lengthwise
1 medium daikon radish, cut in half & each half quartered lengthwise
1½ tsp. salt
5 Tbsp. mirin (Japanese sweet cooking wine)
⅓ c. rice vinegar
4 tsp. sugar

Find a medium non-reactive bowl (like glass or stainless steel, but not plastic, copper or aluminum) that a plate fits into. Toss vegetables with the salt in the bowl. Cover with plastic wrap & top with the plate & a quart jar of water on top to weight the vegetables down. Let sit at room temperature for about 6 hours.

Drain vegetables into a colander (don't rinse) & place in a zip-lock bag with the mirin, vinegar, & sugar. Seal, shake up, & let sit for several hours at room temperature & shake a couple more times. Refrigerate for at least 8 hours before serving as is, or sliced thinly crosswise. Store in a glass jar w/ liquid. Keeps up to a week in the refrigerator.

ROASTED PURPLE VEGGIES WITH MAPLE SYRUP

2-3 medium sweet potatoes, cut into long, thin rectangles
2-3 purple carrots, cut into long, thin rectangles
2 purple potatoes, cut into rectangles
1 small purple daikon radish, cut into thin rectangles
1 beet, cubed
2 Tbls Driftless Sunflower Oil (or olive oil)
salt and ground black pepper to taste
4 tablespoons maple syrup, or to taste

Preheat oven to 375 degrees F (190 degrees C). Toss veggies, oil, salt and pepper in a bowl and then lay onto a cookie sheet or roasting pan. Roast in the preheated oven until vegetables are partially soft, about 30 minutes. Stir/flip vegetables and drizzle with maple syrup. Return to oven and bake until vegetables are soft,