



THIS HERE IS THE extend your season share newsletter !!



News from the fields of Driftless Organics • Vol 8 - Issue 22 • Nov. 20-22, 2015

Winter is upon us! Here on the farm, it really does seem like we went from full-on crazy harvest mode one day, to full-on freezing cold outside and crazy-time inside in the packing shed the next. We are loving every minute of it though. It is such a joy to be washing and packing the "fruits of our labors" that we worked so hard for this season. People keep asking us: "So, when do things slow down for y'all?"... and I'm

starting to wonder that my own self. We are still going very strong with 12 hard working souls coming in every day to keep the farm running. And we're able to keep doing it because of you all, so THANK YOU! Pretty soon here, as the 2015 seed catalogs start to arrive, we need to start thinking about next season and it all begins again, like one giant roly poly see-saw ferris wheel of fun and awesome-ness. We love it! HAPPY THANKSGIVING TO YOU ALL!

-- Mike

THIS WEEK'S BOX

Carrots
Garlic
Gold Turnips
Green Kale Tops
Honeynut Squash
Parsnips
Red Potatoes
Rutabaga
Sweet Potatoes
Yellow Onions

DID YOU KNOW?

To peel or not to peel... that is the question. After 8 years of being married to a woman who believes that peeling fruits & vegetables should be a crime, I thought that keeping the skins on veggies like carrots, potatoes or sweet potatoes was a no-brainer. And I was also under the assumption that the peels are where the nutrients are so you should keep them in tact whenever possible. But maybe I'm wrong in my anti-peel sentiment? Obviously it comes down to personal taste, but before you pick up that peeler, here's some questions you might want to ask yourself:

- 1) *Is it organic or not?* Peels hold a lot of those nasty conventional pesticides. Of course, **EVERYTHING** that we grow is organic, so no worries there... but what about the other stuff in your fridge? If it's conventional - I'd probably peel it.
- 2) *Are the kids watching?* Supposedly kids don't like peels like they don't like bread crusts. I say what they don't know...they probably won't taste.
- 3) *How will the vegetable be prepared?* Pureed soup? Pshaw. No way am I peeling those carrots or potatoes. They add flavor! I may peel a roasted beet or sweet potato, but I'm not meticulous about it.
- 4) *How dirty are they?* We take great care at washing and sorting our vegetables, but sometimes some dirt will slip past our watchful eyes. But you might be better off just scrubbing, rather than peeling.
- 5) *Am I in a hurry?* Peeling takes time. Not peeling doesn't. Duh.
- 6) *Is it fresh?* Vegetables, like sweet potatoes will develop thicker skins as they get older. If it's starting to look wrinkly... you probably want to peel it.

So the real question remains... are there vital nutrients in the peel that you will lose by removing it? Here's what google has to say:

While there are certain compounds found only in the skins of fruits and vegetables, most nutrients found in the skin are also in the flesh. According to the United States Department of Agriculture, a large red apple with its skin intact contains about 5 grams of fiber, 13 milligrams of calcium, 239 milligrams of potassium, and 10 milligrams of vitamin C. But remove the skin, and it still contains about 3 grams of fiber, 11 milligrams of calcium, 194 milligrams of potassium, and plenty of its vitamin C and other nutrients.

If a dislike for skin is standing in the way of you eating certain types of produce, don't feel too guilty about removing it. But I stand by wife and say save time and nutrients.... Don't Peel!

WHAT THE HECK DO I DO WITH THAT

RUTABAGA

Rutabaga doesn't have to be one of those dreaded veggies that sits in the back of the fridge, drawing social security. They are actually quite delicious! Here are some ideas of what to do with them:

- 1) Mash 'em: Try the recipe on the next page... or try flavoring the mashed root with maple syrup and bourbon.
- 2) Add fruit: With its slightly sweet, slightly earthy flavor, rutabaga does well with apples and pears, especially. Try roasting rutabaga cubes with cubed pears or apples and big chunks of onions.
- 3) Go Cheesy: Substitute rutabagas for potatoes in your favorite gratin dish.
- 4) Put it in a soup: There all sorts of amazing soup recipes on the interwebs: Creamy rutabaga chipotle soup, rutabaga bisque,
- 5) Make fries: I've heard of sweet potato fries and carrot fries. Apparently you can make rutabaga fries, too. Try rutabaga oven "fries" baked with rosemary, garlic and olive oil, or other flavors (the garam masala version sounds particularly good).
- 6) Roast 'em: Combine them with other root vegetables like carrots, parsnips and beets, toss with oil, salt & pepper and roast at 400 degrees until soft.

Carrots - There are about 3 pounds of carrots in your box. They will store for many weeks in the plastic bag they've come in and can be used in so many different ways! Try roasting them in the roasted root recipe, or add to soups and stews. Or just eat 'em up raw!

Gold Turnips - Look for the whitish-yellow globes in your box.

There should be 2 of them. They are the mildest of the winter turnips. Try them raw grated in slaw, sliced with dip, or cooked like any of the other root veggies - boiled, steamed, simmered in soup, or roasted. Their sweet yet slightly spicy flavor is especially delicious cooked alongside pot roast or other roots. Will keep for many weeks in plastic in the fridge.

Green Kale Tops - The weather has been kind enough to us to allow for some kale in your box! Frost sweetened and super good for you. We are giving you the tops of the plants, so there will be a fair amount of smaller leaves, which

are actually tastier and more tender than the bigger leaves. Strip the larger leaves from their tough stems & steam them & serve by itself with butter & a drizzle of lemon juice, or saute with garlic & toasted sesame oil & tamari. Or add it to soups, stir-fries, pasta dishes, casseroles, etc. towards the end of their cooking time. Store in plastic in the fridge & use it up within a week.

Honeynut Squash - These are a (very small) variety of butternut that we just love because they are **super** sweet and totally delicious. Treat them as you would a regular butternut and fire up that oven, cut squash in half, scoop out insides, place cut side down in a baking pan and bake for 30-40 minutes (or until soft). Store at room temperature for many weeks or at 50-55 degrees for longer.

Yellow Onions - an all around wonderful and very versatile onion. We love adding them in large chunks to our roasted root dishes.

Parsnips - are the pale, sweet, aromatic

cousin of the more widely used carrot is terrific in roasts or boiled & mashed or braised & glazed (try a maple syrup & beer or honey & butter glaze). It cooks just like a carrot, & like organic carrots: no need to peel, just scrub - lots of nutrients are found in or just under the peel. Store in plastic in the fridge for several weeks.

Red Potatoes - Great for mashing, roasting or frying. Store these spuds in the paper sack that they came in and keep them out of the light!

Rutabaga - is another underutilized & tasty storage veggie. Look for 2 yellowy beige roots with purple tops in your box. Its creamy color, earthy sweet flavor, & smooth texture is great mashed or in soups, stews, or roasts. You can also grate it raw in slaws.

Sweet Potatoes - are chocked full of sweetness, vitamins, & minerals. Bake them whole or peel & cut for soups, mashes, casseroles, or oven fries or grate & add to pancakes, hashbrowns, or baked goods. Store at room temperature for up to 2 weeks.

LANTTULAATIKKO (FINNISH MASHED RUTABAGA CASSEROLE)

This hearty Finnish side dish is similar to mashed potatoes, but with the special, earthy flavor of rutabagas (lanttu), Lanttulaatikko is a favorite Christmas dish on Finnish holiday tables.

Serves 4-6

2-3 Rutabagas (about 1 1/2 pounds)
 1/2 cup breadcrumbs
 1/2 cup heavy cream or half-and-half
 2 Eggs, beaten
 3 Tbsp dark corn syrup or molasses
 1 tsp ground ginger -- 1 teaspoon
 1 tsp cinnamon
 1 tsp nutmeg
 Salt and pepper to taste
 3 Tbsp butter

Preheat oven to 350°F. Peel the rutabagas, then cut them into large chunks. Place the rutabagas in a large saucepan and add water to cover and a big pinch of salt. Bring to a boil over medium-high heat, then reduce heat to medium and boil until cooked through and tender, about 15 to 20 minutes. Drain and set aside to steam dry.

Add the breadcrumbs, heavy cream, eggs, syrup or molasses, ginger, salt and white pepper to a large bowl and whisk together. Use a ricer or potato masher to mash the rutabagas until they are smooth. Stir the breadcrumb and cream mixture into the mashed rutabagas. Adjust seasoning with salt and white pepper. Transfer the mashed rutabagas to a buttered casserole dish and make a decorative pattern on the top using a fork or spoon. Dot the top of the rutabagas with the butter and place in the oven.

Bake the lanttulaatikko for about 45 minutes, or until cooked through and browned on the top. Serve hot with roast or braised meats.

SUPER-EASY GINGERED PEARS AND PARSNIPS

3 medium (or 2 large) parsnips, cut into wedges
 2 medium pears (preferably Bosc, or something equally firm), cut into wedges
 1/2 cup white wine
 1/2 cup chicken (or veggie) stock
 2 Tbsp butter
 juice of 1 lemon
 3-6 slicers of fresh ginger
 1 bay leaf
 1 pinch sugar
 1 pinch red pepper flakes

Combine all of the ingredients into a skillet that has a lid. Partially cover and boil until the liquid evaporates and the pears brown, about 20 minutes. Stir in a splash of water.