



one POTATO TWO

News from the fields of Driftless Organics • Vol 8 - Issue 27 • Jan. 31, 2015

The last CSA box?! It's so sad but true that this lovely Winter Veggie Lovers Share has come to an end. We hope you have enjoyed these boxes! We sure enjoyed washing and packing them for you. We appreciate all of your support this winter and thank you for doing your part to take this whole eating locally thing so seriously. I mean, it's one thing to eat locally during the height of the

growing season, when there's so much to choose from; but this time of year it can be tough. Even though the variety of what is available for these winter shares shrinks considerably, we hope that you agree that the veggies that have gone into the boxes have been stellar and delicious and great sustenance through these cold days. Thanks to all of you and we hope to see you this spring!

-- Mike

2015 CSA sign up has begun! save \$25 if you sign up before march 1st!
www.driftlessorganics.csasignup.com

THIS WEEK'S BOX

Carrots
Garlic
Gold Turnips
Green Cabbage
Purple Daikon Radish
Purple Potatoes
Red Beets
Red Onions
Sweet Potatoes
Yellow Onions

Did you know?

Did you know that purple potatoes are purportedly healthier for you than other colors of spuds? Yep, and it is because of their bluish-purple color. This beautiful coloring is due to the antioxidant powerhouse **anthocyanin**. This flavonoid has been shown in studies to possess anti-cancer and heart-protective effects, as well as benefits such as boosting the immune system and protecting against age-related memory loss. U.S. Department of Agriculture analysis of potato varieties reveals that their content of phenols (powerful plant antioxidants) rivals that of broccoli, spinach and Brussels sprouts. Here at Driftless Organics, we grow a couple different varieties of purple spuds. Our favorite is *Purple Majesty*, which is by far the highest yielding and nicest looking purple variety out there. We also grow a variety called *Adirondack Blue*, which while isn't as nice looking as the *Majesty*, it tastes amazing and every once in a while will surprise us in the field with great yields and superior quality. In your box this week, there will be a mix of the two varieties. See if you can tell the difference!

WHAT THE HECK DO I DO WITH....PURPLE POTATOES?

Purple potatoes are great for roasting, frying, mashing and pretty much anything else you want to make with them. In short, purple potatoes can be used for pretty much any recipe that calls for more "normal" potatoes. They are especially useful when looking to create aesthetically pleasing dishes, (think purple potato salad...). On that note - you will want to stay away from making a potato soup with these guys as there's a good chance your soup will turn an unpleasant grey color (these potatoes will lose a lot of their color when boiled/simmered for too long).

PURPLE POTATO HASH

Cut up equal amounts of purple potatoes, carrots, red beets, sweet potatoes, gold turnips and any other root veggies you have laying around. Cut them into very small (1/4" cubes). Sautee them with cubes of bacon or better yet some sort of pastrami or other cured meat (you'll want to add the meat about 10 minutes after the veggies). Cook in a skillet until tender. Add a poached or fried egg on top and some good sourdough toast on the side.

Carrots - Another big bag of beautiful carrots. These will keep for at least another month, so keep them in your fridge in the plastic bag they came in and enjoy!

Garlic - The garlic is starting to sprout so you may want to keep these guys in your fridge - or keep a close eye on them on your counter. If they do start to sprout, it's no big deal, just cut out the green sprout before cooking.

Gold Turnips - Turnips are a hard one to love, but give them a chance. Dani wrote a wonderful article in a past issue of Edible Madison. Check it out here: <http://ediblemadison.com/articles/view/turnips-wheres-the-love>

Green Cabbage - Pretty much the only "green" for the absolute hardcore locavore. In parts

of South and Central America, where lettuce is impossible to grow, a cabbage salad is the normal side dish. Try it thinly grated with carrot and radish and a dressing of balsamic vinegar and oil. It's great!

Purple Daikon Radish - I know we gave you these last week, but Adrian insisted you get one more because they are so damn delicious. Try them raw or grated up with gold turnips and cabbage for a interesting coleslaw.

Purple Potatoes - Read all about them on the first page.

Red Beets - the skins on these baby beets don't need peeling - just roast 'em up! Store in plastic

in your fridge and they should last for several weeks. Great for roasting with other vegetables or try steaming them and then drizzle with olive oil, salt, pepper, goat cheese and walnuts.

Sweet Potatoes - Thanks for sticking with these all season long. We know they haven't been the nicest looking, but we hope you agree that they've been delicious and well worth the trouble of having to peel them.

ROASTED BEETS & PURPLE POTATOES

- 3 medium purple potatoes
- 4 beets, cut into slices
- 2 tablespoons Driftless Sunflower Oil
- 2 teaspoons marjoram
- 1 teaspoon dried parsley flakes
- 1/2 teaspoon sea salt (or kosher salt)

Wash the beets and potatoes, and cut the potatoes into quarters or thirds, but don't make the pieces too big. Put the cut beets and potatoes into a large zipper bag with the oil and seasonings (the ones I listed or another kind you like) and leave some air in there, zip it, and vigorously shake until all the pieces are evenly coated with oil and herbs. Lay the pieces out into a large baking dish (like 9 x 13) so most of them lay flat. Bake at 425F for 50 minutes. Broil for 5 minutes so the potatoes crisp up nicely.

ROASTED PURPLE POTATOES & CARROTS

- 2-3 purple potatoes, cut into 1 inch cubes
- 2-3 carrots, cut into 1/2 inch slices
- 1-2 tablespoons Driftless Sunflower Oil
- 1 red onion, chopped into 1/2" chunks
- 2 cloves garlic, coarsely minced
- 1 teaspoons sea salt or kosher salt
- 1/4 teaspoon freshly ground black pepper (or a few good cranks)
- 3-4 sprigs of thyme, stems removed and chopped
- 1 sprig of rosemary, stems removed and minced

Preheat the oven to 425 degrees F.

Place all the cut vegetables in a single layer on a baking sheet. Drizzle them with olive oil, salt, pepper, thyme and rosemary. Toss well. Bake for about 20 to 30 minutes, until all the vegetables are tender, turning once with a metal spatula. Keep an eye on them so they don't burn. Season with salt and pepper to taste and serve hot.

HOMEMADE PURPLE POTATO CHIPS WITH CILANTRO ALIOLI

- 4 purple potatoes
- 2 garlic clove finely minced
- 2 tbs Driftless Sunflower Oil
- 1 tsp sea salt
- 1 tsp cayenne pepper

Cilantro Alioli:

- 1 large egg
- 1/2 teaspoon Dijon mustard
- 2 teaspoons minced garlic
- 1/4 cup chopped fresh cilantro leaves
- 1 cup Driftless Sunflower Oil
- 1/4 cup lime juice
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground pepper

Preheat the oven to 400 degrees. Thinly slice the potatoes, try to cut uniform slices. Set aside. In a large bowl combine oil, spices, and garlic. Add potatoes and toss to coat.

Lay slices evenly across two baking sheets. When laying out on the sheet make sure to keep thicker slices on one sheet and the thinner slices on the other, this will make it easier to gauge when they're done and remove a whole sheet at a time.

Bake for about 12-15 minutes until crisp on the under side. Flip and cook another 8-15 minutes. Remove from oven. You can either enjoy once they've cooled a bit for fresh warm chips or place in an airtight container.

To make the alioli: Place the egg, Dijon, garlic, and cilantro in a food processor, cover, and process until smooth. Slowly drizzle in 1/2 cup of the olive oil through the feed tube in the top of the blender in a slow but steady stream, until mixture begins to emulsify. Add the lime juice and continue drizzling in the remaining olive oil. Turn the blender off, add salt and pepper, and pulse to incorporate. Chill if not using immediately.