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POTATO



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Week #17! Happy October! Well, the harvest party was by and large a smashing success and we can't say thank you enough to everyone who made it out. We had the most incredibly perfect weather and a great turnout of CSA members, family & friends. We ate tons of pizza, delicious food brought by CSA members (using all sorts of CSA box veggies, of course), and drank our fair share of beer and soda. Thanks to Bang Brewery in St. Paul for the beer and Wisco Pop! in Viroqua for the soda.

One of the really cool things about hosting a party at the farm is being able to show off where we grow your food. I'm not trying to brag or anything, but

the farm looks really nice right now and I was so darn proud of it on Saturday, as we all bumped around the fields on the hay wagon. These 50 or so acres are the product of countless hours spent by over 20 hard working souls; and the whole thing is supported by the likes of you.

Never is it more apparent how awesome and important all of this is then when I see a young CSA member getting excited about pulling a carrot out of the ground, or when I am thanked by a long term CSA member for growing their food all these years. It makes it all worth it and reminds me why we do what we do. Thanks to you all and EAT WELL!

-- Mike

THIS WEEK'S BOX

Broccoli
Brussels Sprouts
Cauliflower or Romanesco
Garlic
Lettuce
Red & Yellow Roaster Peppers
Mini Sweet Peppers
Red Slicer and Romas
Red Kale
Red Onions
Spinach
Yellow Onions

DID YOU KNOW?

DID YOU KNOW that brussels sprouts (yep it ends with an "s" - kind of hard to say, huh?) were likely first cultivated in Ancient Rome. They made their way up to Northern Europe and became super popular in countries like the Netherlands and Belgium beginning in the 16th century. In fact, those Belgians liked these mini-cabbages so much, they named them after the capital of their country! Brussels sprouts are a member of the "Brassica" family that includes broccoli, cauliflower, romanesco, cabbage, radishes and even arugula (their pretty distant cousins...) You've probably discovered that massive thing in the top of your box. That's a brussels sprout stalk! We thought it might be fun for y'all to see how these little guys grow, and also to "harvest" them yourselves. To pick, simply pluck the little balls off the stalk and put them in a plastic bag (if you aren't going to eat them right away). Unfortunately (as far as we know) the stalk isn't edible, but the sprouts are super delicious when cooked right (roasting them is best, in our opinion). Some of the sprouts may look brown upon first glance. Never fear - all you will need to do is peel a layer or two of leaves off of it and the rest should be ready to devour! We know brussels sprouts get a bad rap for being mushy and gross; but once you find a recipe you like, you won't be able to get enough of these!

...OH NO! CSA boxes are almost done!?!?

NEVER FEAR! For those of you who just can't imagine life without Driftless veggies, we understand; and we have created a couple different season-extension options. One is the **Extend Your Season Share**. This is basically a continuation 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 delivering 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

Broccoli - is back in force and we're loving it. It's that time of year where we start thinking about soup. Mainly: BROCCOLI CHEESE SOUP. With kale perhaps? There's tons of great recipes

Brussels Sprouts - learn more about your stalk of sprouts on the other side of this newsletter. And you gotta try the recipe below!

Cauliflower or Romanesco- both are incredibly easy to freeze and a wonderful thing to have in the wintertime for soups. Simply chop up, blanch and put into freezer bags.

Garlic - what a year for garlic! If you want to use up a whole bulb of garlic at once, try roasting them in the oven (while your brussels sprouts cook, perhaps?). After about

Red Leaf or Red Butter head Lettuce - Be sure to store in a plastic

bag with a small piece of paper towel to keep the moisture down.

Red & Yellow Roaster Peppers & Mini Sweet Peppers - freeze em? no need to blanch; simply chop up and stuff in freezer bags. Otherwise, we like to make foil packets of cherry tomatoes, peppers, garlic & onions with oil, salt & pepper and grill for 15 minutes or so.

Red Slicer and Roma Tomatoes - quite possible the last hoorah with the tomatoes. Our first patch is done and these tomatoes come from our second planting. If you are getting sick of tomatoes, don't forget that you can easily freeze them by blanching (boiling water for one minute, plunge in icewater, slip off skins) and stuffing into freezer bags. These will be a great addition to soups and sauces this winter.

Red Kale - As the weather gets cooler, the kale becomes sweeter and more tasty. This is the time of year to eat kale! It's so good for you and will help boost your immune system for the winter ahead. Kale is very versatile and can be added to a lot of different dishes, including stir fries, curries

Red Onions - wonderful on pizza (as we found out on Saturday!) and also great in salads, on burgers, etc. These onions are

Spinach - some beautiful fall spinach that will make for a perfect salad with candied nuts, blue cheese and some sliced pear. Store in the plastic bag it comes in for up to a week.

Sungold Cherry Tomatoes - a pint and a half of these

Yellow Onions - these are the type of onions that are absolutely perfect for cooking with.

SPANISH SAUTEED CAULIFLOWER WITH RED KALE

- 1 large head cauliflower or romanesco, grated
- 2 tablespoons Driftless Sunflower Oil (or olive oil)
- 1 yellow onion, chopped
- 6 cloves garlic, minced
- 4 mini peppers, finely chopped
- 1 bunch of red kale
- 2 red slicers or 4 roma tomatoes, chopped up
- 1 tsp, or to taste
- 1.5 tablespoons chili powder
- Cherry or grape tomatoes for serving, optional

Remove all of the green stems from your cauliflower and chop the head in half. Using a box grater (or a food processor), grate the whole head of cauliflower. In a large skillet, heat the oil to medium-high and sauté the onion until fragrant and softened, about 5 minutes. Add the mini peppers, and garlic and sauté another 2 to 3 minutes. Add the grated cauliflower and cook, stirring frequently, until it begins to turn brown and cook down, about 5 to 8 minutes. Add the tomatoes, salt, and chili powder and stir well to combine. Cook until much of the liquid is absorbed, about 5 minutes. Add the chopped kale leaves and stir them into the mixture well. Cook until wilted, about 3 minutes.

ROASTED BRUSSELS SPROUTS WITH HONEY MUSTARD

- 1.5 lbs brussels sprouts (about what's in your box)
- 1 yellow onion, coarsely chopped (optional)
- 1 tbsp. Driftless Sunflower Oil (or olive oil)
- Salt and pepper
- 3 tbsp. whole grain mustard
- 3 tbsp. honey

Preheat the oven to 425 degrees. Place a baking sheet in the oven as it preheats. Cut the sprouts in half and toss with onion, oil, salt, and pepper. Carefully remove pan from hot oven. Place sprouts and onions on the baking sheet. Roast for 30 minutes, shaking the tray halfway through cooking time. Stir together honey and mustard. Remove sprouts and toss in honey mustard while still hot. Season with additional salt and pepper if needed.

ROASTED GARLIC

Here's something to put in the oven alongside the brussels. Roasted garlic is so delicious on crusty bread!

Cut the top off your garlic bulb. Drizzle 1 to 2 teaspoons of olive oil over the exposed surface of the garlic, letting the oil sink down into the cloves. Wrap in foil and bake for 30 minutes.