

# ONE



# POTATO



# TWO

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*Week #19! The time has come my dear Every Other Week "A" CSA members - it is the end of the regular CSA season. Say it ain't so! I hope you agree that it has been a wonderful year. And we hope you have enjoyed each and every box this season.*

*We've certainly enjoyed growing your food for you! It has been a stellar year, hasn't it? We think so. It's the best I can remember, that's for sure. As dry as it has been this fall, the rest of the year, in all it's perfection, more than makes up for it.*

*So how's the farm as we go into the last 2 boxes of the regular CSA season? All I can say is that we are thankful for this extended nice weather*

*so we can try to catch up on the billion things that are still left to do. We're pretty darned behind on our fall harvests! We'll get it all done, though. We always do. Some years it takes us a while (I'll always remember that year we were harvesting potatoes in the snow on the day after Thanksgiving); but one way or another, we always get it done.*

*Thanks to you all for another wonderful season. We hope that you'll stick around for those extended season shares. We've got plenty of yummy veggies to go around (provided we get 'em out of the ground, that is :). Eat well and be well!*

*-- Mike*

## THIS WEEK'S BOX

- Butternut Squash
- Broccoli
- Cilantro
- Garlic
- Jalapeno Peppers
- Mini Sweet Peppers
- Yellow Potatoes
- Poblano Peppers
- Purple Carrots
- Red Onions
- Red Slicers and Romas
- Salad Mix
- Salad Turnips
- Spinach
- Sweet Potatoes
- Tomatillos
- Yellow Potatoes

## DID YOU KNOW?

Did you know that what most people think of as yams are actually sweet potatoes? There's a very good chance you've NEVER EATEN A YAM. They are grown mostly in Africa and parts of Asia and are much more starchy and not as sweet as a true sweet potato. They're not even in the same plant family (yams are part of the lily family and sweet potatoes are part of the morning glory family).

We grow about half an acre of sweet potatoes. We purchase the wee seedlings (called "slips") in the spring and plant them around the end of May in the sandiest ground we farm (they reeeeeeally like sandy ground to grow in). We water them heavily all season long and then harvest them in the middle of September. We then put them in one

of our storage coolers and crank up the heat to about 85 degrees. We also pour a bunch of water on the floor to get the humidity really high. This high heat/high humidity combo is what it takes to "cure" the sweet potatoes: which basically makes them sweeter and causes the skins to toughen up so that they don't get marred up as easily.

We're absolutely in love with sweet potatoes because they are so darn versatile: they're great in soups, or mashed, or roasted with other root veggies. They can be sweet (pies, muffins, pancakes); or savory (stir fries, roasted, grilled). Or, my favorite: make sweet potato oven fries out of them! We have some really awesome sweet potato recipes on our website at:

[www.driftlessorganics.com/sweet-potatoes](http://www.driftlessorganics.com/sweet-potatoes)

*...psst... hey you...yeah, you..... c'mere.... ya want some veggies?*

Yeah, that's right. You looking for some of that fresh flavor? We've got heaps of fresh flavor coming from some fine organic vegetables in our **extended season shares**. We'll hook you up crazy-like this winter. C'mon, what are you waiting for? You know you want some. It's good for you. Trust me, once you try, you'll be hooked.

**Extended Season Shares begin November 5th.**

[www.driftlessorganics.csasignup.com](http://www.driftlessorganics.csasignup.com)

**Butternut Squash** - the best tasting squash and most popular squash around, these guys are fantastic and so versatile. You can bake them (cut them in half), or cube them (after peeling) for soups (goes great with asian inspired cocunut-based soups), stir fries or roasted with other veggies. Last night, Mike's dad made Butternut Squash fries by simply marinating fry-sized pieces of squash with olive oil, salt and pepper. He then baked them until crispy. They were so delicious!!

**Cilantro** - great for your next batch of salsa or in an Asian style stir fry. Store in a plastic bag in your fridge.

## ROASTED TOMATILLO & TOMATO SALSA

7 tomatillos  
3 roma tomatoes  
2 jalapeños  
1 clove garlic  
1/2 red onion  
1 lime  
1 tablespoon red wine vinegar  
4 tablespoons chopped cilantro

Half the tomatoes, jalapenos, and tomatillos. Remove the seeds from the jalapenos if you don't want it to be hot! Broil the tomatillos for 5 minutes. Add the tomatoes and jalapenos and continue to broil for 10 more minutes. Watch closely and if they start to burn, flip them around. Cool, then add to blender or food processor with onion, garlic, juice from the lime, vinegar, and cilantro. Pulse to desired texture.

## SPINACH SWEET POTATO SALAD

2 medium sweet potatoes  
1 cup diced tomatoes  
1/2 cup diced sweet peppers  
1/2 medium red onion, sliced  
1 tablespoon Driftless Organics Sunflower Oil  
1 tablespoon smoked paprika  
5 handfuls spinach  
2 tablespoons lime juice  
1 tablespoons honey  
2 tablespoons olive oil  
2 garlic cloves, minced

Preheat oven to 350°. Peel sweet potato and cut in to 1/4" cubes. Toss with 1 tablespoons oil, onion, peppers, and smoked paprika. Roast until tender, 25-30 minutes. Whisk together lime juice, honey, garlic, and oil. Toss with desired amount of spinach and tomatoes. Top with roasted vegetables.

**Mini Sweet Peppers** - sadly, the last of the sweet peppers, to wrap up a anything but stellar pepper year. We're not exactly sure why it was such a bummer pepper year, where we seemed to have issues with production and taste all season long. You can't win with all of the crops and that is why we grow such a diversity!

**Poblano Peppers** - 3 of these guys for scrambles, fajitas and potato dishes. They are the dark green to dark red "squished bell" looking peppers.

**Purple Carrots** - these turn any glass of juice into a spectacular refreshment. Otherwise, use these carrots just as you would regular orange ones.

**Red Slicers and Romas** - the tomatoes just keep coming and we aer really happy about this... and we hope you are too! Did you know that you can freeze pasta sauce? Yep - just make a batch, let it cool, pour it into yogurt containers and stick it in the freezer. You'll be thankful this winter!

**Salad Mix** - the last of the year! A beautiful mix for a few side salads. Store in the plastic bag it came in, but add a piece of paper towel and it will keep longer.

**Salad Turnips** - look for the white radish-looking bunch in your box. The tops got a little wilted on us, so we won't fault you for chucking them out (although, they are great greens for wilting). The turnips themselves are best eaten raw, sliced up in salads or on a veggie platter. Substitute them for crackers for your next snack round when you Netflix and chill...

**Spinach** - If you are burning out on regular salads, try the unique recipe below left. Or, try wilting your spinach greens in a egg or tofu scramble. It doesn't take long - just under a minute to get them to a nice texture.

**Sweet Potatoes** - are so good on so many levels. Make sure you store your sweet potatoes somewhere that's not too cold (don't store them in your fridge!)

**Tomatillos** - look for the round green things with the "paper" husks. These guys are great as a base for salsa verdes, but are delicious in so many other ways. Try them grilled in a foil pack with potatoes and garlic, or boil them down and pour over chicken with tons of lime and salt.

## HONEY GLAZED PURPLE CARROTS

1 lb. purple carrots (about half of what's in your box this week)  
2 Tbsp. butter (or olive oil)  
1 1/2 Tbsp. honey  
1/2 c. water  
salt & pepper to taste  
Fresh herb such as thyme or rosemary (optional)

Slice carrots into 1/2 inch diagonals & combine them with butter, honey, & 1/2 cup water in a large skillet or sauce pan over medium-high heat. Bring to simmer, lower to medium heat, & cook until carrots are tender (but not mushy) & most of liquid has reduced (10-15 minutes). (If you are combining carrots with other veggies, add quicker cooking veggies like peppers or peas half way through cooking.) Season with salt, pepper, & fresh herb of choice (if using), & serve.

## SWEET POTATO APPLE SAUSAGE BAKE

*No sweet potato season would be complete without including Emily (Noah's mom-in-law)'s famous recipe. it is awesome and you should totally try it.*

3 parts sweet potatoes, peeled & cut into 1" cubes  
2 part apples, cubed a bit smaller  
1 part Italian sausage, rolled into small balls  
1 part red onions, cut into thick pieces (optional)  
salt & pepper to taste

Mix all ingredients into a single layer in a cast iron pan or baking dish. Bake at 350 for about 45 minutes or 400 degrees for about 30 minutes. No need for oil, the grease from the sausage & juice from the apples suffice for moisture.