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# POTATO



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*Week #20! Well, this is it. The end of the regular CSA season is here. We thank you all for the wonderful season - and we hope to see you in a couple of weeks for the start of the extended season shares. What? You haven't signed up yet? There's still time! Check out our website for more information.*

*With such an unprecedented warm fall, it looks like at least the first of the extended season share box (which typically contain mostly storage crops) is going to have the look and feel of a regular season box with kale, spinach and maybe even peppers, radishes and chard (we'll see...). You see, we didn't*

*get our first "killing" frost until last Friday night. That's about 2 weeks later than normal. And, to make matters even more awesome, the weather has been unseasonably warm (and dry). As such, we've gotten a season extension of our own, out in the fields that is.*

*We're happy to be alive and farming this fall. Things are looking up and we are feeling more positive (than we were last week) that we'll be able to finish it all. We still have a LOT of veggies left in the ground. But, we are moving full steam ahead and should be done in no time. Thanks again for a great season. I'm going to miss you all!!*

*-- Mike*

## THIS WEEK'S BOX

- Broccoli
- Carrots with Tops
- Fennel
- Garlic
- Mini Green Peppers
- Red Beets
- Red Cabbage
- Red Potatoes
- Roaster Peppers
- Red Shallots
- Romanesco
- Scarlet Turnips
- Small Bag of Tomatoes
- Spinach
- Sweet Potatoes
- Yellow Onions

## DID YOU KNOW?

Did you know that it is just about time to plant some garlic? Yep! The week after the last regular season CSA box marks the time that we start our annual garlic planting. It's so much fun! Let's back up a bit: we harvest garlic way back at the beginning of July. We then cure it and store it in our greenhouse. As we sort out garlic for wholesale, CSA and market, we also pull out a certain amount of the biggest and nicest looking bulbs that we will save for the fall and plant back for next year's crop. The reason we plant garlic in the fall before is because it starts growing super early in the spring - earlier than when the ground is ready to work and plant. And - garlic seed survives in the ground (most years)

over the winter, although we do lose some seed to the cold, especially on those really crazy-cold winters. One thing that helps mitigate the loss is mulching. We spread a blanket of straw down on the field after we have planted the garlic. This helps regulate the temperature a little, which in turn helps keep the seed alive and ready to sprout in the spring. The mulch also serves a number of functions during the growing season including weed suppression, moisture retention and it adds nutrients to the soil as it breaks down. We had just about the best garlic year that we can remember, with tons of big, fat bulbs that look and taste great. We can only hope that the cloves we plant next week will be as successful!



**Broccoli** - This broccoli is super tasty and can be eaten raw, or in soups, or grilled or whatever else you can think of. Broccoli cheese quiche perhaps?

**Carrots with Tops** - some of the first dug of our famous fall carrots. They are running a little small this year, but they are big on flavor. We do have a recipe for carrot-top pesto, if you were to be so bold... Otherwise, chuck the tops into your compost, the carrots will store better this way.

**Fennel** - there will be 1-2 of these anise-flavored bulbs in your box. We've been using both the stems (great in stir fries, potato dishes, etc.) and the fronds (awesome in scrambles or anywhere you would use celery).

**Mini Green Peppers** - late last week, right

before the big frost, we harvested a whole bunch of peppers. Some of those were these little green guys. There not hot, but there not exactly sweet (kind of like a green bell pepper). Good on pizza, in scrambles, etc.

**Red Beets** - a pound and a half of red beets to use up right away, or store for a while (they will keep for a month or more).

**Red Cabbage** - red cabbage makes for a tasty and attractive coleslaw, or try shredding it and adding to a spinach. Store in the crisper drawer of your fridge.

**Roaster Peppers** - whether they are green, sort of red or all red, these peppers are tasty additions to all sorts of dishes.

**Red Shallots** - are the large, dark red onion/garlic looking things. These are so tasty shaved in a salad, or just treat them like you would a regular red onion in your cooking.

**Romanesco** - look for the funky lime green alien looking thing in your box. We love these guys because not only do they look super cool, but they taste great too. They are wonderful steamed, or added to a stir fry, or try in the recipe below. Store in a plastic bag, in your fridge for up to a week.

**Scarlet Turnips** - look for the bright pink roots in your box. These are so tasty and can be eaten raw in a salad (sliced thin), or on a veggie platter with dip, in stir fries, or roasted (see recipe below).

**Small bag of Tomatoes**

**Sweet Potatoes** - be sure to store your sweet potatoes somewhere warmer than your fridge, like in your pantry or cupboard. Ideally, they like it at about 58-60°.

## ROASTED VEGETABLE & KALE SALAD WITH HONEY VINAIGRETTE

For the salad:

- 1 bunch of red kale, stems removed and coarsely chopped
- 2-3 red beets, cut roughly into 1" pieces
- 1 medium sweet potato, peeled and cubed into 1 inch pieces
- 1 red shallot, sliced into wedges
- 2 scarlet turnips, cut roughly into 1" pieces
- 1 medium fennel bulb (remove stems and fronds), sliced into wedges
- 1-2 roaster peppers, chopped into 1 inch pieces
- 3 tablespoons Driftless Sunflower Oil (or olive oil)
- 1/2 cup coarsely chopped walnuts
- 3/4 teaspoons salt
- several grinds of fresh ground pepper
- 2 oz. goat cheese, crumbled

For the vinaigrette:

- 1/4 cup red wine vinegar
- 2 tablespoons Driftless 1/2 teaspoon salt
- several grinds of pepper
- 2 tablespoons honey
- 1 teaspoon Dijon mustard

Preheat oven to 425 degrees. Toss vegetables with the oil, salt and pepper in a large bowl, and place on one or two large baking sheets. (If you use two, put the beets and red onion together so that the beets don't "bleed" purple all over the rest of the veggies.) Roast for about 40 minutes or so, turning once (and rotating baking sheets from top to bottom if you're using two), until tender with crispy golden edges. Ten minutes before you pull the veggies out of the oven, sprinkle the walnuts on the baking sheet with the veggies to toast them. Whisk vinegar, oil, salt, pepper, honey, and Dijon mustard. Toss kale with 2-3 tablespoons of the dressing in a large bowl. Let the kale sit in the dressing for 5-10 minutes before assembling the salad. Place kale on the salad plates. After the vegetables have cooled for 5-10 minutes, using the same large bowl used for the kale, toss the veggies and walnuts with 2-3 tablespoons (or more) of the dressing. Top the kale with the veggies and walnuts, and top with crumbled goat cheese. Serve with the dressing on the side.

## ROOT VEGETABLE AND ROMANESCO BREAKFAST HASH

*This is a great recipe for a Sunday morning brunch, when you have that little bit of extra free time needed to spend some quality time in the kitchen with your family. The good news for the vegetarians - it tastes just as good without the bacon!*

- 4 slices bacon, cut into 1/2" pieces (optional)
- 1/2 yellow onion, diced
- 2 red potatoes, cut into 1/4" cubes
- 1 small or 1/2 half big head of romanesco, cut into small cubes
- 1 scarlet turnip, cut into 1/4" cubes
- 1 red beet, cut into 1/4" cubes
- 1 carrot, cut into 1/4" cubes
- 1 small or 1/2 medium sweet potato, cut into 1/4" cubes
- salt and pepper
- 1 clove garlic, finely minced
- salt and freshly ground black pepper
- 2 eggs, poached.

In a large saute pan over medium-high heat, cook the bacon pieces until crisp. Use a slotted spoon to remove and reserve the bacon, leaving the bacon drippings in the pan (if you are skipping the bacon, use butter, Driftless Sunflower Oil or olive oil instead of the bacon drippings). Add the potatoes, carrot, turnip, beet and sweet potatoes and simmer until slightly tender and brown, about 15-8 minutes. Stir in the onions, cook for 2 minutes, then add in the broccoli and the garlic. Cook for 2 minutes. Add in 1 tablespoon of water and cover. Let cook for 3 minutes. Check to make sure that the potato is cooked through. Add the cooked bacon pieces back into the pan and season with salt, pepper.

To top off your hash, try a poached egg. We usually don't start the eggs until the hash is done. You can turn off the burner and the hash will stay warm enough in the time it takes to poach your eggs. Serve a poached egg on top of a plate of hash and perhaps a bloody mary on the side and you'll have the best Sunday ever.