

ONE



POTATO



TWO

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Week 1! Drum roll please! Here it is - the first box of the fall/winter CSA season! We'd like to extend a big Driftless Organics welcome to everyone who is joining our farm family for the first time! Of course, to everyone else, who has been with us through thick and thin: thank you and welcome back! We couldn't do this without all of you and are so grateful to have another amazing group of CSA members. While a lot of farms shut down for the winter, we are fortunate to continue on year round - thanks to your participation, commitment and support. We take a lot of pride in these late season boxes. The vegetables you'll

find in your fall/winter boxes are a sort of culmination of our hard work all season long. Way back in the spring, we spent time carefully planting kale seeds in the greenhouse, cutting potatoes to plant, and gently tucking leeks into the earth. This summer we spent hours weeding parsnips and carrots, transplanting winter squash, and planting fragile sweet potato slips. Late this summer we began curing garlic, shallots and onions. We planted late season spinach, radishes and turnips. This fall we've spent weeks harvesting everything we've poured our energy into all season long - for all of you to enjoy! Happy eating!
-- Annie

THIS WEEK'S BOX

- Carrots
- Garlic
- Italian Parsley
- Lacinato Kale Tops
- Leeks
- Parsnips
- Red Kuri Winter Squash
- Red Radishes
- Red Shallots
- Rutabaga
- Spinach
- 'Sweet' Banana Peppers
- Sweet Potatoes
- Roma & Slicer Tomatoes
- Yellow Potatoes

DID YOU KNOW?

Did you know that in Europe parsnips were used as a source of sugar before sugarcane and beets? Yep - parsnips may be sweeter than you think. Once parsnips have been exposed to colder, near freezing temperatures, their starches begin to convert to sweet, sweet sugar. Which is why you'll find them in your boxes in the late fall and winter months. Parsnips have been around since the ancient times of the Romans, and were a popular root vegetable back then - so popular, they were even given as gifts. Can you imagine?? Nowadays, it seems that these white relatives of carrots are often under appreciated. While parsnips can be eaten raw, we think they taste best cooked. They can be roasted, baked, boiled, steamed, fried or sautéed. Cooking brings out those tasty sugars we were telling you about. Parsnips are packed with vitamins and minerals too, especially potassium. We like putting parsnips in soups, casseroles and hashes. Roasting them with oil and herbs in the oven is another favorite. Check out our Parsnip Hummus recipe on the back of the newsletter; you can also use parsnips in our Root Veggie Fritter recipe! For those of you who are new to our website, we have hundreds of incredible recipes, including over 20 parsnip recipes!

www.driftlessorganics.com/recipes

What to do with those kale tops ...

In your box, you'll find the tops of some of our lacinato kale plants. You'll see that they have some bigger leaves and leaves that are pretty small, even tiny. These tiny leaves are a delicacy! They're super tender and sweet. Enjoy the smaller leaves as they are, and strip the bigger leaves from their tough stems. Need some inspiration on what to do with your kale tops?? Check out this recipe:

KALE PESTO

- 1/3 cup walnuts
- 3 cups chopped lacinato kale leaves
- 1/2 cup grated parmesan cheese
- 1/2 cup Driftless Organics Sunflower Oil (or extra-virgin olive oil)
- Squeeze of lemon juice
- Salt and pepper

Toast the walnuts in a dry skillet until lightly browned; let cool. Pulse in a food processor until finely ground. Add the kale and 1/4 teaspoon salt and pulse until finely chopped. Add the parmesan and pulse to combine. Squeeze in a bit of lemon juice. Slowly pour in the olive oil, pulsing to incorporate. Enjoy on roasted veggies, sandwiches or pasta!

Carrots - Store in the fridge, in their plastic bag and they'll last for weeks! Enjoy raw or cooked.

Garlic - Keep on your countertop and use within a couple of weeks. Roasted garlic is a farm favorite! Just chop 1/4 inch off of the top of the garlic head, exposing the cloves. Pour a little oil on top and bake at 400F for 15-20min, or until the garlic is soft.

Italian Parsley - Try finely chopping your parsley bunch up with a clove or two of garlic and mixing with a half cup of olive oil, a squeeze of lemon and a dash of salt. This sauce goes great on just about anything!

Lacinato Kale Tops - Check out the section on Lacinato Kale Tops on the other side of this newsletter.

Leeks - With a mild onion flavor these are a fun fall item: slice them into rings and use in soups, salads, sautees, or check out our Root Veggie Fritter Recipe below!

Parsnips - are those white "carrot-looking" roots in your box this week. And now that you know a little more about parsnips (see the

other side of this newsletter), maybe we can entice you to try some recipes that focus on the parsnip. Check out the hummus recipe below, or our website for more yummy parsnip recipes!

Red Radishes - A perfect and beautiful compliment to a spinach salad, or a great snack all on their own. Store in the fridge and use within a week.

Red Kuri Squash - You can't miss this in your box: a bright reddish orange, pumpkin shaped squash. It's buttery and full of flavor. Try braising it a little oil, garlic and salt. Mm-mmm.

Red Shallots - Look for the red, large garlic shaped bulbs. Use and like you would an onion.. Only make sure to enjoy the shallot's sweeter and distinctive taste! Store on your countertop at room temperature and use within a week or two.

Rutabaga - The large purple/yellow root in your box. It looks like a turnip. Use in soups and casseroles. Or try them in our Root Vegetable Fritter recipe. Store in the fridge.

Spinach - We have all of the lovely warm weather to thank for this delicious spinach. Keep it in your fridge and enjoy within a week.

"Sweet" Banana Peppers - These peppers can be a little spicy, so make sure you do a bit of taste test before taking the plunge! Store in the fridge for up to five days.

Sweet Potatoes - So tasty and so good for you! These beaut's are chock full of antioxidants. Bake them, roast them, savor them! Store at room temperature on your counter or in a paper bag (not plastic).

BONUS Tomatoes - Tomatoes?! In November?! What?! These tomatoes were picked before our first frost a few weeks ago. Some of them may not be ripe, some of them might not get ripe, but some of them will! Keep your not-quite-ripe-yet tomatoes in the bag and be patient. They'll probably ripen up within a week or so.

Yellow Potatoes - Great for baking, mashing, and boiling. Store at room temperature in a dark place and they'll last for weeks!

ROOT VEGETABLE FRITTERS

6-7 cups shredded root veggies- your choice! (rutabaga, radishes, sweet potato, rutabaga, carrots, and/or potatoes)

1 leek, diced

2 Tbsp maple syrup

2 cups flour

1 1/2 cups milk

1/4 cup or so canola oil for frying

Salt & pepper

Dipping Sauce:

1/4 cup mayo

1 Tbsp Shiracha sauce

Pre-heat oven to 350 degrees. Fit your food processor with the grater attachment- run all scrubbed veggies through the grater. Alternatively, veggies can be grated by hand. In a large mixing bowl, combine diced leeks, maple syrup, salt & pepper, flour & milk. Stir until well mixed. Add grated veggies and fold into the batter ensuring everything is well mixed together. Place a baking sheet in the pre-heated oven. Heat oil in a rimmed sauté pan - a generous 1/2 cup at a time, with your hands form veggie mixture into patties. Place patties in heated oil (careful not to overcrowd) and pan-fry each side until golden brown. Transfer fritters to the baking sheet in the oven. Once all fritters have been pan fried and placed onto the baking sheet bake for 15- 20 min - if needed flip halfway through cooking to prevent one side from becoming overly crisp. I used a stone baking sheet and did not need to flip- you can also place a raised wire rack onto your baking sheet and bake the fritters on the rack which will allow the heat to evenly move around the entire fritter. While fritters are baking, make the dipping sauce by mixing the mayo & Shiracha together. Remove fritters from oven and serve immediately.

PARSNIP HUMMUS

1lb parsnips (what's in your box), cubed into 1 inch pieces

1/4 cup Driftless Organics sunflower oil or olive oil

1-2 tsp cumin

3/4 tsp salt

2 garlic cloves, chopped

6 Tbsp tahini

4 Tbsp freshly squeezed lemon juice

6 Tbsp water (divided use)

Freshly chopped parsley leaves for garnish/topping

Bring the cubed parsnips along with 2 Tablespoons of the oil, cumin, and salt and 1/4 cup of the water to a simmer over medium-low heat in a medium pan, stirring to coat as necessary. Cover and reduce heat to low, cook for 10-15 minutes until the parsnips are tender and easily pierced with the tip of a knife. Puree the cooked parsnips along with the minced garlic, tahini, and remaining 2 Tablespoons of sunflower or olive oil and lemon juice in a food processor until smooth and thick, scraping down the sides of the food processor as necessary (about 2 minutes). Add additional salt or lemon juice to taste. With the motor running slowly, drizzle in enough of the remaining water to create a fluffy consistency (another 2 to 3 minutes). Spoon into a bowl and cool to room temperature or covered in the fridge before serving. Serve drizzled with extra oil and chopped parsley on top. Enjoy with vegetables, crackers or pita!