

## This is the newsletter for the November Storage Boxes

# ONE POTATO TWO

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Would you believe it if I told you that we've been happy as pie working in the rain this week? We broke out our rain gear and are crazy thrilled about the chance to get muddy one last time before the snow flies. We've been working hard around here to get the last of our crops in, as temperatures are predicted to drop below 20 degrees this weekend! With all the rain it's been tricky, but we've been out harvesting carrots, potatoes, brussels sprouts,

radishes and kale. With more and more produce coming in from the fields everyday, space in our cooler is getting incredibly tight! Luckily, we have 15 dedicated employees staying for the fall and winter who are washing and packing all of these vegetables! We are all feeling thankful to have had such a bountiful season, a bursting-at-the-seams cooler and are super grateful for another wonderful group of CSA members. And with that, we'd like to wish

you all a Happy Thanksgiving from our crew to yours!!

--Annie

### DID YOU KNOW?

Over half of the items in your box are root crops - at least that's what they are often referred to. Did you know that not all of the "root crops" in your box are actually roots? Some of what we call "root" vegetables are actually modified plant stems. Taproots are the real deal. The actual roots of the plants! While there are a lot of true root crops in your box, like carrots, beets, radishes, celeriac & parsnips, there are some other underground-growing crops that aren't roots at all. Just because onions, garlic and shallots grow underground, doesn't mean they're roots. They're bulbs. Bulbs are rounded, fleshy stems & leaves that live underground. They help plants to store nutrients and survive the winter. A good example of this is a tulip: tulips come back year after year thanks to their bulb underground. Potatoes aren't true roots either! They are underground stems called tubers. The plant uses tubers for nutrient storage and for propagation. Each eye on a potato can be used to grow a whole new plant! Whether you're eating a root or a stem, we hope you enjoy the bounty of the subterranean crops in your box this week!

### THIS WEEK'S BOX

Acorn Winter Squash  
Brussels Sprouts  
Butternut Winter Squash  
Carrots  
Celeriac  
Garlic  
Green Kale Tops  
Leeks  
Parsnips  
Purple Daikon Radish  
Red Beets  
Red & Yellow Potatoes  
Red Shallots  
Red & Yellow Onions  
Red Cabbage  
Sweet Potatoes

### What the heck do I do with all of these winter squash seeds?!

Two yummy winter squashes are waiting for you in your box and they are chock-full of delicious, nutritious seeds! Don't let those seeds go to waste - they're full of magnesium, protein and fiber. Plus they're pretty darn tasty.

#### Roasted Winter Squash Seeds

Preheat the oven to 275 degrees F. Line a baking sheet with parchment paper. Clean the squash seeds by swirling in water and rinsing, so there aren't any bits of squash left of the seeds. For one cup of clean seeds, add 1 tablespoon Driftless Organics Sunflower oil (or olive oil) and a ½ teaspoon of salt. Toss. If you'd like to spice these seeds up you can add pretty much any herb or spice you like. I like to add a bit of chipotle powder and cumin. Spread the seeds out in an even layer on the prepared baking sheet. Bake for 15 minutes, or until seeds start to pop. Remove from oven and cool on the baking sheet before serving.

### **Acorn Winter Squash**

This is the smaller, green squash in your box. Acorn squash have a sweet flavor and tender flesh. Stores great as long as it is left in a cool spot (not too cold, ie. your fridge) and has plenty of air flow.

### **Brussels Sprouts**

A perfect amount of brussel sprouts to roast up and serve as a side dish. They are also wonderful combined with root crops like parsnips and carrots in a roasted root dish. There might be some cleaning involved with these guys - and that involves peeling back a layer if it is yellow or too spotted. Store them in the plastic bag that they came in for up to a week.

### **Butternut Winter Squash**

Butternuts are the easiest squash to peel, due to their smooth skin - great for peeling, cubing, & simmering in soup when you don't want to get the oven going to roast it. Or, fire up that oven, cut squash in half, place cut side down in a baking pan and bake for 30-40 minutes (or until soft). Store at room temperature for many weeks or at 50-55 degrees for longer.

### **Carrots**

There are about 5 pounds of carrots in your box. They will store for many weeks in the plastic bag they've come in and can be used in so many different ways! Try roasting them in the roasted root recipe, or add to soups and stews. Or just eat 'em up raw!

### **Celeriac**

Probably the weirdest looking veggie in your box. Celeriac can be prepared like any root vegetable. One can boil and mash it like potatoes, or toss in oil and roast like carrots. Try one of our celeriac recipes, perfect for Thanksgiving, on the next page!

### **Garlic**

Store on your counter top at room temperature and use in some of the tasty recipes on the following page!

### **Green Kale Tops**

The weather has been kind enough to us to allow for some kale in your box! Frost sweetened and super good for you. We are giving you the tops of the plants, so there will be a fair amount of smaller leaves, which are actually tastier and more tender than the bigger leaves. Strip the larger leaves from their tough stems & steam them & serve by itself with butter & a drizzle of lemon juice, or saute with garlic & toasted sesame oil & tamari. Or add it to soups, stir-fries, pasta dishes, casseroles, etc. towards the end of their cooking time. Store in plastic in the fridge & use it up within a week.

### **Leeks**

Leeks are extra tasty in soups this time of year! They are also great for making soup stock.

### **Parsnips**

The pale, sweet, aromatic cousin of the more widely used carrot is terrific in roasts or boiled & mashed or braised & glazed (try a maple syrup & beer or honey & butter glaze). It cooks just like a carrot, & like organic carrots: no need to peel, just scrub. Store in plastic in the fridge for several weeks.

### **Red Beets**

What's Thanksgiving w/o that dish of cold pickled beets on the table that only grandpa and that wierd uncle Bob eat? Try roasting them instead with oil, salt and pepper and they'll be gone before the turkey is....maybe. Store for months in plastic, in the crisper drawer.

### **Red Potatoes**

Great for mashing, roasting or frying. Store these spuds in the paper sack that they came in and keep them out of the light!

### **Purple Daikon Radish**

The elongated purple vegetable in your box. Goes great in salads, or try making a batch of kimchi!

### **Red Cabbage**

Savor the flavor and check out our Braised Red Cabbage with Caraway Recipe on the next page! This beautiful red cabbage is sure to brighten up your Thanksgiving table. Store cabbage in the fridge and use within a couple of weeks.

### **Red Shallots**

Look for the red, large garlic-shaped bulbs. Use 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.

### **Red & Yellow Onions**

You'll find a mix of yellow and red onions in your box. Store these at room temperature where they have some space to breath.

### **Sweet Potatoes**

Loaded of sweetness, vitamins, & minerals. Another Thanksgiving treat that has oh-so many uses! Bake them whole or peel & cut for soups, mashes, casseroles, or oven fries or grate & add to pancakes, hashbrowns, or baked goods. Store at room temperature for several weeks.

### **Yellow Potatoes**

More potatoes?! Are you joking?! No joke. We'd never short you guys on potatoes! You'll also find a 5 pound bag of yellow potatoes in your box.

## BEET, CARROT & KALE SALAD

- ½ cup uncooked quinoa
- ⅓ cup slivered almonds or roasted winter squash seeds (see instructions on first page of newsletter)
- 1 medium raw beet, peeled
- 1 medium-to-large carrot (or 1 additional medium beet), peeled
- 2 cups packed green kale, roughly chopped
- 1 avocado, cubed

### Vinaigrette

- 3 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- 2 tablespoons Driftless Organics sunflower oil or olive oil
- 2 tablespoons maple syrup
- ½ to 1 teaspoon Dijon mustard, to taste
- ¼ teaspoon salt
- Freshly ground black pepper, to taste

First, rinse the quinoa in a fine mesh colander under running water. In a medium-sized pot, combine the rinsed quinoa and 1 cup water. Bring the mixture to a boil, then cover the pot, reduce heat to a simmer and cook for 15 min. Remove the quinoa from heat and let it rest, still covered, for 5 min. Uncover the pot, drain off any excess water and set it aside to cool. Then, grate the beet and carrot by hand or with a food processor. Place in a large bowl and add the rest of the salad ingredients. To prepare the vinaigrette: Whisk together all of the ingredients until emulsified. Drizzle dressing over the mixture and toss to combine. Salt & pepper to taste.

## PARSNIP, HONEY & BLACK PEPPER BISCUITS

- 2 cups all purpose flour
- 1 teaspoon sea salt
- 1 tablespoon baking powder
- ¾ teaspoon freshly ground black pepper
- 5 tablespoons cold, unsalted butter, cut into small pieces
- ½ cup puréed parsnips (just simmer small chunks of parsnip until quite tender, then purée)
- 5 tablespoons honey
- ½ cup cold buttermilk, plus more as needed

Heat your oven to 425F. In a medium mixing bowl, stir together the flour, salt, baking powder, and black pepper until combined. Using your fingers or a pastry cutter, blend in the cold butter until there's a combination of coarse crumbs and pea-sized chunks. In another bowl, whisk together the parsnip puree, honey, and buttermilk until well blended. Make a well in the middle of the dry ingredients and scrape the wet ingredients into it. Stir just until you have a shaggy dough. If the mixture seems too dry, add a little more buttermilk one spoonful at a time until the mixture comes together in a sticky, shaggy dough. Turn the dough out onto a floured surface and pat it out into a 1-inch thick (or so) square. Cut the square in half, place one half on top of the other and pat it back down to 1-inch thick. Cut in half and stack again, pat it back down. Cut in half and stack one more time and pat it down to a ¾ or 1-inch thick rectangle. Cut the rectangle into square(ish) biscuits. Transfer biscuits to a baking sheet. Bake the biscuits until they're golden brown and puffed, about 13-15 minutes. Take out of the oven and transfer to a wire cooling rack. Eat these guys warm spread with butter and honey.

## CELERIAC MASHED POTATOES

- 2 pounds yellow potatoes, cut into chunks (peeled if you like)
- 1 celeriac, peeled and cut into small chunks
- Salt
- 1 cup half-and-half or milk
- 2 tbsp. butter
- 2 cloves garlic (optional)
- Freshly ground pepper
- Chives, chopped

Place potatoes and celeriac in large saucepan, cover with water and add some salt. Bring to a boil over medium-high flame. Reduce heat to medium-low, partially cover pan and cook until vegetables are fully tender, about 15 minutes. Drain off water. Dry the vegetables in the pot, covered, over lowest flame for a few minutes, making sure they don't burn. Meanwhile, in a separate pot or in the microwave, heat half-and-half and butter together. If using garlic, mince the the cloves and add to the potatoes and celeriac. Use electric beaters or a hand masher to partially mash the vegetables in the pan. Add most of the hot cream mixture and continue mashing, adding more cream plus salt and pepper (even garlic!) as desired, until potatoes are smooth (or stop sooner, if you like bumps). This makes a perfect dish to serve at Thanksgiving!

## BRAISED RED CABBAGE WITH CARAWAY

- 8 c. red cabbage, shredded or thinly sliced
- 1 medium yellow onion, thinly sliced
- 1 c. chicken or veggie stock
- 2 Tbsp. butter
- 2-3 Tbsp. caraway seeds, crushed
- 3 Tbsp. fresh parsley, chopped (optional)
- 3 Tbsp. red wine vinegar
- Salt & pepper to taste

In a heavy skillet, melt butter & saute the onion until tender. Add the cabbage & saute lightly. Add the broth & caraway seeds. Cover & simmer until cabbage is tender, around 20 minutes. Add parsley, salt, pepper, & vinegar & serve. Pairs well with roasted potatoes, lamb, & winter squash.

Variation: If you like you can also add 4 cups of thinly sliced red potatoes, grated or thinly sliced carrots, and/or chopped kale to this dish as well! Add at the same time you add the cabbage, and change the amounts of these ingredients:

- 1.5 c. chicken or veggie stock
- 3 Tbsp. butter
- 3 Tbsp. caraway seeds, crushed
- 4 Tbsp. fresh parsley, chopped (optional)
- 4 Tbsp. red wine vinegar

## CRISPY, FRIED & SPICY BRUSSELS SPROUTS WITH HONEY

1 pound Brussels sprouts  
1 tablespoon sriracha  
3 tablespoons honey  
Juice of 1 large lime  
Salt  
Vegetable oil for frying

Trim the stem end of the sprouts and separate the leaves with your fingers, collecting them in a large bowl. When you reach the heart of the sprout (where it's tough to pry off the remaining leaves), add the heart to the bowl with the leaves. In a small bowl, whisk together the sriracha, honey and lime juice. Taste and add more sriracha or honey if you like. Set aside. Pour 2 inches of oil in a large, heavy pot over medium heat. Heat until a brussels sprout leaf begins to sizzle and crisp as soon as you add it to the oil. Fry the sprouts in batches, using a screen to protect you from sputtering oil and keeping your face away from the pot as the sprouts cook. Remove the sprouts with a slotted spoon after 30 seconds to a minute, when crisp and brown. Drain them on a double layer of paper towels while you fry the rest of the sprouts. Once all the sprouts are fried, transfer them to a large bowl and sprinkle them generously with salt. Toss gently to combine. Working quickly, drizzle some of the sauce over the sprouts and toss again to coat lightly. Taste, add more sauce if necessary, and serve immediately, before they wilt!

## SWEET POTATO, CELARIAC & GINGER SOUP

1 tablespoon Driftless Organics Sunflower Oil (or olive oil)  
2 cloves garlic, peeled and minced  
One small head celeriac, peeled, quartered and sliced  
2 pounds sweet potatoes, peeled and sliced  
Salt & black pepper  
Knob of ginger, (1-2 inches long) peeled, and grated  
¼ cup cream

Heat the oil over medium heat in a large soup pot. Add in the garlic and cook for 2 minutes, stirring until fragrant. Add in the vegetables, season with salt and black pepper, and cook for ten minutes, until they start to get golden. Pour in enough hot water (or stock) to just cover the vegetables, add in the grated ginger, stir and bring to a simmer. Lower the heat to medium-low, cover, and cook for 35 minutes or until the vegetables are cooked through and very soft, stirring from time to time to make sure the vegetables don't stick to the bottom. Stir in the cream (and more water or stock, if the soup is too thick), puree the soup to the desired smoothness (I like it chunky), and serve immediately.

## WINTER ROOT VEGETABLE AU GRATIN

½ c. yellow onions, thinly sliced  
2 cloves garlic, minced  
1Tbsp. fresh thyme (or ½ tsp. dried)  
8 c. thinly sliced mixed winter root vegetables  
1 c. milk  
1 c. heavy cream (or condensed milk)  
1 c. grated cheese of choice such as parmesan, asiago, Gruyere, aged cheddar  
salt & pepper to taste

Preheat oven to 350 degrees. Oil a 7" x 11" baking dish. In a large bowl, mix all ingredients but the cheese & pour into baking dish. Press down any veggies that are sticking out. Top with grated cheese & bake uncovered for 45-60 minutes, rotating if necessary, until vegetables are tender & top is crisp. Remove from oven & let stand a few minutes before serving.

## MAPLE CINNAMON ROASTED SQUASH

8 cups cubed butternut squash (a red kuri squash would work as well)  
2 tbsp Driftless Sunflower Oil  
2 tbsp maple syrup  
½ tsp salt  
½ tsp cinnamon  
2 pinches cayenne

Preheat oven to 425 degrees. Line 2 baking sheets with foil (optional-- protects baking sheet when the sugars caramelize so it won't be sticky/hard to clean). In a mixing bowl, combine all of the ingredients and toss a few times to evenly coat the squash. Spread out on your baking sheet. Place in the oven for 10-15 minutes. Check and stir everything around and put back in the oven for another 10-15 minutes. When the squash is soft, place under broiler for 1-2 minutes or until sugars have caramelized.

## GREEK POTATOES

3 pounds potatoes peeled, cut into large wedges  
1 head of garlic minced  
½ cup olive oil  
1 cup water  
1 tablespoon dried oregano  
1 lemon, juiced  
salt

Preheat oven to 425°F. Put all the ingredients into a baking pan large enough to hold them. Season generously with salt and black pepper. Toss the ingredients to mix. Bake for 40 minutes. When the potatoes start to get crispy, give them a stir and season lightly with a bit more sea and pepper and little bit of oregano. Add ½ cup more water if pan appears to be getting dry, and pop back into oven to brown other side of potatoes. This will take about another 40 minutes.



**HAPPY THANKSGIVING TO  
YOU, FROM ALL OF US  
AT DRIFTLESS ORGANICS!**