

**This is the newsletter for the regular-sized  
Extend Your Season & Winter Veggie Lovers Share Boxes**

**ONE**  **POTATO**  **TWO**

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*Week 2! 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 beautiful 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 very 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; but taproots are the real deal. The actual roots of the plants! While there are a lot of true root crops in your boxes this season, like carrots, beets, radishes, celeriac & parsnips, there are some other underground 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**

Brussels Sprouts  
Butternut Winter Squash  
Carrots  
Garlic  
Green Kale Top  
Red Beets  
Red & Yellow Onions  
Red Cabbage  
Red Radishes  
Salad Turnips  
Spinach  
Sweet Potatoes  
Tomatoes  
Yellow Potatoes

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

A yummy winter squash is 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.

**Brussels Sprouts** - 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!

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

**Green Kale Top** - The weather has been kind enough to us to allow for some kale in your

box! Frost sweetened and super good for you. 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.

**Red Cabbage** - Savor the flavor and check out our Braised Red Cabbage with Caraway Recipe below! 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 Radishes** - Your radishes and salad turnips will be bagged together in a plastic bag. They are so beautiful! The red roots are radishes, the white are salad turnips. Together they make for a pretty relish tray. Store these beauties in your fridge for up to a week. Red radishes are great in salads, on sandwiches, tacos, or in slaws. Or you can braise them by simmering in water, butter, sugar, salt, and pepper until tender.

**Spinach** - Lucky you! Fresh spinach in November - eat up! Store for up to a week in your fridge.

**Sweet Potatoes** - Loaded of sweetness, vitamins, & minerals. Sweet potatoes make the perfect Thanksgiving side dish!

**MORE BONUS Tomatoes** - Again, 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.

**Salad Turnips** - Store in your fridge for up to a week and enjoy in salads, or just by themselves.

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

## 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!

## 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 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.

## WINTER ROOT VEGETABLE AU GRATIN

½ c. yellow onions, thinly sliced  
2 cloves garlic, minced  
1 Tbsp. 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.