

# ONE



# POTATO



# TWO

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*Week 3! Happy December Everyone! Winter is just around the corner and we're finally done with harvest. Whew! It feels really great to have all of our vegetables harvested before the snow started flyin'. Lucky you, we were able to include some items like kale and brussels sprouts in the box this week - despite the snow and cold! It sure is nice to have fresh greens in December. Now that harvest is over, things tend to slow down a bit for us on the farm and I think it's great for everyone to have a little time to relax and refuel before the next jam-packed harvest season*

*begins. Don't get me wrong though, we're still staying busy washing, sorting and packing vegetables! All thanks to our swanky pack shed, complete with heated floors, we have a warm shelter during these colder months to keep chugging along. We get to the farm in the morning, crank up the tunes, and get our work done alongside some delightful veggies and coworkers. Life is pretty good here on the farm, and we couldn't do it without all of you and your support (and appetites!). Happy eating!*

*--Annie*

## THIS WEEK'S BOX

Acorn Squash  
Beauty Heart Radish  
Blue Potatoes  
Brussels Sprouts  
Carrots  
Garlic  
Green Kale Tops  
Leeks  
Red Shallots  
Sweet Potatoes  
Scarlet Turnips  
Yellow Onions

## DID YOU KNOW?

Did you know that blue potatoes are not only more colorful than their subdued potato counterparts, but also contain more nutrients?! You might be surprised to know that blue potatoes contain more protein and fiber than white potatoes. Even more exciting than that, is the large amount of antioxidants that these blue spuds pack! Loaded down with anthocyanin, the antioxidant that gives the blue potato its dazzling color, these babies are thought to protect against age-related memory loss, help lower blood pressure, reduce the risk of heart disease, and to boost your immune system! With cold and flu season looming over us, these potatoes may just be your secret weapon this winter! Blue potatoes also contain vitamin C and potassium. Maybe these were some of the reasons that blue potatoes were known as food of the Gods back when they were first domesticated, over 7,000 years ago in the Andes Mountains of Peru and Bolivia. Knowing how tasty, healthy and insanely beautiful these potatoes are, it comes as no surprise. With a slightly nuttier flavor, blue potatoes can be cooked just like any other potato, making them extremely versatile. Mashed, baked, made into fries, you name it! Substitute them in your favorite white, yellow or red potato recipe or check out our Twice Baked Blue Potato Recipe on the other side of this newsletter!

## What the heck do I do with my leek top ...

Many people skip the green leek top and go straight for the white bottom. But here at Driftless Organics, we say why not use both?? The whole leek is edible and it seems silly to waste something with so much wonderful flavor. While the green top is a little bit tougher than its downstairs neighbor, its flavor is just as delicious! I recommend that you first thoroughly wash your leek tops and then try using them to flavor stocks, chopping them up finely and adding them to stir fries, eggs, tarts, soups, or ground meat. Check out this simple way to prepare leek tops in just 15 minutes!

### SAUTEED SESAME LEEK TOPS

- 1 Leek Top, thinly sliced
- 2 tsp Driftless Organics Sunflower Oil (or other cooking oil)
- 1 tsp Toasted sesame oil
- 1 tbsp Tamari or soy sauce
- 1 tbsp water
- Salt & pepper

Heat oils in a skillet and add sliced leek green and sauté until tender and caramelized. Add the Tamari or soy sauce and water. Stir until it makes a glaze. Serve hot on top of rice or all by itself.

**Acorn Squash** - These green gems in your box are great for soups or roasting. It's also fun to slice them lengthwise, scoop out the seeds and stuff them with your favorite filling!

**Beauty Heart Radishes** - Look for the large white and green radishes in your box. If you haven't had these before, you're in for a treat. Slice one open and you'll see what I mean! These radishes are great eaten raw or roasted in the oven. Store in the fridge.

**Blue Potatoes** - Four pounds of blue potatoes are waiting for you in your box this week! These make beautiful mashed potatoes and fries. Store in a dark place at room temperature and they'll keep for weeks.

**Brussels Sprouts** - Store these in the fridge until ready to use. A simple and tasty way to prepare them is to toss with some oil and chopped garlic, sprinkle with salt and pepper and roast them in the oven. Yum!

**Carrots** - Store in the fridge, in their plastic bag and they'll last for weeks! Enjoy raw or cooked. Our Carrot, Sweet Potato & Kale Soup recipe below is always a crowd pleaser!

## TWICE BAKED BLUE POTATOES

3 pounds blue potatoes, scrubbed  
2 cloves garlic, chopped  
Driftless Organics Sunflower Oil (or olive oil)  
1/2 cup sour cream or yogurt  
1/4 cup whole milk  
1/4 teaspoon cayenne pepper  
3 tablespoons butter  
2 shallots, chopped (about 8 ounces)

Preheat oven to 400°F. Pierce potatoes in several places with a fork and wipe with oil to lightly coat the outside. Bake until tender for 45 – 60 minutes. Cool potatoes until you're able to handle them. Cut off a thin slice from both short ends of each potato and discard. Cut each potato crosswise in half; stand each half on its small flat end. Using teaspoon, scoop out cooked potato pulp from each half, leaving 1/3-inch-thick shell and forming potato cup. Place potato cups in 13x9x2-inch glass baking dish. Place potato pulp in medium bowl; add garlic, sour cream or yogurt, milk, and cayenne. Using potato masher or fork, mash until well blended and almost smooth. Season to taste with salt and pepper. Mound mashed potato mixture in potato cups. Melt butter in heavy medium skillet over medium heat. Add shallots and sauté until tender and deep brown, about 12 minutes. Top potato cups with shallots. Preheat oven to 350°F. Bake potato cups until heated through, about 20 minutes. Sprinkle with freshly ground pepper and serve.

**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. Squeeze the cloves out of their paper skins.

**Green Kale Tops** - Strip the big leaves from their thick inner stem and don't forget about the little leaves! They are the most tender and delicious. Kale is great braised, in cassaroles, salads or in pesto. Store your kale tops in the fridge, in a drawer or a plastic bag until ready to use.

**Leeks** - With a mild onion flavor these are a fun fall item: slice them into rings and use in soups, salads or sautees. Don't forget about using those tops! See the other side of this newsletter for more details. Store your leeks in the fridge until ready to use.

**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.

**Scarlet Turnips** - The large redish roots in your box. Use them soups, hashes and cassaroles. Or try them in our Scarlet Turnip Chips recipe below. Store in the fridge until ready to use.

**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).

**Yellow Onions** - Store in a dry place at room temperature and use within a couple of weeks.

## SCARLET TURNIP CHIPS

2 large scarlet turnips  
3 tablespoons Driftless Organics Sunflower Oil or olive oil  
Salt & pepper to taste

Pre-heat oven to 400 degrees and line two baking sheets with tin foil. Spray foil with non-stick cooking spray. Thinly slice the turnips and place in a large mixing bowl. Drizzle turnip slices with olive oil, salt and pepper. Toss well to coat evenly. Spread chips in an even layer on baking sheets. Be careful not to over-crowd. Bake 20-25 minutes, turning half way through baking. Let cool before serving.

## CARROT, SWEET POTATO & KALE SOUP

1 yellow onion, chopped  
2 garlic cloves, minced  
1 sweet potato, diced  
1 acorn squash, peeled and diced  
1 pound carrots, diced  
6 cups broth or water  
Driftless Organics Sunflower Oil (or olive oil)  
1 tablespoon curry powder  
1/2 cup coconut milk  
Leaves from one green kale top, chopped  
Salt & pepper

Saute onions and garlic in oil until browned. Add sweet potato, squash, and carrots and saute for a few minutes. Add broth, coconut milk, curry powder and salt and pepper (to taste). Cook until veggies are soft. Puree about 3/4 of the mixture with an immersion blender or in a regular blender; return to pot, if using a regular blender. Add kale and cook for a minute or two longer. This soup is great as a leftover too! Try making a double batch and keeping in your fridge for up to five days. Enjoy!