

This is the newsletter for the December Storage Boxes

ONE POTATO TWO

News from the fields of Driftless Organics • Volume 9 - Issue 24 • STORAGE BOX • December 16-19, 2015

Hi everyone! Well even though it doesn't feel anything like December, it is! We're already beginning to plan for next season. We're starting to page through seed catalog after seed catalog, deciding what to plant. We're also looking at harvest yields and deciding how much of each crop to plant and where on the farm to plant it. This is a pretty big task and one that is oh-so important for next season! Even though the 2015 season, in all

of it's glorious sun, rain and seeming perfection just ended, we're already looking forward to 2016 – thinking of ways it could be even better! Of course, only a part of this sought-after vegetable prosperity is up to us. A lot of it depends on good ol' Mother Nature. We hope that all of you will be along for the ride with us in 2016 to see the bounty of our December planning! For now though enjoy your storage box! Happy eating!

--Annie

DID YOU KNOW?

Did you know that there are several ways to prevent tearing up from chopping onions? I know Driftless Organics onions are sometimes so good you want to cry out of sheer deliciousness, but chopping onions often causes involuntary tears by something entirely different. Onions form a kind of sulfuric gas that irritates your eyes, causing you to turn on the water works! Lucky for you, there are a few different ways of preventing this gas from becoming a tearjerker. Try lighting a candle or a lamp near the chopping board to avoid the tears. When a candle is lit near the chopping board the gas that is emitted from the onions get drawn towards the flame of the burning candle or lamp preventing it from reaching your eyes. Another tactic is to cut off the ends of an onion and peel it, then soak it in a bowl of water for about 15 minutes. The water draws the sulfuric compounds out of the onion and into the water. However, this also results in a milder-tasting onion. In a hurry? Instead of waiting around for the onion to soak in water, you can cut them in the sink under running water. Alternatively, if you're not in the mood to cut into a wet, slippery onion, (seriously, be careful not to cut yourself!) turn on your stove vent and cut the onion directly under it! This will draw the gas up into the vent, shortening the amount of time your eyes are exposed to the gas. Our last trick is to put the onion in the freezer for about 15 minutes before you chop it. The theory with this one is that the cold inhibits the onions' release of its eye-irritating chemicals.

These tips work for shallots too. Good luck chopping!

THIS WEEK'S BOX

Beauty Heart Radish
Brussels Sprouts
Butternut Squash
Carnival Squash
Carrots
Garlic
Green Savoy Cabbage
Honeynut Squash
Leeks
Parsnips
Purple Top Turnip
Red Beets
Red & Yellow Onions
Red & Yellow Potatoes
Red Shallot
Rutabaga
Sweet Potatoes

Juicing without a juicer!

Ever wish you could make fresh, organic carrot, beet and other juices, WITHOUT having to buy a juicer? Here's how to do it with only a blender or food processor!

- 1.) Place the veggies you wish to juice in a blender or food processor and blend until smooth, adding a splash of water or apple juice if needed to get it moving.
- 2.) Then, place a fine mesh strainer over a large bowl and pour the blended vegetables in strainer.
- 3.) Use a rubber spatula to press the pulp down and squeeze all of the juice out. Let stand for 5 minutes so you get most of the juice.
- 4.) Discard pulp and pour your juice into a serving glass. Drink immediately or chill for a bit. Will keep in the fridge for a day or so, but will taste best when fresh.

Beauty Heart Radishes

These might just be the prettiest item in your box! Look for the large white and green radishes and slice open for a beautiful surprise! Enjoy raw or roasted with a little oil and salt and pepper. Store in your fridge.

Brussels Sprouts

A perfect amount of brussel sprouts to roast up and serve as a side dish. There is some cleaning involved with these guys - and that involves peeling back a layer if it is yellow or too spotted. Trust us, they are still delicious! 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 with some garlic, or add to soups and stews. Or just eat 'em up raw!

Carnival Winter Squash

These are the orange and green speckled squash. They're almost too pretty to eat! Luckily they're also too delicious not to. Carnival squash taste nutty and sweet. Store at room temperature, or a little colder if possible in the dark and they'll store for a few weeks.

Garlic

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

Green Savoy Cabbage

Store in your fridge for 1 - 2 weeks. When you're ready to use, peel the outermost layer of the cabbage and cut out the core. Great in stir fries, braised, in slaws or check out our Potato, Cabbage and Leek Cassarole recipe in this newsletter!

Honeynut Winter Squash

The honeynut winter squash looks like a smaller, darker butternut squash. We think you'll find these sweet little guys pretty tasty! Store at room temperature in the dark where they can be exposed to air flow. They'll keep for a few weeks to a month.

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.

Purple Top Turnip

The large white and purple turnip(s) in your box. Store in the fridge. Check out our Braised Turnips in Mustard Sauce recipe in this newsletter!

Red Beets

Try roasting with oil, salt and pepper and they'll be gone before before you

know it! 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!

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. Read about ways to prevent tearing up while cutting onions on the first page of this newsletter!

Rutabaga

Look for 1-2 yellowy beige roots with purple tops in your box. Its creamy color, earthy sweet flavor, & smooth texture is great mashed or in soups, stews, or roasts. You can also grate it raw in slaws.

Sweet Potatoes

Loaded of sweetness, vitamins, & minerals. Bake them whole or peel & cut for soups, mashes, casseroles, or oven fries or grate & add to pancakes, hashbrowns, or baked goods. Check out our Sweet Potato Frittata recipe in this newsletter! 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.

HOMEMADE TATER TOTS

- 2 1/4 teaspoons salt
- 2 1/2 pounds potatoes, peeled and cut into 1 1/2-inch pieces
- 1 1/2 tablespoons all-purpose flour
- 1/2 teaspoon pepper
- 1 quart peanut or vegetable oil

Whisk 1 cup water and salt together in bowl until salt dissolves. Pulse potatoes and salt water in food processor until coarsely ground, 10 to 12 pulses, stirring occasionally. Drain mixture in fine-mesh strainer, pressing potatoes with rubber spatula until dry (liquid should measure about 1 1/2 cups); discard liquid. Transfer potatoes to bowl and microwave, uncovered, until dry and sticky, 8 to 10 minutes, stirring halfway through cooking. Stir flour and pepper into potatoes. Spread potato mixture into thin layer over large sheet of aluminum foil and let cool for 10 minutes. Push potatoes to center of foil and place foil and potatoes in 8-inch square baking pan. Push foil into corners and up sides of pan, smoothing it flush to pan. Press potato mixture tightly and evenly into pan. Freeze, uncovered, until firm, about 30 minutes. Meanwhile, adjust oven rack to middle position and heat oven to 200 degrees. Set wire rack in rimmed baking sheet. Add oil to large Dutch oven until it measures about 3/4 inch deep and heat over high heat until 375 degrees. Using foil overhang, lift potatoes from pan and cut into 48 pieces (5 cuts in 1 direction and 7 in other). Fry half of potato tots until golden brown and crisp, 5 to 7 minutes, stirring only after they are browned and set. Transfer to prepared baking sheet and place in oven. Return oil to 375 degrees and repeat with remaining potato tots. Serve.

Variation: Stir 2 minced garlic cloves into drained potatoes before microwaving. Add 1 cup grated Parmesan cheese and 2 tablespoons minced fresh rosemary to potatoes with flour in step 2.

CREAMY CARROTY RICE

- 2 cups broth of your choice
- 1 cup carrot juice
- 1 carrot, chopped
- 2 tablespoons butter
- 1-2 shallots, finely chopped
- Coarse salt and ground pepper
- 1 cup white rice
- 1/3 cup finely grated Parmesan cheese, plus more for serving
- 3 tablespoons chopped fresh parsley

Combine broth, carrot juice, and 2 cups water in a 2-quart saucepan; bring to a simmer over medium-low heat. Meanwhile, melt 1 tablespoon butter in a 3-quart saucepan over medium-low heat. Cook carrot for about 5 minutes, until softened. Add the onion, stirring occasionally for another 5 minutes. Season with 1 teaspoon salt and 1/4 teaspoon pepper. Raise heat to medium; add rice and cook, stirring until grains are translucent around the edges, about 3 minutes. Stir in wine, if using; cook until absorbed, about 2 minutes. Add 1/2 cup hot broth mixture, stirring with a wooden spoon until most liquid is absorbed. Continue adding broth, 1/2 cup at a time, stirring until it is incorporated and rice is tender but still a little firm to the bite, 25 to 30 minutes. Stir in remaining tablespoon butter and Parmesan. Season with salt and pepper. Divide among dishes, and sprinkle with parsley and more Parmesan.

POTATO CABBAGE AND LEEK CASSAROLE

- 1-2 Tbsp Driftless Organics sunflower oil (or cooking oil of your choice)
- 1 head green savoy cabbage
- 1 lb. potatoes
- 1 large leek or 2 small leeks
- 1/2 tsp. salt
- 1/2 cup heavy cream, half and half or broth
- 1 tsp. prepared mustard
- Freshly ground pepper
- 1/2 cup cheese shredded

Preheat oven to 375°F. Pour the sunflower oil (or other oil) into a large oven-proof pan. Peel off outer few leaves of cabbage and discard. Cut cabbage in half lengthwise, remove and discard core, and chop remainder to whatever size pieces you like. Trim the end of the leek(s), cut in half, and fan under water to wash out any grit. Then chop. Feel free to chop the green tops as well! They are super tasty! Add the cabbage and leek to pan and cook, stirring occasionally, until cabbage leaves are wilted, for about 5 minutes. Meanwhile, peel and chop potatoes into small bite-size pieces. Add to pan, cook for about 7 minutes to soften slightly. Stir in the cream, half and half or broth, along with the mustard, and salt and pepper to taste. Add to pan and mix well. Sprinkle mixture with cheese, cover, and bake 15 minutes. Uncover and cook until bubbling and browned, about 10 more minutes.

BRAISED TURNIPS IN MUSTARD SAUCE

- 1 Tbsp olive oil
- 1 lb turnips, (around what's in your box), sliced into long pieces
- 1 garlic clove, minced
- Salt
- Pepper
- 1/2 cup vegetable stock
- 2 Tbsp whole grain mustard
- 1 tsp arrowroot powder (or cornstarch)

Heat olive oil over medium heat in a medium skillet. Add minced garlic to skillet and stir until fragrant. Add turnips, sprinkle with salt and pepper, and brown in the pan, stirring frequently. Pour in veggie stock, cover, reduce heat to low, and let simmer for 10-15 minutes, until turnips are tender. Remove turnips, leaving liquid in the pan, and set the turnips aside. Stir mustard and arrowroot powder together, and then add this to the remaining liquid in the pan. Let this cook over low heat until it thickens (2-3 min), and then pour over turnips. Add salt and pepper to taste, and/or extra mustard as a garnish if you like. Serves 2.

ROASTED PARSNIP, GARLIC AND WHITE BEAN SOUP

4-6 extra large cloves garlic, skin intact, left whole
1lb parsnips (about 4), cut into 1-inch pieces
1 onion, cut into rough pieces
2 tbsp extra-virgin olive oil, plus more for drizzling
1 tbsp dried whole or fresh rosemary
1 tbsp sea salt
Ground pepper, to taste
1, 15 oz can white beans, drained and rinsed OR 2 cups cooked white beans
6 cups vegetable stock
1 tbsp lemon juice (about ½ lemon)
Pumpkin seeds, to serve

Preheat oven to 400°F. On a large rimmed baking sheet, toss garlic, parsnips, onion, oil, rosemary, salt, and pepper. Roast for 45 to 55 minutes, until garlic and parsnips are tender and turning golden. Once cool enough to handle, squeeze garlic from skins into a blender, along with roasted vegetables, beans, water or broth, and lemon juice (this may need to be done in 2 batches); purée until smooth, adding more water or broth if too thick (depends on dryness of parsnips). Or, add ingredients to a large pot and purée with an immersion blender. Transfer blended soup to a large pot. Heat over medium, stirring frequently so bottom doesn't scorch. Serve hot with a sprinkle of pumpkin seeds and drizzle of olive oil.

SWEET POTATO FRITTATA

1 medium sweet potato
1 onion, chopped
1 clove garlic, minced
1 carrot, finely chopped
1 tablespoon Driftless Organics sunflower oil (or vegetable oil)
Optional: ¾ cup sliced, julienned country ham
1 tablespoon butter
6 eggs
Salt and pepper to taste

Cut sweet potato into ¼-inch cubes; blanch in boiling, salted water until tender, about 8 minutes. Drain and set aside to cool. Heat oil in omelet pan; sauté onion, garlic and carrots until tender, about 2 minutes. Stir in cooked sweet potatoes and ham, if using; sauté 1 minute. Add butter to the pan. Beat eggs well and season with salt and pepper. Pour eggs into omelet pan and stir with a fork. Cover pan and cook about 3 minutes to set egg. Uncover and place pan under hot broiler until top of frittata is firm, about 1 minute. Loosen with a rubber spatula and slide onto serving plate. Serve hot or at room temperature. Top with additional salt and pepper is desired

WINTER SQUASH BURRITOS

1 medium winter squash, peeled, cubed, & roasted
1 1/2 cups cooked brown rice
1-2 tsp olive oil
1 cup chopped onion
2 garlic cloves, minced
1 red pepper, chopped
1 tsp kosher salt, or to taste
2 tsp ground cumin, or to taste
1/4 tsp cayenne pepper, or to taste
One 15-oz can black beans (about 1.5-2 cups cooked), drained and rinsed
4 large tortilla wraps
Toppings of choice!

In a large skillet over medium-low heat, add oil, onion, and minced garlic. Sautee for about 5 minutes, stirring frequently. Now add in salt and seasonings and stir well. Add chopped red pepper, black beans, and cooked rice and sauté for another 10 mins. on low. Add 1.5 cups of the cooked squash to the skillet and stir well. You can mash the squash with a fork if some pieces are too large. Add bean filling to tortilla along with desired toppings. Wrap and serve. Leftover filling can be reheated the next day for lunch in a wrap or as a salad topper.

MAPLE ROASTED BEETS & RUTABAGA

1-2 rutabaga (what's in your box)
1 large or 2 smaller red beets, chopped
3 tablespoons Driftless Organics sunflower oil or olive oil
1-1/2 teaspoon kosher salt
2 teaspoons cinnamon
1 tablespoon maple syrup
Optional: you choice of nuts for topping

Preheat oven to 425 degrees. Line 2 baking sheets with foil (optional-- protects baking sheet when the sugars caramelize so it won't be hard to clean). In a mixing bowl, combine all of the ingredients (except for the nuts, if using) and toss a few times to evenly coat the beets and rutabaga. 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 veggies are soft, place under broiler for 1-2 minutes or until sugars have caramelized.



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