

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

ONE  **POTATO**  **TWO**

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Week 4! Well even though it doesn't feel anything like December, it is! For some of you Extend Your Season-ers, the last CSA week until springtime! We have loved having every one of you participate in our winter CSA this year and hope that you will join us again in 2016. We're already beginning to plan for next season. We're paging 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 its 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. Hopefully all of you will be along for the ride with us in 2016 to see the bounty of our December planning! 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 when they're cut, 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 it 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
Butterkin Squash
Carrots
Celeriac
Garlic
German Butterball
Potatoes
Kalettes
Gold Beets
Gold Turnips
Parsnips
Red Beets
Red Onions
Red Shallots
Spinach
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.

Butterkin Winter Squash - This is our first year growing this variety of squash and we are super excited about it! Butterkin squash tastes like a butternut squash, but is even more delicious! Store at room temperature in the dark with plenty of air flow. We'd love to hear your thoughts on this squash! Let us know: csainfo@driftlessorganics.com

Carrots - There are about 3 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- The large, knotty looking root in your box. Celeriac is a celery-tasting vegetable that is delicious when mashed into potatoes, roasted or used in soups. Store in the fridge.

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

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

Kalettes- You'll find something totally new to us a Driftless Organics in your box this week - Red Kalettes! These little guys taste a lot like brussels sprouts, but have the texture of kale. Trim the hard, stubby ends off and roast with some oil and salt and pepper. Yum! Store for up to a week in the fridge.

Parsnips

The pale, sweet, aromatic cousin of the more widely used carrot is terrific in roasts or boiled & mashed or braised. 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 and Gold 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 Onions

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!

Red Shallots

Look for the red, large garlic-shaped bulbs. Use like you would an onion. Store on your countertop at room temperature and use within a week or two.

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

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.

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

WINTER SQUASH BURRITOS

1 butterkin 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
A handful or two of spinach
Toppings of choice!

In a large skillet over medium-low heat, add oil, onion, and minced garlic. Sauté 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 fresh spinach and other desired toppings. Wrap and serve. Leftover filling can be reheated the next day for lunch in a wrap or as a salad topper.

MAPLE CINNAMON BEETS & RUTABAGA

1-2 rutabaga (what's in your box)
1 large or 2 smaller beets, chopped
3 tablespoons Driftless Organics sunflower oil or olive oil
1-1/2 teaspoon kosher salt
2 teaspoons cinnamon
1 tablespoon maple syrup

Preheat oven to 425 degrees. Line a baking sheet with foil (optional-- protects baking sheet). In a mixing bowl, combine all of the ingredients and toss a few times to evenly coat the beets and rutabaga. Spread out on your baking sheet. Cook 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.

ROASTED ROOTS WITH KALETTES

Bag of kalettes (what's in your box)
3 medium carrots cut into half inch circles
4 cups German Butterball potatoes, roughly chopped
3 medium parsnips, cut into half inch circles
1 cup sweet potatoes. roughly chopped
1 red onion, cut into big chunks
1/3 cup Driftless Organics sunflower oil or olive oil
1 tablespoon dried oregano
1 tablespoon dried rosemary
1 teaspoon dried thyme
Salt and Pepper to taste

Preheat oven to 400 degrees F. Grease an 11 by 17-inch baking sheet pan with oil. Place vegetables in baking sheet and add the dried herbs, salt and pepper. Toss well, evenly coating all the vegetables with the seasonings and oil. Add more oil if the vegetables seem dry. Spread the vegetables evenly on a large baking sheet. Place on middle rack in oven and bake for 35 to 40 minutes. Serve and enjoy!