

ONE POTATO TWO

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Week 5 - Happy New Year! We sure are thankful for a wonderful 2015 season full of hard work, bountiful harvests, delightful CSA members, and an exceptional farm crew and community. On top of that, we're feeling awesome about 2016! We're beginning to plan and dream of what's to come. And as if we didn't have enough to be thankful for... IT SNOWED! We're loving all of the snow that has finally fallen; what a beautiful and welcomed way to bring in 2016! While the snow is busy

insulating our fields and our crops, like the garlic & strawberries that are camping out in the fields over the winter, we're staying busy in the pack shed washing and packing veggies for your CSA boxes! Speaking of CSA boxes and the new year, pretty soon we'll be accepting new sign ups for the 2016 season! Time sure does feel like it's flying! Stay tuned for more information on next year's Driftless Organics CSA! In the meantime, we hope you enjoy your boxes of vegetables, stay warm and have some fun in the snow!

Happy eating,

--Annie

DID YOU KNOW?

Did you know that sweet potatoes aren't actually potatoes? While they're both delicious tubers, potatoes and sweet potatoes are botanically unrelated, belonging to completely different plant families! Potatoes are in the *Solanaceae* family along with tomatoes, peppers and eggplant. There are around 4,000 potato varieties! Sweet potatoes are in the *Convolvulaceae* family with flowering morning glory vines. There are roughly 7,000 sweet potato varieties! Holy potatoes! Just because sweet potatoes aren't related to potatoes doesn't mean they're not as nutritious! Sweet potatoes are an excellent source of vitamin A or beta-carotene. In fact, just one medium-sized, baked sweet potato contains 438% of the average daily-recommended value of vitamin A! They aren't lacking in other vitamins either. Eating the same medium-sized, baked sweet potato, you'll get 37% of the average daily-recommended value of vitamin C! Sweet potatoes are also chock-full of potassium, B-vitamins, manganese and fiber. With all of these nutritional benefits it seems like sweet potatoes couldn't get any healthier! But wait - they can! Here are a few secrets on how to get even more nutrients out of your average sweet potato: Try cooking or serving your sweet potatoes with a little bit of healthy fat and your body will be able to absorb more of the vitamin A in the sweet potato. Another easy way to increase the sweet potatoes' nutritional value is by simply steaming or boiling them. By steaming sweet potatoes, more of their antioxidants are preserved, and by boiling them you lower their glycemic index, which helps to regulate blood sugar levels. So eat up for your health this New Year!

THIS WEEK'S BOX

Black Spanish Radish
Blue Potatoes
Carrots
Purple Daikon Radish
Garlic
Green Cabbage
Leeks
Red Onions
Rutabaga
Sweet Potatoes
Winter Squash
Yellow Onions
Yellow Potatoes

What the heck do I do with a Black Spanish Radish?!

You can probably guess which root veggie the Black Spanish radish is in your box! It's a pretty cool looking radish with an impressively dull black skin. These radishes have been used for centuries both as food and as medicine. This pungent root vegetable is rich in vitamin C, potassium, iron and magnesium as well as vitamins A, E and B. You might be thinking, "yeah, yeah, it's healthy. What can I do with it?". Here are some suggestions for ways to enjoy these black beauties:

- 1) Try chopping Black Spanish radishes up and roasting with a little oil, salt and red pepper flakes! Sure to be a hit.
- 2) Make Black Spanish radish chips! Finely slice the radishes, coat with oil and salt to taste. Cook in a 400 degree oven for around 20 minutes, or until the chips are crisp.
- 3) Peel the skin and boil along with potatoes. Then mash 'em up and pile on the butter!
- 4) Enjoy them raw. Their crisp, spiciness is delicious all on it's own - or as a garnish.

Butternut Squash - One of our favorite winter squashes around, the Butternut squash is velvety and sweet. Store in a cool place, but not in the fridge. Butternut can be baked or steamed with it's skin on (cut in half) or cubed and put into soups or stir fries (you'll have to peel it first).

Black Spanish Radishes - These roots are the black, round, beautifully strange radishes in your box this week. They are spicy and delicious! Store in your fridge for a couple of weeks.

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. Enjoy baked, roasted, boiled or straight up raw!

Daikon Radish - Look for the pretty purple root in your box this week. Daikon radishes are great in stir fries or hashes. They also are a popular choice to ferment. Store in your fridge.

Garlic - Store on your counter top at room temperature and use within a few weeks. We love roasted garlic! Simple cut a 1/4" off the top of your garlic head, smother in oil and roast at 400 for 15-20 min, or until soft.

Green Cabbage - As we enter the depths of winter, we have to rely on things like cabbage to give us our "green fix". Crisp and tasty - store in your fridge in a plastic bag to help retain freshness. Check out our Stuffed Cabbage Rolls recipe below!

Leeks - Leeks are great for making hashes, soups, stew and stocks. They're also great as a topping for baked potatoes, tacos, salads or pizzas! Keep in the fridge for a week or more.

Red Onions - Store these at room temperature where they have some space to breath. Use within a couple of weeks. These are super good in the Potato Salad with Rutabaga and Carrot recipe below!

Rutabaga - Look for the beige roots with purple tops. These are your rutabaga (and there should be 2 of them). They are a great addition to any potato dish, including the Potato Salad with Rutabaga and Carrot recipe below!

Sweet Potatoes - Bake them whole or peel & cut for soups, mashies, casseroles, or oven fries or grate & add to pancakes, hashbrowns, or baked goods. To learn more about sweet potatoes, check out the description on the other side of this newsletter.

Yellow Onions - Store these at room temperature where they have some space to breath.

Yellow & Blue Potatoes - In addition to blue potatoes, you'll find some yellow potatoes in your box this week too! Store in a dark place at room temperature.

SWEET POTATO OR WINTER SQUASH PANKCAKES

- ½ cup cooked sweet potato or winter squash
- ¾ cup milk if using sweet potato, ½ cup milk if using squash
- 1 egg
- 2 tablespoons applesauce
- ½ tablespoon melted butter, or oil of choice
- 1 teaspoon vanilla extract
- 1 cup flour
- 1 tablespoon brown sugar
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ cup dark chocolate chips (optional)

Combine all the wet ingredients in a medium bowl and whisk together. Combine all the dry ingredients except the chocolate chips in a large bowl. Add the wet to the dry ingredients and mix until fully incorporated. Fold in the chocolate chips, if using. Grease a griddle pan over medium heat and scoop the batter onto the pan to form pancakes about 5 inches in diameter. Cook for about 2 minutes and then flip and cook about 1 minute on the other side.

POTATO SALAD WITH RUTABAGA & CARROT

- 1 rutabaga, cut into chunks
- 1 large carrot, cut into chunks
- 1 pound yellow potatoes, cut into chunks
- ½ cup red onion, diced
- 2 tablespoons white-wine vinegar
- 1 tablespoon Dijon mustard
- Coarse salt and ground pepper
- 2 tablespoons Driftless Organics sunflower oil or olive oil
- 2 ribs celery, chopped

Set a steamer basket in a large saucepan. Fill with enough water to come just below basket. Bring to a boil; place rutabaga and carrots in basket, and reduce heat to medium. Cover and steam 5 minutes. Add potatoes, cover, and steam until vegetables are just tender, about 15 minutes. Meanwhile, in a large bowl, whisk together vinegar and Dijon; season with salt and pepper. When potatoes are cooked, transfer to bowl with vinegar mixture. Toss to combine; let cool, tossing occasionally. When potato mixture is cool, mix in oil, celery, onion, and season with salt and pepper.

STUFFED CABBAGE ROLLS

- 1 large head or 2 small heads of green cabbage
- 1 lb ground meat or tempeh, crumbled
- 2 cups mashed potatoes
- 1 egg
- 3 cloves minced garlic
- 1 finely minced onion
- 2 tsp paprika
- 1 Tbsp parsley
- 3 ½ cups tomato sauce (1/2 cup used for filling)
- salt and pepper to taste

Remove outer edges from cabbage head(s) and rinse. Prepare a large pot of boiling water to submerge cabbage head(s). Prepare meat or tempeh filling by browning in a pan with the minced garlic. Add the potatoes, egg, onion, parsley, paprika, ½ cup tomato sauce and stir to combine. Season with salt and pepper to taste. Immerse head(s) of cabbage into boiling water for 3 - 4 minutes until leaves are partially soft. Remove head from water and let cool. Once cooled, remove a leaf from cabbage head. Fill the bottom part of the leaf with about 1 cup of filling. Tucking in the left side, roll up the meat filling into the cabbage leaf. Tuck in the right side of the leaf into the roll. Repeat with the remainder of the larger leaves/filling. Chop remaining cabbage head into small pieces and place into the bottom of a large pot along with 1 cup of the tomato sauce. Place a layer of rolls over the cabbage and tomato mix. Layer another cup of tomato sauce in the pot, followed by another layer of rolls. Top with the remaining cup of tomato sauce. Cover pot and bring sauce to a boil, then reduce to a low simmer and cook for 1 - 1½ hours until leaves are soft.