

ONE



POTATO



TWO

News from the fields of Driftless Organics • Volume 9 - Issue 26 • January 13-16, 2016

Week #6 - The winter seems to be flying by almost as fast as summer did! Can you believe that this is your second to last CSA box?! Your last winter CSA box will be delivered the last week of January. Feeling bummed? Never fear! We're already taking sign ups for the 2016 CSA season! And, if you sign up before March 1st, you'll get a \$25 discount. We're already excited for the

upcoming season – I hope you are too! In the meantime, we hope you enjoy your box this week! In case you're getting tired of your same ol' veggie routine, remember to check out our website for a bunch of amazing recipes to mix up what's on your plate!

www.driftlessorganics.com/recipes And of course, as always, there are some new recipes on the back of this newsletter! Happy eating! !

--Annie

THIS WEEK'S BOX

Beauty Heart Radishes
Butterkin Squash
Carrots
German Butterball
Potatoes
Leeks
Parsnips
Spinach
Sweet Potatoes
Red Beets
Red Onions
Yellow Onions

DID YOU KNOW?

Did you know that you can ferment many of the root vegetables in your CSA box?? Yep, fermenting isn't just for turning cucumbers into pickles or cabbage into sauerkraut. You can use fermentation to transform radishes, carrots, parsnips, beets and turnips into tangy, crunchy snacks and side dishes too! Fermentation is a preservation method that's been in use for thousands of years has numerous health advantages. Fermented veggies are jam-packed with probiotics and beneficial enzymes and other nutrients that help with your digestion and support your immune system - something that's pretty important around cold and flu season. And when I said jam-packed with probiotics, I meant it! Just a few tablespoons of fermented veggies contain millions of probiotics. Interested in trying out some fermentation in your own kitchen? Here's a basic method to get you started: First, make sure everything is as clean as possible before starting - including your hands! Chop, grate or slice your veggies of choice into small pieces. Mix well with sea salt (or other non-iodized salt) in a large bowl, the general rule is 3 tablespoons per 5 pounds veggies. Now is a good time to add other spices if you like as well, such as caraway, celery seed, dill, or mustard seed. Pack the salted veggies firmly into a ceramic or glass jar (avoid using metal), such as a half gallon mason jar, leaving a few inches of headspace at the top of the jar, and let rest for about an hour. After the hour is up, add enough water to just cover the vegetables (you'll want to be sure that the veggies are always fully submerged from here on out) and screw on lid, but not all the way, so air can escape. Let the veggies sit at room temperature in a clean, dry spot. Taste your veggies every day until they are tangy enough for your liking - this means they're ready! Place the jar into the fridge and enjoy for the next couple of weeks! Check out our Southwestern Fermented Carrot Sticks recipe on the other side of this

2016 CSA SHARE SIGN UP HAS BEGUN!

We invite you to join us for our TENTH CSA season. It is going to be another amazing year - we can just feel it. We are going to build on the successes of this past year, and improve on the things we could have done better. Those boxes are going to be spectacular! Sign up today and receive:

\$25 off your regular season share!

www.driftlessorganics.csasignup.com

We are also excited to announce our **SPRING SHARE**: 3 boxes of awesome spring produce like asparagus, rhubarb, spinach and more, delivered in May to the pick up site of your choice.

SIGN UP TODAY!!

www.driftlessorganics.csasignup.com

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. Or, better yet - try the recipe below: it's a winner! Store in your fridge, preferably in a plastic bag.

Butterkin Squash - A new variety for us - and one that we have fallen in love with. Sweeter than a butternut, but otherwise very similar. They store well in your pantry or cupboard and are great simply cut in half and baked for 40-50 minutes. We also like to peel them, cut into chunks and put into soups. You can also make pie out of them!

Carrots - the carrots are so delicious this year! Try the recipe below or one of the many on our website at: www.driftlessorganics.com/recipes/carrots

German Butterball Potatoes - These are hands-down the best potatoes we grow. We love them for their rich buttery-ness and we think you will agree that they are the BEST potatoes for roasting and mashing. Store in a dark, dry place at room temperature.

Leeks - It's the end of the leeks for the year and even though these guys are a little "funkier" than normal, they are still good eating in soups, stir fries and in egg or tofu scrambles. Make sure you cut and rinse them before using, as dirt likes to hide in between the layers of the leek.

Parsnips - Try these 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.

Spinach - What a treat! We were able to harvest this sweet spinach last Friday when the temperatures were a bit more bearable. Use up quick as it certainly won't last long. Our favorite way to eat it: in a salad of course!

Sweet Potatoes - Loaded of sweetness, vitamins, & minerals. Check out our Sweet Potato Pizza Crust recipe in this newsletter! Try a batch of sweet potato fries or sweet potato chips for a healthy snack. Store at room temperature for several weeks.

Red Beets - You can pickle these too! Or try them as a topping on the pizza crust recipe below. Store in your refrigerator in a plastic bag.

Red & Yellow Onions - Beautiful onions for any type of cooking... or fermenting, of course! Store at room temperature in a dry spot.

SOUTHWESTERN FERMENTED CARROT STICKS

1-1½ pounds carrots
1 quart water
1 tablespoon sea salt
3 garlic cloves, peeled
½ teaspoon chipotle powder
½ teaspoon cumin seeds

1. Make a brine by dissolving salt in 1 quart water. Set aside.
 2. Cut carrots into sticks that will fit into a quart jar.
 3. Place garlic cloves, cumin seeds, and chipotle in the bottom of the jar. Fill the jar with carrot sticks, fitting them in tightly and leaving 1½-2 inches headspace.
 4. Pour the brine over the carrot sticks, leaving 1 inch of headspace. Use a fermentation weight to keep the vegetables under the liquid. Cover the jar with a tight lid, airlock lid, or coffee filter secured with a rubber band.
 5. Culture at room temperature (60-70°F is preferred) until desired flavor and texture are achieved. If using a tight lid, burp daily to release excess pressure.
 6. Once the carrots are finished, put a tight lid on the jar and move to cold storage. The flavor will slowly continue to develop as it ages.
- Makes 1 quart.

BEAUTY HEART RADISH FERMENTED PICKLES

1-2 cups filtered water
1 teaspoon kosher or fine sea salt
2 beauty heart radishes, washed
1 small onion, peeled and cut into thin slices
1 clove garlic, peeled and smashed
1/2 teaspoon red chile pepper flakes (optional)

Check out the 'Did You Know' section of the newsletter for instructions and more about fermenting!

SWEET POTATO PIZZA CRUST

1 cup mashed sweet potatoes (around 2 medium sweet potatoes)
1 cup flour
1 teaspoon baking soda
1 tablespoon Italian seasoning
1 teaspoon salt

1. Preheat your oven to 400°F degrees, and set a large pot of water to boil.
2. Peel and cut your sweet potatoes into quarters. Add potatoes to boiling water, turn down to simmer, and boil them for about 20 minutes or until a knife easily pierces the flesh.
3. Drain potatoes from the water, and mash well in a large bowl.
4. Add one cup of your sweet potato mash, flour, baking soda, Italian seasoning, and salt to a large bowl. Knead well together with your hands until the mixture resembles a ball of orange pizza dough.
5. Line a baking sheet or pizza pan with parchment paper, and press out the dough to a large circle. The dough should be about a 1/2 inch thick.
6. Bake in the oven for 15 to 20 minutes or until the edges of the dough are slightly browned.
7. Remove your pizza from the oven, add whatever toppings you like (we recommend: pesto, roasted beets, onions, spinach and goat cheese) and broil for three to five minutes until cheese is melted or golden.
8. Slice up, and enjoy immediately!