



# ONE POTATO TWO

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**WEEK #18: Happy October, Everyone!** One of the most magnificent months here at Driftless Organics for so many reasons. Picture yourself on the farm: the leaves are changing wonderfully vivid colors ranging from blazing yellows to radiant reds, the air is crisp and fresh, the sun is low, and the veggies are pouring in by the wagon load! See what I mean? It's a great time to be on the farm. Wagons full of carrots, beets, parsnips, potatoes,

*cabbage and more are quite a sight. With a lot of root crop harvests going on right now, it's kind of like uncovering buried treasure! What a treat it is to see how beautiful and plentiful the crops hiding underground this season have been. With all of excitement around harvests and the changing of seasons, the farm is a really fun place to be in October. Good thing too, because it's a busy month. From field to packshed work, everyone is bringing their A-game. We are working super hard to get everything done, but having a blast along the way. Wish you were here!*

*Happy Eating,  
--Annie*

- THIS WEEKS BOX**
- BROCCOLI
  - CARROTS
  - EGGPLANT
  - GARLIC
  - KALE MIX
  - LEMONGRASS
  - PARSNIPS
  - POBLANO PEPPERS
  - RED JALAPENOS
  - RED KURI WINTER SQUASH
  - RED ONIONS
  - RED POTATOES
  - RED RADISHES
  - SALAD MIX
  - SUNGOLD TOMATOES
  - SWEET POTATOES
  - TOMATOES
  - YELLOW OR RED ROASTER PEPPER

## DID YOU KNOW ?

Did you know that we pack CSA boxes into the fall and winter months too?!? Get excited. It's true! We call them extended season shares and they are a great way to keep all of the yummy, organic and local goodies coming all the way into winter. With the regular season winding down, the extend your season shares are the perfect solution to end your soon-to-be Driftless Organics veggie cravings. They start the first week of November and depending on which share option you choose, are delivered through the end of December or the beginning of February. Boxes are packed with all sorts of winter favorites like, cabbage, carrots, collard greens, chard & kale, potatoes, winter squash, sweet potatoes, onions, shallots & leeks, garlic, and root crops like parsnips, beets, etc. Sometimes things like spinach and brussels sprouts make an appearance too! Check out our website for all of the details and sign up today:

<http://www.driftlessorganics.csasignup.com>

While you're there, check out the two storage box options we offer and some delicious beef packs as well. Timed out perfectly for Thanksgiving and the holidays. Buy both storage boxes and get a \$10 discount. Don't miss out - head over the website to sign up. Questions? We're always happy to help! Shoot us an e-mail or give us a call!

## WHAT THE HECK DO I DO WITH SWEET POTATOES?

Bring on the sweet potatoes! Get in the kitchen and try some of our favorite, fun ways to prepare sweet potatoes:

- 1.) Sweet Potato Fries: A classic! And for good reason - by slicing your sweet potatoes into wedges, tossing with a little oil and salt and roasting in a 425 degree oven for around 25 minutes (until soft and crispy on the outside) you can turn them into the most amazing fries. Dip them in your favorite sauce, sour cream with herbs, or spicy mustard.
- 2.) Nachos: Yes. You heard me. Nachos. Make a batch of sweet potato fries, only after around 20 minutes of cooking, top with cheese, black beans, diced peppers, and onions. Bake for another 5 minutes and serve up with salsa!
- 3.) Hashbrowns: Make these like you would regular hash browns. Try mixing in some chipotle powder and serving with an egg on top. Or top with applesauce.
- 4.) Sea Salt & Vinegar Chips: The secret to making the best sweet potato chips is malt vinegar ;) Thinly slice 2 to 3 medium sweet potatoes, place in a ziplock bag with 1/3 cup malt vinegar and 1 tablespoon sea salt. Shake to coat and let sit for 10 minutes. Then lay out flat on an oiled baking sheet and bake at 375 for 15 minutes. Flip and continue baking for another 15 minutes or until crispy. Let cool & devour.

# ROASTED SWEET POTATOES IN CASHEW TOMATO SAUCE

Your sweet potatoes  
 A glug of sunflower or olive oil  
 1 clove garlic, chopped  
 5 sprigs parsley, roughly chopped (or more if you like!)  
 1 medium tomato, roughly chopped  
 ½ cup cashews  
 1 cup water  
 ½ tsp red pepper flakes  
 Salt and pepper to taste

Soak the cashews in the water overnight or for at least 2 hours before you begin preparing this dish. Cut sweet potatoes into ½ inch wedges or cubes and toss with a little oil and salt. Roast at 425 until soft and golden, around 15 minutes. While the sweet potatoes are roasting, make the sauce by combining the remaining ingredients and blending together in the blender or with an immersion blender. Place the roasted sweet potatoes in a bowl and pour the sauce over them. Toss to coat and serve while still warm!

## EAST INDIAN HARVEST SOUP

1 red onion, chopped  
 2 cloves garlic, minced  
 1 tablespoon minced ginger  
 1 large or 2 small red kuri squash, peeled and chopped  
 2 parsnips, chopped  
 3 carrots, chopped  
 3 stalks lemongrass, tops cut off (white and light green parts remaining)  
 1/2 jalapeno, diced  
 3/4 cup coconut milk  
 2 cups water  
 1 teaspoon salt  
 1 tablespoon sunflower oil

Heat the oil in a large pot over medium-high heat and add onions, garlic, and ginger. Sauté 3 minutes until onions are softened. Add all of the remaining ingredients and bring to a boil. Cover, and reduce heat to medium. Let it simmer for at least 20 minutes, until the veggies are tender. Transfer the soup to a blender and blend, or use an immersion blender in the pot on low speed. Once the soup is smooth and creamy, serve immediately.

## POBLANO MASHED POTATOES

½ cup butter  
 1 head of garlic, peeled and minced  
 1 poblano pepper, diced  
 5 medium potatoes, cut into quarters  
 ½ cup cream  
 Salt and pepper to taste

Preheat the oven to 350. Place ¼ cup of the butter, the garlic and the poblano in a small dish, cover with lid or aluminum foil and bake for 20-25 minutes until very soft. In the meantime, place the potatoes in a large pot and cover with cold water so they are just covered. Add a little salt and heat to a boil. Reduce the heat and softly boil the potatoes until they are very tender. Drain and allow to cool a little. Add the garlic and poblano mixture to the potatoes along with the remaining butter and cream. Mash well. Add salt and pepper to taste.

	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
<b>BROCCOLI</b>	Dark green florets with a thick, pale green stalk.	In a plastic bag in the fridge for up to a week.	Roasted with some oil and garlic. Or use in a stir fry.
<b>CARROTS</b>	A 2# bag of the last of this summer's carrots. Fall carrots to follow in the next few boxes!	Store in their plastic bag and use up in the next 2 weeks.	Try roasting with honey, or perhaps the soup recipe to the left.
<b>EGGPLANT</b>	A purple globe of goodness.	On your counter if using within 2 days. Otherwise, keep in the fridge.	Grill it: Slice into long pieces (so they won't fall thru the grill grate), coat in oil & salt and grill until very tender.
<b>GARLIC</b>	Two heads of cured garlic.	Keep on your counter top at room temperature.	In pretty much everything!
<b>KALE MIX</b>	A bag of mixed kale greens.	Store in it's plastic bag in the fridge.	These leaves are pretty big, so they will be best COOKED, rather than raw.
<b>LEMONGRASS</b>	A bundle of thick, lemony-smelling stalks.	Store in your fridge for up to a week.	Check out the soup recipe to the left.
<b>PARSNIPS</b>	The white carrot looking roots.	Keep in a plastic bag in the fridge for up to two weeks.	Parsnips are wonderful when cooked and mashed along with potatoes.
<b>POBLANO PEPPERS</b>	The dark green peppers in your box.	Keep in your fridge for up to a week.	Ever try stuffing these with cheese and cooking them? Do it!
<b>RED JALAPENOS</b>	Small, red and spicy peppers with some cracks.	Keep in your fridge for up to a week.	In anything you want to add a serious kick to. You may want to wear gloves when preparing.
<b>RED KURI SQUASH</b>	A beautiful deep orange squash or two (depending on size)	Store at room temperature in a dry place and within the next few days.	Winter squash is wonderful roasted with your favorite seasonings.
<b>RED ONIONS</b>	Reddish-purple onions.	Store at room temperature in a dark, dry place.	Use raw or cooked, in stir fries, hashes, sautees and more!
<b>RED POTATOES</b>	Red potatoes await you this week!	Store at room temperature in a dark, dry place for up to two to three weeks.	Check out the poblano mashed potato recipe to the left!
<b>RED RADISHES</b>	A bundle of pretty red radishes.	Keep in a plastic bag in the fridge for up to a week.	In salads, sliced on sandwiches or snack on them all by themselves.
<b>SALAD MIX</b>	A bag of fresh salad mix.	We recommend placing a paper towel in your salad mix bag to absorb any extra moisture. Keep in the fridge.	Besides salads? Taco, sandwich and burger topping. Garnishes for meat dishes or soups. In wraps.
<b>SUNGOLD TOMATOES</b>	A pint of orange sungold tomatoes.	Keep at room temperature for a few days.	Salads, snacking, appetizers, the sky is the limit!
<b>SWEET POTATOES</b>	The orangey-brown potato-like tubers in your box.	Don't store in your fridge!	The other side of this newsletter has all sorts of ideas.
<b>TOMATOES</b>	A smaller brown paper bag of romas and slicers.	At room temperature. Check daily for ripeness.	The tomatoes are winding down - enjoy them while you can!
<b>YELLOW OR RED ROASTER PEPPER</b>	A yellow or a red roaster pepper.	Keep in your fridge for up to a week.	These peppers make a great pizza topping.