



ONE POTATO TWO

WEEK #19: What?! Week 19? The end? Yes, that's right; for all of you Every-Other-Weekers it is indeed the end of the regular CSA season. For Every Week members, you have one more box after this one.

Where did the time go? I guess we just got busy farming and before we knew it, we were in week 19. It is this time of the season where nostalgia starts to set in - where we look back at all the highs and

lows and try to make sense of it all. What a season it was. One of the rainiest on record; but still a grand year full of some mighty awesome veggies. Don't you think so? We hope that you really, truly, did enjoy those boxes, were able to learn some new ways to cook old favorites, and maybe even discovered some new favorite veggies that you didn't even know you liked. Keep an eye out for an online survey where you can let us know how we did!

Thank you all so much for your support this season. We could not have done any of this without all of you. Thank you and we hope to see you in the post season!!

Happy Eating,
--Mike

THIS WEEKS BOX

- BOK CHOI
- BUTTERNUT WINTER SQUASH
- CARROTS
- GARLIC
- CILANTRO
- GREEN SAVOY CABBAGE
- KALE MIX
- PARSNIPS
- RED BEETS
- SWEET PEPPERS
- SWEET POTATOES
- YELLOW ONIONS
- YELLOW POTATOES
- TOMATOES

DID YOU KNOW?

Did you know that what most people think of as yams are actually sweet potatoes? There's a very good chance you've NEVER EATEN A YAM. They are grown mostly in Africa and parts of Asia and are much more starchy and not as sweet as a true sweet potato. They're not even in the same plant family (yams are part of the lily family and sweet potatoes are part of the morning glory family).

We grow about half an acre of sweet potatoes. We purchase the wee seedlings (called "slips") in the spring and plant them around the end of May in the sandiest ground we farm (they really like sandy ground to grow in). We water them heavily all season long and then harvest them in the middle of September. We then put them in one of our storage coolers and crank up the heat to about 85 degrees. We also pour a bunch of water on the floor to get the humidity really high. This high heat/high humidity combo is what it takes to "cure" the sweet potatoes: which basically makes them sweeter and causes the skins to toughen up so that they don't get marred up as easily.

We're absolutely in love with sweet potatoes because they are so darn versatile: they're great in soups, or mashed, or roasted with other root veggies. They can be sweet (pies, muffins, pancakes); or savory (stir fries, roasted, grilled). Or, my favorite: make sweet potato oven fries out of them! We have some really awesome sweet potato recipes on our website at:

www.driftlessorganics.com/sweet-potatoes

OH NO! CSA BOXES ARE ALMOST DONE?

NEVER FEAR! For those of you who just can't imagine life without Driftless veggies, we understand; and we have created a couple different season-extension options. One is the Extend Your Season Share. This is basically a continuation of the boxes you are getting now, delivered every other week. The boxes will be slightly smaller and will have 6-10 items including the following:

- Carrots
- Collard Greens & Kale
- Garlic
- Onions, Shallots & Leeks
- Potatoes
- Root crops like Parsnips, Beets, etc
- Spinach
- Sweet Potatoes
- Winter Squash

We are also delivering the large storage boxes (delivered once a month) and don't forget there's still grass fed beef available for a December delivery.

To sign up, check out our website at:

www.driftlessorganics.csasignup.com

ROOT VEGGIE CHIPS WITH CILANTRO CREMA

For the Cilantro-Lime Crema:

- 1 garlic clove, minced
- 1/2 cup chopped fresh cilantro
- 1 Tablespoon mayonnaise
- 1 cup sour cream
- 1 teaspoon grated lime rind
- 1 1/2 teaspoons fresh lime juice
- 1/4 teaspoon salt
- minced jalapeno (optional)

Combine ingredients and set aside.

And now the Veggie Chips:

Equal amounts of your sweet potatoes, parsnips, beets, carrots and potatoes (about 4 cups total once they've all been thinly sliced (no need to peel).

If you have a mandolin - this is the time to use it. If you don't: try your hardest to slice your veggies thinly, evenly and consistently-sized.

- 3 tablespoons olive oil or grapeseed oil
- 1 teaspoon dried thyme
- 2 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon kosher salt + more to taste

Preheat the oven to 400°F.

Whisk together the oil, dried thyme, garlic powder, ground cumin and salt in a small bowl.

Peel all of the root vegetables and use a mandoline slicer to slice them 1/8-inch thick. (You can also slice them thinly using a sharp knife.) Toss the chips with the spice mixture and the oil in a mixing bowl, making sure to evenly coat (add more oil if needed). Spread the mixture on a cookie sheet (or two) lined with parchment paper, trying your best to **make sure the slices do not overlap**. Place the baking sheet(s) in the oven and bake the roots until golden-brown and crispy. Check on them every few minutes once they have been baking for 20 minutes; remove any chips that are brown and crisp and return the rest to the oven until they're all done baking. Serve fresh out of the oven with the Cilantro Crema Sauce.

QUINOA AND KALE STUFFED BUTTERNUT SQUASH

- 1 butternut squash
- 1-2 teaspoons Driftless Sunflower Oil
- 3/4 pound of thick cut bacon, cut into ~1-inch pieces (optional)
- Your bag of Kale Mix (coarsely chopped)
- 2 cups cooked red quinoa
- pinch of freshly grated nutmeg
- 1/2 pound extra sharp white cheddar cheese, shredded
- A couple small yellow onions, minced
- 1 teaspoon dried thyme

Preheat oven to 425 degrees. Cut squash lengthwise and remove seeds. Rub with sunflower oil and sprinkle with salt and pepper to taste. Roast for 40 minutes or until the flesh is tender. Meanwhile, in a large frying pan, cook bacon until crispy over medium-high heat. Remove and place on a paper towel lined plate to drain. Reserve 1 teaspoon of the bacon grease and saute kale and onions in bacon grease over medium heat until wilted. (You can use olive or sunflower oil if you'd rather not cook with bacon fat). When squash is cooked through, remove from oven and reduce oven temperature to 375. Let squash cool slightly so it is cool enough to handle and then scoop out flesh, leaving a half-inch border around the edges. Place flesh of squash in a large bowl and mash up with a fork. Add quinoa, bacon, kale, nutmeg, cheese, and thyme. Mix until well combined. Return this mixture to hollowed out squash and bake at 375 degrees for 30 minutes or until heated through and cheese is melted. Let sit for about 5-10 minutes and then cut into slices and serve.

	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
BOK CHOI	A beautiful bunch of green leaves and lightish green stems.	Store in a plastic bag in your fridge for up to 5-7 days.	A great addition to stir fries or salads.
BUTTERNUT SQUASH	Look for the creamy tan squash. There will be some darker brown markings on one side but those are normal.	Store at room temperature in a dry place and within the next few days.	The best squash to use for Thai curries and soups, but also great in pies!
CARROTS	A 3# bag of freshly dug fall carrots.	Store in their plastic bag and use up in the next 2 weeks.	These freshly dug carrots are so sweet - eat 'em raw!
CILANTRO	A bunch of frilly leaves, with a blue twist tie	Store in a plastic bag with a piece of paper towel and use up within a week.	Use in a batch of salsa or try the cilantro crema sauce recipe to the left.
GREEN SAVOY CABBAGE	A nearly-giant head of very light green cabbage with wrinkly leaves.	Cut into quarters and store in a plastic bag in your fridge.	Lots of cabbage!! Don't forget, cabbage lasts for a very long time and you don't have to use it all at once.
GARLIC	Two heads of cured garlic.	Keep on your counter top at room temperature.	In pretty much everything!
KALE MIX	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.
MINI YELLOW ONIONS	-A red mesh bag of mini yellow onions. What they lack in size, they make up for in flavor!	Store at room temperature in a dark, dry place.	Use raw or cooked, in stir fries, hashes, sautees and more!
SWEET PEPPERS	A mixture of red and (maybe) yellow long pointy sweet peppers. with some cracks.	Store in your fridge for a week or so.	Great in eggs, skillet potatoes, etc
RED BEETS	Look for about 1 pound of red beets rolling around the bottom of your box.	Store in a plastic bag in your fridge for days.	Ever tried beet chips? Check out the recipe to the left.
PARSNIPS	The white carrot looking roots. There will be about a pound of them in your box.	Keep in a plastic bag in the fridge for up to two weeks.	Try the chip recipe to the left, or try roasting them with honey (recipe on our website).
SWEET POTATOES	The orangey-brown potato-like tubers in your box.	Don't store in your fridge!	Check out last week's newsletter for some helpful tips on how to use your sweet potatoes.
TOMATOES	A smaller brown paper bag of romas and slicers.	As you have probably noticed by now, the tomatoes aren't storing very well. Check daily and use up before those spots take over.	Make one last batch of summer salsa with your cilantro, onions and garlic.
YELLOW POTATOES	A nice batch of freshly dug "Molli" yellow potatoes in a paper bag.	Store at room temperature in a dark, dry place for up to two to three weeks.	A great potato for hashbrowns or cubed and roasted with root vegetables like parsnips and carrots.