



# ONE POTATO TWO

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**WEEK #1:** Thank you for signing up for one of our season extension shares! We'd like to extend a big ol' Driftless Organics welcome to everyone who is joining our farm family for the first time! Of course, to everyone else who has been with us through thick and thin: welcome back! We couldn't do this without all of you and are so grateful to have another amazing group of CSA members. While a lot of farms shut down for the winter, we are fortunate

enough to continue on year round - thanks to your participation, commitment and support. We take a lot of pride in these late season boxes. The vegetables you'll find in your fall/winter boxes are a culmination of our hard work all season long. From way back in the spring, when we spent time carefully planting seeds, to this summer when we spent hours weeding and transplanting, curing garlic and onions and planting late season crops, to this fall when we've spent weeks harvesting everything we've poured our energy into all season long. I hope you enjoy the bounty of our labor, laughter, and love.

Happy Eating,  
--Annie

## THIS WEEK'S BOX

- BUTTERNUT SQUASH
- CARROTS
- GARLIC
- KALE MIX
- PARSNIPS
- POBLANO PEPPERS
- RED ONIONS
- RED POTATOES
- RED RADISHES
- SCARLET TURNIPS
- SPINACH
- SWEET POTATOES
- YELLOW ONIONS

## DID YOU KNOW?

Did you know that carrots are more nutritious when they're cooked?! Since cooking dissolves carrots tough cellular walls, it in turn releases many of the nutrients carrots have to offer, making for easier absorption by our bodies. And speaking of nutrients, carrots are jam-packed with them! While you probably know that carrots are an excellent source of vitamin A, they are also full of soluble fiber and potassium. Carrots have been shown to help aid in digestion, reduce risk of heart disease and even help to prevent certain cancers! But carrots aren't just a health food - they are also a versatile vegetable that can be eaten in so many different ways; whether it be raw, roasted, in soups or stews, in baked goods, shredded into salads or over tacos or thrown into a simple stir fry. So at this point, I hope that I've gotten you all pretty darn excited about the carrots in your box this week. I hope you are so excited that you will take advantage of some of the carrot recipes in this week's newsletter. Check them out!

### CARROT HUMMUS

- 1 cup carrots, chopped
- 1 can of garbanzo beans (14oz), drained
- 1/4 cup tahini
- 2 tablespoon lemon juice
- 2 cloves garlic, roughly chopped
- 1/2 teaspoon cumin, ground
- 1/4 teaspoon salt

Cook the carrots in boiling water, covered until tender, around 7 minutes. Drain and let cool. In a food processor combine cooked carrots, garbanzo beans, tahini, lemon juice, garlic, cumin, and salt. Cover and process until mixture is smooth. Transfer to a small serving bowl. Cover and chill for at least 1 hour or for up to 3 days. If too thick, stir in enough water, 1 tablespoon at a time, until dipping consistency.

### CARROT FRIES

- 5 large carrots, cut into 1/4-inch-thick strips
- 1 tablespoon cornstarch
- 2 teaspoons sugar
- 1/8 teaspoon paprika
- 1/8 teaspoon onion powder
- 1/8 teaspoon garlic powder
- 1/8 teaspoon black pepper
- Pinch salt
- Pinch dried oregano
- Pinch cayenne pepper

Preheat oven to 425 degrees F. Grease a baking sheet. Place carrots in a large bowl; add cornstarch and toss, until evenly coated. Sprinkle sugar, herbs and spices over carrots. Drizzle olive oil over seasoned carrots and toss to coat. Spread carrots onto the prepared baking sheet. Bake in the preheated oven for 15 minutes; flip and continue baking until lightly browned and crispy, 10 to 15 minutes more.

### CARROT PARSNIP MUFFINS

- 2 cups flour
- 1 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1/2 teaspoon freshly grated nutmeg
- 1/2 teaspoon salt
- 3 whole eggs
- 3/4 cup plain whole milk yogurt
- 1/4 cup vegetable oil
- 1 teaspoon almond or vanilla extract
- 1 cup sugar
- 1.5 cups grated carrots and parsnips

Preheat the oven to 375. Combine the flour, baking powder, baking soda, nutmeg, and salt in the bowl of a food processor, and process for 5 seconds. Whisk the eggs, yogurt, vegetable oil, almond or vanilla extract and sugar in a large mixing bowl until combined. Add the flour mixture, carrots and parsnips, and fold with a spatula until all of the flour is moistened. Divide the mixture into the muffin cups. Bake for 20 to 25 minutes and are golden brown, rotating halfway through baking. Loosen the muffins, immediately remove them from the tin to a cooling rack, and cool for 15 minutes. Serve warm. Store completely cooled muffins in an airtight container for up to 3 days.

## ROASTED POTATO SPINACH AND PARMESAN SALAD

2 pounds red potatoes, sliced into small wedges or cubes  
 3 Tablespoons olive oil or sunflower oil  
 1 teaspoon dried rosemary  
 1 teaspoon salt  
 ½ cup mayonnaise or plain yogurt  
 1 teaspoon grated lemon zest  
 2 Tablespoons lemon juice  
 2 Tablespoons water  
 2 cloves garlic  
 Your bag of spinach  
 ½ cup sliced red radishes  
 ½ cup sliced red onion  
 ½ cup Shaved Parmesan cheese  
 freshly ground pepper

Heat oven to 450 degrees F. On a large baking sheet, toss potatoes, oil, rosemary, and salt until potatoes are evenly coated. Roast 40 minutes, tossing once, until potatoes are golden and tender. Cool on baking sheet.

In a large salad bowl, whisk mayonnaise, lemon zest and juice, water, and garlic until blended. Add potatoes, spinach, radishes, onions, and Parmesan; toss until dressed. Season with freshly ground pepper to taste.

## SWEET POTATO LENTIL KALE VEGGIE BURGERS

¼ C panko breadcrumbs  
 ½ C flour  
 1 t baking soda  
 1 t salt  
 ¼ t ground black pepper  
 3 eggs  
 ¾ C chopped onion  
 2 garlic cloves, peeled and minced  
 1 ½ C shredded sweet potato  
 Your bag of kale, finely chopped  
 2 to 4 T vegetable oil

Whisk panko, flour, baking soda, salt, and pepper together in large bowl. Add eggs and whisk until well combined. Stir in onion and garlic, then use hands or a wooden spoon to toss with sweet potato and kale, mixing very thoroughly. Heat a large, nonstick skillet over medium and add 2 tablespoons vegetable oil. Pack some of the mixture in tightly to a 1/2 cup measuring cup and gently release it into the hot oil. Repeat. After a minute, press cakes down with a spatula so they start to bind. After 4 minutes, when cakes are golden brown on one side and starting to hold together, gently scoop and flip each cake with a spatula. Press down again and cook another 4 minutes, until golden to brown on the second side. Drain finished cakes on paper towels. Keep warm in a 175 degree oven until ready to serve. Enjoy with your favorite toppings!

	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
<b>BUTTERNUT WINTER SQUASH</b>	1 or 2 tan winter squashes.	Store at room temperature in a dry place and within the next few days.	Roast with garlic, oil, salt and chipotle powder in the oven. Butternut squash is also perfect for making soups.
<b>CARROTS</b>	A 3# bag of freshly dug fall carrots.	Store in their plastic bag and use up in the next 2 weeks.	These are freshly dug and ready for snacking! See the other side of this newsletter for some other ideas.
<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 leaves.	Keep in it's bag in the fridge for up to a week.	Use as a burger or taco topping, make into a salad, or throw into a cassarole.
<b>RED POTATOES</b>	A nice batch of freshly dug red potatoes in a paper bag.	Store at room temperature in a dark, dry place for up to two to three weeks.	Boil these along with scarlet turnips. Drain and prepare like you would mashed potatoes!
<b>RED ONION</b>	-Reddish-purple onion	In a dark, dry place at room temperature.	In all of your favorite savory dishes.
<b>RED RADISH</b>	A bundle of beautiful, bright red radishes.	Keep in your fridge in the crisper drawer for up to a week.	Top salads or sandwiches with these beauties. Or snack on raw.
<b>PARSNIPS</b>	The white, carrot shaped vegetables in your box this week.	Store in a plastic bag in your fridge for up to two weeks.	Try the muffin recipe on the other side of this newsletter or check out our website for all kinds of tasty recipes.
<b>POBLANO PEPPERS</b>	Dark green, slightly indented peppers.	Store in your fridge for a week or so.	These peppers are a little spicy.. some might say the perfect spicy!
<b>SPINACH</b>	A bag of fresh and crispy spinach.	Keep in a bag in the fridge for up to a week.	Makes wonderful salads, or goes great in egg dishes. You can also freeze spinach for later - just blanch, squeeze out excess water and place in a plastic bag.
<b>SCARLET TURNIPS</b>	Pink and white, hard globes.	Keep in a bag in the fridge for up to two weeks.	Roast these in the oven with a little oil and garlic until tender. Or grate and fry with your favorite herbs and spices.
<b>SWEET POTATOES</b>	The orangey-brown potato-like tubers in your box.	Don't store in your fridge!	Make a batch of sweet potato fries, turn into some seriously delicious hashbrowns or try the recipe to the left.
<b>YELLOW ONION</b>	A yellow onion, with a brown papery skin.	In a dark, dry place at room temperature.	In all of your favorite savory dishes.