



ONE POTATO TWO

EXTEND YOUR SEASON OR WINTER VEGGIE LOVERS NEWSLETTER

WEEK #2: With all of this amazingly balmy and beautiful weather it hardly feels like the middle of November! We've been working hard around here to get the last of our crops in, in the midst of washing and packing vegetables - and are having a blast along the way! Pretty soon we'll all be inside of the packshed for the winter, washing veggies, repairing storage bins, listening to music and talking amongst ourselves. Winter is a great break for us here on the farm, after having worked some long hours during the glory days of summer. We'll miss working outside, and all of the hustle and bustle that comes with it, but we're also thankful to be winding down for the year as we ease into the winter. We're doubly thankful for all of our stellar CSA members and for your encouragement. And with that, we'd like to wish you a HAPPY THANKSGIVING from our crew to yours!

THIS WEEKS BOX

- BOK CHOI
- BUTTERKIN WINTER SQUASH
- CARROTS
- GARLIC
- GREEN KALE
- LEEK
- LEMONGRASS
- RED BEETS
- SALAD TURNIPS
- SPINACH
- SWEET POTATOES
- YELLOW ONION
- YELLOW POTATOES

--Annie

DID YOU KNOW ?

Did you know that beets can be used for a whole lot more than just a tasty food source? It's true! Beets have historically been utilized for a myriad of purposes because of their pigments. Since the 16th century, beet juice has been used as a natural dye for textiles. The coolest part? You can still do this! Beet dye creates a lovely rose colored fabric. To try this for yourself: Chop a large, whole beet into tiny pieces and boil with 5 cups of water. Once boiling, reduce to a simmer for 20 minutes and add 2 tablespoons of vinegar. Then strain out the beet pieces and place the liquid back into the pot. Add damp fabric and simmer 10-20 minutes. Rinse, or leave in bath overnight and rinse with hot water until water runs clear. Dry. Heat set by ironing for 5 minutes. Beets aren't only used to dye fabric; in 19th century England the Victorians started using beets to temporarily dye their hair a pink to reddish color - a trend that is still around. You can find instructions on the internet if you're interested in trying this tradition on your own hair. Beets powerful pigments are also used in the food industry to color a number of other things as well, they help to make the red redder in tomato pastes, various sauces, jams, and even ice cream. In addition to dyeing textiles, hair and other food products, a lot of nutritionists use beets and beet juice to test levels of stomach acid. If you consume beets and your urine turns pink, you have low stomach acid (which is typically a good thing!). If your urine is still clear, it means that you have high levels of stomach acid. Luckily, beets are good for so much more than a dye! They are a super healthy root veggie that is absolutely delicious when roasted with garlic and oil, grated over a salad or sauteed with greens. Try making the Maple Roasted Veggie recipe or the Root Veggie Fritter recipe in this newsletter!

WHAT THE HECK DO I DO WITH LEEK TOPS ?

Many people skip the green leek top and go straight for the white bottom. But here at Driftless Organics, we say why not use both?? The whole leek is edible and it seems silly to waste something with so much wonderful flavor. While the green top is a little bit tougher than its downstairs neighbor, its flavor is just as delicious! I recommend that you first thoroughly wash your leek tops and then try using them to flavor stocks, chopping them up finely and adding them to stir fries, eggs, tarts, soups, or ground meat. Check out this simply way to prepare leek tops in just 15 minutes!

SAUTEED SESAME LEEK TOPS

- 1 Leek Top, thinly sliced
- 2 tsp Driftless Organics Sunflower Oil (or other cooking oil)
- 1 tsp Toasted sesame oil
- 1 tbsp Tamari or soy sauce
- 1 tbsp water Salt & pepper

Heat oils in a skillet and add sliced leek green and sauté until tender and carmalized. Add the Tamari or soy sauce and water. Stir until it makes a glaze. Serve hot on top of rice or all by itself.

THAI CURRY SQUASH SOUP

1 small butterkin squash, peeled and cubed
 1 14-oz. can coconut milk
 2 Tbsp sunflower oil or coconut oil
 4 cups chicken or veggie broth
 1 medium yellow onion, thinly sliced
 1 small knob of fresh ginger, grated (~ 3 Tbsp)
 3 stalks lemongrass, cut into thirds
 1 cup mushrooms, sliced
 1 Tbsp fish sauce (optional)
 1/2 one Thai chili or serrano pepper, thinly sliced, seeds mostly removed
 1 lime, cut into wedges for serving

Preheat oven to 400 degrees. Add butterkin squash to a baking sheet and toss with 2 Tbsp sunflower or coconut oil and a bit of sea salt. Roast for 12-15 minutes or until tender and cooked through. Set aside to cool slightly. In the meantime, add coconut milk, vegetable broth, ginger, lemongrass, and onion to a medium sauce pan and bring to a boil. Then lower heat to a simmer. Add fish sauce (optional) and sliced pepper and stir. Add butterkin squash to a food processor or blender with 1 cup of the broth and puree until smooth. Add the blended mixture back into the soup and stir until well combined. Add mushrooms and cook for 5-10 minutes more. Taste and adjust seasonings as needed. Before serving, discard lemongrass. Garnish with fresh lime juice (HIGHLY recommended). This is tasty over rice or on its own. Store leftovers in covered in the fridge for several days. You can also freeze this soup for longer term storage.

THANKSGIVING MAPLE ROASTED ROOT VEGGIES

2 large red beets, chopped
 3 large carrots, chopped
 Your bunch of salad turnips, quartered
 3 tablespoons sunflower or olive oil
 1-1/2 teaspoon kosher salt
 1 teaspoon cinnamon
 1/2 teaspoon nutmeg
 1 tablespoon pure maple syrup
 1/3 cup roasted nuts of your choice
 Optional: Your bag of spinach, wilted

Preheat the oven to 400. Chop the beets, carrots, and salad turnips into 1/2 inch cubes. Place them in a mixing bowl and add oil, salt, cinnamon, nutmeg and maple syrup. Toss well with your hands making sure the veggies are all evenly coated. Lay the vegetables out on a large baking sheet in a single layer. Roast vegetables for 40 to 50 minutes, stirring once half-way through roasting. Place oven on the broil setting in order to crisp up the veggies and continue cooking for an additional 3 - 5 minutes. Remove from the oven and sprinkle with additional salt if desired. Mix in the roasted nuts and serve over wilted spinach if desired.

	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
BOK CHOI	The head of fresh greens in your box, with round green leaves that have thick stems.	Keep in a plastic bag in your fridge for up to a week.	Wonderful for stir fries or salads.
BUTTERKIN WINTER SQUASH	A tan winter squash, resembling a butternut squash.	Store at room temperature in a dry place and use within the next few days.	Make into soup or roast with garlic, oil, salt and chipotle powder in the oven.
CARROTS	A 3# bag of freshly dug fall carrots.	Store in their plastic bag and use up in the next 2 weeks.	Great for dipping into your favorite holiday dips and spreads.
GARLIC	Two heads of cured garlic.	Keep on your counter top at room temperature.	In pretty much everything!
GREEN KALE	A bunch of green kale with curly leaf edges.	Keep in the fridge in a plastic bag for up to a week.	Great for making kale wraps.
LEEKs	Two leeks, with white bottoms and green tops.	Store in your fridge for up to a week.	See the other side of this newsletter for tips on how to use the tops.
LEMONGRASS	A stiff grass with a thick, white bottom.	Keep in your fridge in a plastic bag for up to a week.	Try the soup recipe to the left or make a batch of lemony tea.
RED BEETS	A healthy portion of red beets.	Keep in a plastic bag in your fridge for 2-3 weeks.	Roasted beets make a super yummy Thanksgiving side dish. Make 'em sweet or spicy, or both!
SALAD TURNIPS	A bunch of small, white salad turnips.	Keep in the fridge for up to a week.	Try using in the Thanksgiving Maple Roasted Veggie recipe to the left.
SPINACH	A bag of fresh spinach!	Keep in fridge for up to a week. We recommend putting a paper towel in the bag to soak up excess moisture.	Make a salad, or use to top burgers, tacos and sandwiches.
SWEET POTATOES	The orangey-brown potato-like tubers in your box.	Don't store in your fridge!	Try making a batch of sweet potato fries. Dip in BBQ sauce, herbed mayo, or hot sauce.
YELLOW ONION	A yellow onion, with a brown papery skin.	In a dark, dry place at room temperature.	In all of your favorite savory dishes.
YELLOW POTATOES	A bag of yellow potatoes in a paper bag.	Store at room temperature in a dark, dry place for up to two to three weeks.	Make a batch of potato pancakes or hashbrowns. Breakfast potatoes not your thing? Try a twice baked potato loaded with your favorite toppings for dinner.