



ONE POTATO TWO

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dreaming of snow covered fields. Cross your fingers that December will bring on some of that fluffy white stuff here on the farm. In the meantime, we'll wait and hope and keep on picking, washing and packing more delicious veggies for you guys! We really look forward to these fall and winter weeks when we get to fill up CSA boxes for everyone. We always have a blast packing boxes on the CSA line and picturing all of you enjoying your veggies. Which I hope all of you are! Happy Eating,

--Annie

WEEK #3: Hi Everyone! Temperatures continue to be unbelievably mild here in the Driftless. We still haven't gotten any snow - which is pretty important around here. Snow helps to insulate the ground, which is particularly vital for fields full of garlic or strawberries. It's not quite winter yet, but we are already

THIS WEEK'S BOX

- BUTTERNUT SQUASH
- CARROTS
- GARLIC
- GREEN CABBAGE
- GREEN KALE
- GOLD TURNIPS
- KALLETTES
- LACINATO KALE TOPS
- PURPLE DAIKON RADISHES
- RED ONIONS
- SALAD TURNIPS
- SWEET POTATOES
- YELLOW POTATOES

DID YOU KNOW?

Did you know that you can turn many of the root vegetables in your CSA box into pickles?! Yep, you heard me - pickling isn't just for cucumbers! You can transform radishes, carrots, parsnips, beets and turnips into tangy, crunchy pickles. Pickling has been used as a way to preserve food for thousands of years and has numerous health advantages. Pickled 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. Just a few tablespoons of fermented veggies contain millions of probiotics! Interested in making your own pickles from veggies in your CSA share? Here's a basic method to get you started: First, make sure everything is as clean as possible before starting - including your hands. Chop or slice your veggies of choice into sticks or whatever shape or size of pickles you like. 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! Store your pickles in the fridge and enjoy for the next couple of weeks.

WHAT THE HECK DO I DO WITH KALLETTES?

There is something very special in your share this week - kalettes! These mini kale look-alikes are actually a cross between kale and brussels sprouts, combining the best of both worlds. Kalettes were originally bred in England just 15 years ago, so they are a pretty new to the vegetable world (Kalettes were bred using traditional breeding methods and are not a GMO, of course.. We are an organic farm after all!). The nutty and sweet flavor of cooked kalettes goes great in stir fries, egg dishes and pasta. Or check out this recipe:

Roasted Kalettes & Turnips with Lemon

- Your bag of kalettes
- Your bunch of salad turnips, cut into quarters
- 1 clove of garlic, minced
- 2 Tablespoons olive oil
- 1 lemon

Heat oven to 450 degrees. Trim the ends of the kalettes and slice in half. Toss kalettes, turnips and garlic with olive oil. Season liberally with salt and pepper. Roast for about 10 minutes, until the center is tender and the edges of the kalettes begin to crisp & the turnips are tender. Serve with a squeeze of lemon and a grating of parmesan cheese.

BUTTERNUT SQUASH AND KALE QUESADILLAS

1/2 whole Butternut Squash, peeled, de-seeded and diced
 2 Tablespoons Butter, plus extra for greasing the pan
 1/2 teaspoon Salt
 1/2 teaspoon Chili Powder
 1 bunch Kale, chopped (remove thick stems if you like)
 1 small red onion, diced
 2 cloves garlic, minced
 1 cup finely sliced cabbage
 8 whole Small (fajita Sized) Flour Tortillas
 2-1/2 cups Monterey Jack Cheese, grated
 Your Favorite Toppings: Sour cream, salsa, avocado, cilantro..

Heat 1 tablespoon butter and olive oil in a large skillet over high heat. Add squash, onion and garlic. Sprinkle with salt, pepper, and chili powder. Cook for several minutes, turning gently with a spatula, until squash is golden brown and tender, but not mushy. Transfer to a plate and set aside. In the same skillet, melt another tablespoon of butter over medium-high heat and add in the kale. Cook it for 3 to 4 minutes, stirring frequently. Add the cooked squash back to the pan & gently toss together. In a separate skillet, melt additional butter and lightly brown both sides of the tortillas. Build the quesadillas by adding a layer of cheese topped with a layer of the squash/kale mixture, sprinkled with raw cabbage. Top it off with a second tortilla. Brown each quesadilla on both sides, adding more butter to the pan if necessary. When the cheese is melted, remove each quesadilla from the skillet and cut it into four wedges. Serve with your favorite sides/toppings.

INDIAN STYLE POTATOES CARROTS AND TURNIPS

5 tablespoons vegetable oil
 1 onion, chopped
 1 tablespoon ground cumin
 1 teaspoon ground turmeric
 1 tablespoon ground coriander
 1 teaspoon chili powder
 Salt & pepper to taste
 6 potatoes, diced
 4 medium carrots, diced
 1 large or 2 small gold turnips, diced

Heat the oil in a large skillet over medium-high heat. Add the onion, and season with cumin, turmeric, coriander, chili powder, salt & pepper. Cook and stir until onion is browned. Reduce the heat to medium, and stir in the potatoes, carrots and turnips. Stir to coat, then cover and cook until potatoes are tender, about 20 minutes. Stir occasionally, and add water if necessary to keep from sticking to the pan.

SWEET POTATO PIZZA CRUST

1 medium sweet potato, peeled & roughly chopped
 2/3 cup rolled oats
 1/2 clove of garlic, chopped
 1 egg
 1/2 teaspoon salt
 Your favorite toppings to top your crust!

	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
BUTTERNUT WINTER SQUASH	A tan winter squash.	Store at room temperature in a dry place and 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 crispy 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!
GOLD TURNIPS	Round golden and light green turnips.	Store in a plastic bag in the fridge for up to two weeks.	Check out the Indian Potatoes, Carrots and Turnips recipe to the left.
GREEN CABBAGE	A head of green cabbage.	Store in your fridge for up to two weeks.	Peel of the outer leaf if wilted and enjoy raw or cooked.
GREEN KALE	A bunch of green kale with curly leaf edges.	Keep in the fridge in a plastic bag for up to a week.	Cook with a little oil, salt and vinegar. Add to your favorite dishes! Or make a salad.
KALETTES	A bag of small, puffy looking brussels sprouts with green and purple kale shaped leaves.	Keep in a bag in the fridge for up to a week. Keep in their bag in the fridge for up to a week.	Check out the other side of this newsletter for ideas!
LACINATO KALE TOPS	Two dark green lacinated kale tops, with long wrinkled leaves.	Keep in the fridge in a plastic bag for up to a week.	Remove the leaves from the stalks and enjoy like you would any other kale.
PURPLE DAIKON RADISH	Oval, light purple radishes.	Store in a plastic bag in the fridge for up to two weeks.	Make a batch of pickles! Or use raw to top salads, sandwiches and tacos.
RED ONION	A pound of red onions.	In a dark, dry place at room temperature.	In all of your favorite savory dishes.
SALAD TURNIPS	A bunch of small, white salad turnips.	Keep in the fridge for up to a week.	Grate these and use to top burgers. Or roast with your favorite veggies!
SWEET POTATOES	The orangey-brown potato-like tubers in your box.	Do NOT store in your fridge!	Try making a batch of sweet potato fries. Dip in BBQ sauce, herbed mayo, or hot sauce.
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.

Preheat oven to 400 degrees. Pulse the sweet potato, garlic and oats in the food processor until very fine. Add the egg and salt; pulse again to mix. The mixture should be thick and doughy. Transfer to a parchment lined baking sheet. Press into quarter to half inch crust(s) and shape with your hands. Bake for 25-30 minutes, until the top is dry to the touch. Remove from oven, let cool, and invert back onto the pan with the dry side facing down. Carefully peel the parchment paper off. Brush the top layer with olive oil & bake for another 5-10 minutes to get a nice crispy top. Top with your favorite pizza toppings and pop back into the oven to melt the cheese! This recipe is easily doubled for more pizza!