



# ONE POTATO TWO

## DECEMBER STORAGE BOX NEWSLETTER

*Brrrrr.... It sure is starting to feel like winter out there! We're dreaming of milder weather already as the seed catalogs are starting to pour in. Paging through those catalogs is always a welcome winter activity as, believe it or not, we are starting to think ahead to next season! We're busy sifting through seed options, picking out some of our old favorites as well as some varieties of veggies that we've never tried before, planning out which crops will go*

*where and how much of each crop and variety to grow. It's really exciting to think about varieties, yields and packing boxes for all of you next year. There's never a dull moment here at Driftless Organics - and that's why we love it! We hope that all of you will be along for the ride with us in 2017 to see the bounty of our December planning, whether it be in the regular season, the fall/winter season or at least a storage box! Happy Eating,*

--Annie

### DECEMBER BOX

- BEAUTY HEART RADISHES
- BUTTERNUT WINTER SQUASH
- CARNIVAL WINTER SQUASH
- CARROTS
- GARLIC
- GREEN CABBAGE
- GREEN KALE TOPS
- LEEKs
- PARSNIPS
- RED BEETS
- RED & YELLOW ONIONS
- RED & YELLOW POTATOES
- SCARLET TURNIPS
- SHALLOTS
- SWEET POTATOES

### 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 sweets are part of the morning glory family). We grow about half an acre of sweet potatoes. We buy the wee seedlings (called "slips") in the spring and plant them around the end of May in the sandiest ground we farm (they reeeeeeally like sandy ground to grow in). We water them pretty heavily all season long and then harvest them in the middle of September. We then put them in a room 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 makes the skins a little more durable. 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. Or, my favorite: make sweet potato oven fries out of them!

### HOW THE HECK DO I DEAL WITH WINTER SQUASH?

Winter squash boasts wonderful flavors, is able to withstand relatively long storage periods and is an versatile fall and winter vegetable. But how the heck do you deal with these "hard-headed", seedy beasts anyway? If you're not roasting them in large chunks or halves, they can be a handful. Here is a method for peeling winter squash, that will save you some headaches:

1. Scrub the squash clean, and find a pot large enough to fit at least three quarters of your squash when filled with water.
2. With the squash sitting inside the pot fill it with cold water, remove the squash and bring the water to a simmer.
3. Once simmering, carefully put the squash in the pot of water and let sit for 2 to 3 minutes. If the squash isn't fully submerged in the water, carefully flip it in the pot and simmer for 2 to 3 minutes more.
4. Using two large spoons, lift the squash out of the water - careful!
5. Allow to cool slightly and voila-la! A peel-able squash, that's also easily and safely chopped.
6. If you have more than one squash to peel or cube, save the water and repeat the process with the remaining squash.

And what about all of those seeds?! Don't let them go to waste - roast them instead! Check out this recipe:

#### Roasted Winter Squash Seeds

Preheat the oven to 275 degrees F. Line a baking sheet with parchment paper. Clean the squash seeds by swirling in water and rinsing, so there aren't any bits of squash left of the seeds. For one cup of clean seeds, add 1 tablespoon Driftless Organics Sunflower oil (or olive oil) and a 1/2 teaspoon of salt. Toss. If you'd like to spice these seeds up you can add pretty much any herb or spice you like. I like to add a bit of chipotle powder and cumin. Spread the seeds out in an even layer on the prepared baking sheet. Bake for 15 minutes, or until seeds start to pop. Remove from oven and cool on the baking sheet before serving.

	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
<b>BEAUTY HEART RADISH</b>	Look for 1-2 (depending on size) white and green globes with stunning pink flesh.	Keep in the fridge in a plastic bag for 2 - 3 weeks.	Check out the Southwestern Chipotle Slaw recipe!
<b>BUTTERNUT WINTER SQUASH</b>	A tan, large winter squash.	Store at room temperature in a dry place and within the next 2 weeks.	Slice into 1/4" pieces and roast with garlic, oil, salt and chipotle powder in the oven. Butternut squash is also perfect for making soups.
<b>CARNIVAL WINTER SQUASH</b>	The colorful, rounder winter squash in your box.	Store at room temperature in a dry place.	Use this squash to make the Winter Veggie Lovers Soup recipe in the newsletter or cut in half, de-seed and make into stuffed squash.
<b>CARROTS</b>	A 5# bag of crispy carrots.	Store in their plastic bag and try not to store near apples or pears.	Great for dipping into your favorite holiday dips and spreads. Or check out the Indian Carrot & Yogurt Salad Recipe in this newsletter.
<b>GARLIC</b>	Two heads of cured garlic.	Keep on your counter top at room temperature.	In pretty much everything!
<b>GREEN CABBAGE</b>	A head of green cabbage.	Keep in the fridge for up to 2 weeks.	Make a batch of coleslaw. Or sauerkraut. Or braise with garlic and oil.
<b>GREEN KALE TOPS</b>	Two tops off of our green kale plants.	Store in a plastic bag in your fridge for up to a week.	Remove the tough stems and enjoy this kale and soups or stews, stir fries, or in fritattas.
<b>LEEKs</b>	Long, slender leeks with green tops.	Keep in a bag in your fridge for up to a week.	Leeks make a super tasty broth for soups. They are also amazing slow cooked with a little sesame oil and served over rice.
<b>PARSNIPS</b>	The white vegetables that are carrot shaped.	Keep in a plastic bag in your fridge for up to two weeks.	Check out our website for all sorts of tasty parsnip ideas - seriously. Do it!
<b>RED BEETS</b>	Juicy, red beets.	Keep in a plastic bag in your fridge for up to three weeks.	Simple chop up with some garlic, toss with oil and roast. You will not be disappointed.
<b>RED ONIONS</b>	Reddish-purple onion	In a dark, dry place at room temperature.	Check out the Winter Veggie Lovers Soup recipe! This tasty soup makes enough for dinner and lots of leftovers for later.
<b>RED POTATOES</b>	A nice batch of pretty red 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 mashed or roasted potatoes to feed the whole family.
<b>SCARLET TURNIPS</b>	The white and pink globes floating around in your box.	Keep in a plastic bag in your fridge for up to two weeks.	Turnips are tangy raw, but cook them until they are very soft and they take on a whole different, much milder flavor. Serve with butter.
<b>SHALLOT</b>	Slender, smaller looking onions.	In a dark, dry place at room temperature.	Shallots have a nutty, mellow onion flavor when cooked. 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 orangy-brown potato-like tubers in your box.	Do NOT store in your fridge!	Make a batch of sweet potato fries. Dip in BBQ sauce, herbed mayo, or hot sauce. fries, turn into some seriously delicious hashbrowns.
<b>YELLOW ONIONS</b>	An assortment of red and yellow onions.	In a dark, dry place at room temperature.	In all of your favorite savory dishes.
<b>YELLOW POTATOES</b>	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.

## SQUASH AND KALE GRATIN

1 Butternut squash, peeled, halved crosswise and seeded  
7 cloves Garlic  
½ tsp. Driftless sunflower oil or olive oil  
Green kale top, large stems removed  
1 tsp. Butter  
Salt  
Black Pepper  
½ tsp. Ground Nutmeg  
2-1/2 tsp. chopped Fresh Thyme, or 1-1/2 tsp. Dried Thyme Leaves  
1½ cups Cream  
3 tbsp. Bread Crumbs  
⅓ cup Grated Parmesan

Heat oven to 400°. Cut peeled squash lengthwise into ¼-inch-thick slices; set aside. Butter a 2-1/2-quart baking dish. In a large bowl, combine the olive oil, chopped garlic, thyme, salt and pepper. Add the kale (roughly chopped) and rub the olive oil mixture aggressively into the leaves. Distribute half the sliced squash in the dish and sprinkle with ⅓ of the nutmeg, salt and pepper. Arrange the kale mixture over squash and sprinkle with ⅓ of the salt, pepper and nutmeg. Arrange remaining squash over kale mixture and sprinkle with remaining nutmeg, salt, pepper, and thyme. Distribute remaining garlic over squash, tucking it between slices. Pour cream over assembled gratin and cover with foil. Bake until squash is soft when pierced with the tip of a knife, 40 minutes; halfway through baking time, remove foil, press down on squash with a spatula to compress and distribute the liquid, cover and continue baking. Meanwhile combine bread crumbs and parmesan. After the 40 minutes, reduce oven temp. to 375° and sprinkle the bread crumbs and parmesan over the squash, return to oven and continue to bake, uncovered until golden brown. Let cool 15 minutes before serving.

## GLAZED TURNIPS WITH PARSLEY

2 turnips, sliced thickly  
2 tablespoons butter  
1/2 teaspoon paprika  
2 teaspoons powdered sugar  
1-3 tablespoons water or stock  
1/4 cup chopped parsley or finely chopped celery leaves  
Salt and pepper to taste

Simmer turnips in salted water for 15-20 minutes until just tender. Drain well. Heat butter in a large skillet; add the turnip slices and brown them. Season with paprika, salt and pepper. Sprinkle powdered sugar over turnips. Add water or stock by tablespoons, to make a thin glaze. Mix in chopped parsley until turnips are evenly coated. Serve hot.

## INDIAN CARROT AND YOGURT SALAD

1 c. plain yogurt, beaten lightly with a fork  
2 medium carrots, coarsely grated  
½ tsp. sugar  
salt & cayenne pepper to taste  
1 Tbsp. sunflower or canola oil  
¼ tsp. whole cumin seeds  
¼ tsp. whole black or yellow mustard seeds  
3 Tbsp. raisins

Mix yogurt, carrots, sugar, salt, & cayenne. In a small frying pan, heat oil over medium high heat. Add cumin & mustard seeds. Stir a few times & as soon as they start to pop add raisins. Stir once & empty contents into yogurt-carrot mixture & mix.

## WINTER VEGGIE LOVERS SOUP

3 parsnips, peeled and cut into 1/2-inch pieces  
3 carrots, peeled and cut into 1/2-inch pieces  
2 turnips, quartered  
1 sweet potato, cut into ½ inch pieces  
2 potatoes, cut into ½ inch pieces  
1 carnival squash, peeled and cut into 1/2-inch pieces (see first page of newsletter for tips!)  
1/4 cup olive oil or sunflower oil  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1/2 teaspoon red pepper flakes  
3 tablespoons butter  
1 yellow onion, diced  
2 cloves garlic, minced  
1 quart vegetable broth  
1/2 cup half-and-half cream  
salt and ground black pepper to taste

Preheat an oven to 425 degrees F. Combine parsnips, carrots, turnips, sweet potato, potatoes and butternut squash in a large roasting pan. Drizzle with olive or sunflower oil, and season with 1 teaspoon of salt and 1/2 teaspoon of pepper. Toss vegetables to evenly distribute seasonings. Roast in the preheated oven until the vegetables are easily pierced with a fork, 30 to 45 minutes, stirring every 15 minutes. Meanwhile, melt the butter in a large pot or Dutch oven over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Pour in the vegetable broth and bring to a simmer, uncovered. Stir in the roasted vegetables and the red pepper flakes and continue simmering for 10 minutes. Puree the soup using an immersion blender. Stir in the half and half, and season with salt and pepper, if necessary. If the soup becomes too thick, add more vegetable broth.

## SOUTHWESTERN CHIPOTLE SLAW

3 cups shredded cabbage  
1 cup shredded beauty heart radishes  
1 cup shredded carrots  
3 Tbsp. mayo  
2 Tbsp. lemon/lime juice  
1 tsp. dijon mustard  
½ tsp. chipotle powder  
¼ tsp. each ground cumin & coriander  
1 Tbsp. minced garlic  
¼ c. shallot, finely chopped  
salt & pepper to taste

In medium bowl, whisk together everything but the shredded cabbage, carrots & radishes. Add veggies & toss to coat. Let sit at least 15 minutes before serving. Store leftovers in refrigerator up to 5 days.



## PARSNIP LEEK SOUP WITH SAGE

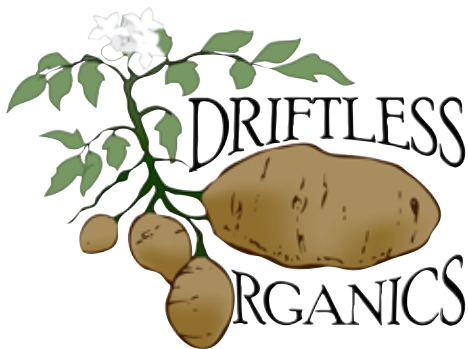
2 Tbs. Driftless Organics sunflower oil or olive oil  
2 cups chopped leeks, white and light green parts only, rinsed and drained  
1 tsp. coarse salt; more to taste  
1 lb parsnips quartered, and cut into 1-inch pieces  
¼ cup dry sherry or dry white wine  
6 cups chicken or vegetable broth  
6 sage leaves  
2 small bay leaves, broken in half  
½ tsp. peppercorns, lightly crushed  
¼ cup heavy cream (optional)

Heat the 2 Tbs. oil in a wide soup pot over medium heat. Add the leeks, season lightly with salt, and cook gently until the leeks have softened and just begin to turn golden, 8 to 10 min. Add the parsnips and continue to cook, stirring occasionally, until the parsnips are fragrant, about 2 min. Add the sherry, increase the heat to medium high, and cook until most of the liquid has evaporated. Add the broth. Tie the sage leaves, bay leaves, and peppercorns together in a cheesecloth sachet and toss it into the pot (this is optional - we just toss them in and the pick them out while we are eating). Partially cover the pot, bring to a boil, immediately lower the heat, and simmer partially covered until the parsnips are soft enough to mash against the side of the pot with a wooden spoon. Remove from the heat and let cool for about 5 min.

## BUBBLE AND SQUEAK

1 pound potatoes, peeled and cut into chunks  
2 cups shredded cabbage  
1 carrot, grated  
1 kale top, finely chopped  
1 yellow onion, minced  
1 teaspoon prepared yellow mustard  
½ cup shredded sharp Cheddar cheese  
salt and pepper to taste

Place the potatoes into a saucepan and fill with enough water to cover. Bring to a boil, then simmer over medium heat until tender enough to pierce with a fork, about 10 minutes. Drain and mash potatoes, then set aside. Meanwhile, combine the cabbage, kale and carrot in another saucepan and add just enough water to barely cover the bottom of the pan. Cook over medium heat until tender, about 5 minutes. Drain off liquid and stir into the mashed potatoes along with the onion, mustard and Cheddar cheese. Season with salt and pepper. Shape the mixture into 4 patties. Heat a greased grill pan over medium-high heat. Place the patties on the pan and grill until heated through and golden brown, about 5 minutes on each side. Serve right away.



## SWEET POTATOES WITH CARMALIZED ONIONS AND PECANS

2 lb. sweet potatoes, whole  
1 Tbsp. butter  
3 Tbsp. heavy cream  
1 Tbsp. oil  
3 medium red onions, sliced  
Water, wine, or balsamic vinegar for deglazing onions  
½ c. pecan pieces  
1 Tbsp. maple syrup  
Salt & pepper to taste

Preheat oven to 400F. Prick sweet potatoes in a couple places with a fork & roast whole on a baking sheet until soft, 30-40 minutes (while they're roasting, get going on the caramelized onions & candied pecans). Remove from oven & let cool a bit, then scoop out flesh into an oiled casserole dish & mash with butter, cream, salt, & pepper. Set aside. Heat oil over medium-high heat in a large, heavy bottomed skillet (preferably not non-stick) & add onions. Spread onions evenly in pan & let cook, stirring occasionally & reducing the heat to medium or medium low to prevent the onions from burning or drying out. Sprinkle some salt over the onions & let cook for 30-45 minutes, stirring frequently. Add a little water or wine to the pan whenever they really start to stick (you want them to brown as that's how their sugars caramelize, but not burn). Continue to cook & scrape/stir until the onions are a rich, browned color. At the end of the cooking process add a little wine or balsamic vinegar to deglaze the pan. Spread over the prepared sweet potatoes in the casserole dish. At this point you can reheat it or refrigerate & save for later (will store for a few days in the fridge). Cover with tinfoil & reheat at 350 degrees to serve (about 10 minutes if it's still warm, or 30 minutes if you've refrigerated it). While you're roasting the sweet potatoes, toss pecans, maple syrup, & some salt in a bowl & spread out in a single layer on a greased, rimmed baking sheet. Roast in the 400 degree oven (with the sweet potatoes is fine) for 8-12 minutes, stirring once or twice, until toasty brown. Let cool on a rack. Sprinkle over hot casserole right before serving. Serves 6-8.

## CHOCOLATE BEET BROWNIES

1 cup all-purpose flour  
¼ cup cocoa powder  
¼ tsp salt  
225 g chopped semi-sweet chocolate  
½ cup sunflower oil or canola oil  
3 eggs  
1 cup sugar  
2 tsp vanilla  
2 cups peeled and grated raw beets

Preheat the oven to 325F. Whisk the flour with the cocoa powder and salt in a medium bowl. Melt the chocolate over low heat in a small, heavy-bottomed pot until melted, stirring constantly. Stir the sunflower or canola oil into the melted chocolate until smooth. Whisk eggs with granulated sugar and vanilla in a large bowl. Whisk in the chocolate mixture, then fold in the flour mixture and the 2 cups grated beets until just combined. Scrape into an oiled 8 × 8 inch. metal baking pan. Bake at 325F until a toothpick inserted into the center comes out clean, 45 to 50 min. Cool on a rack before cutting into squares.