



ONE POTATO TWO

EXTEND YOUR SEASON OR WINTER VEGGIE LOVERS NEWSLETTER

WEEK #4: Brrrrr.... It sure is starting to feel like winter out there! For some of you Extend Your Season-ers, this is the last CSA week until springtime! We have loved having every one of you participate in our winter CSA this year. 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 acreages and fields and boxes. It's really exciting to plan for 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!

Happy Eating,
--Annie

THIS WEEKS BOX

- BUTTERKIN SQUASH
- CARROTS
- CIPPOLINI ONIONS
- GARLIC
- GREEN KALE TOPS
- LEEKs
- PARSNIPS
- POTATO MIXED BAG
- RED BEETS
- SCARLET TURNIPS
- SWEET POTATOES
- YELLOW ONIONS

DID YOU KNOW ?

Did you know that there are some very special potatoes in your share this week?! Get excited because it's true. For several years now we've been one of the farms lucky enough to work with a University of Wisconsin researcher from the Department of Plant Pathology, Ruth Genger, on organic potato trials. She plants small plots of each variety and looks at factors like, yield, size, disease potential, and maybe most importantly, their suitability for making french fries! Here's a note about the project from Ruth herself:

"These potatoes come from a variety trial as part of the UW-Madison Organic Potato Project, which aims to find potato varieties suited to organic production. The trial includes heirloom potato varieties from the Seed Savers Exchange collection, alongside newly released varieties and standard varieties for comparison. This year, 38 farms around the Midwest participated in the trials."

Take a peek inside of your bag of potatoes - you'll find a fun, rainbow assortment of these heirloom potato varieties! So cool. I hope you guys are as excited about this as we are. Enjoy those spuds!

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.

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 1/2 inch pieces
 2 potatoes, cut into 1/2 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 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.

CHOCOLATE BEET BROWNIES

1 cup all-purpose flour
 1/4 cup cocoa powder
 1/4 tsp salt
 225 g chopped semi-sweet chocolate
 1/2 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 consistently. 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 x 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.

	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
BUTTERKIN WINTER SQUASH	A tan winter squash.	Store at room temperature in a dry place.	Make into soup or roast with garlic, oil, salt and chipotle powder in the oven.
CARROTS	A 5# 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.
CIPPOLINI ONIONS	Two squat, smaller onions.	In a dark, dry place at room temperature.	These onions are wonderful roasted. In fact, their complex flavor makes them just plain wonderful in general!
GARLIC	Two heads of cured garlic.	Keep on your counter top at room temperature.	In pretty much everything!
GREEN KALE TOPS	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.
LEEKS	A long, slender leek 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.
MIXED POTATO BAG!	A paper bag full of allsorts of potatoes. Check out the other side of this newsletter for more details.	In a dark, dry place at room temperature.	Mash 'em, fry 'em, roast 'em!
PARSNIPS	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 recipes - seriously. Do it!
RED BEETS	Juicy, red beets.	Keep in a plastic bag in your fridge for up to two weeks.	Simply chop up with some garlic, toss with oil and roast. You will not be disappointed.
SCARLET TURNIPS	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
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 ONIONS	A pound of yellow onions.	In a dark, dry place at room temperature.	In all of your favorite savory dishes.