



ONE POTATO TWO!

News from the Fields of Driftless Organics
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Week 19: The end is near? Say it isn't so! Yep, I'm afraid so. After 19 glorious weeks, we sadly have to say goodbye to our Every Other Week Members (Every Week Members, you still have one more week). We certainly hope that you had a great season. Thanks so much for your support and we hope that you will sign up for our extended season shares (see below and to the right...)

We are full steam ahead, consumed in fall-time harvest mode on the farm and are bringing in all sorts of

amazing storage crops like potatoes, carrots, parsnips and more! The goal now is to get it all in before its gets too wet and/or too cold. If we were to have a night with temperatures in the teens, we stand the chance of losing even those below-the-ground crops like carrots and sweet potatoes. At this point, we haven't even received a light frost, so we are still busy picking warm weather crops like peppers and cucumbers... It's all going to come to an end soon enough, so let's enjoy them while they're here! Happy Eating! --Mike

WHAT'S IN THE BOX?

- Brussels Sprouts
- Butternut Squash
- Carrots
- Cauliflower
- Cucumbers
- Dill
- Garlic
- Leeks
- Italian Sweet Peppers
- Red Jalapeño Peppers
- Red Slicer Tomatoes
- Red & Yellow Onion
- Spinach
- Yellow Potatoes
- Zucchini and/or Summer Squash

DID YOU KNOW?

Did you know that brussels sprouts (yep it ends with an "s" - kind of hard to say, huh?) were likely first cultivated in Ancient Rome? They made their way up to Northern Europe and became super popular in countries like the Netherlands and Belgium beginning in the 16th century. In fact, those Belgians liked these mini-cabbages so much, they named them after the capital of their country! Brussels sprouts are a member of the "Brassica" family that includes broccoli, cauliflower, romanesco, cabbage, radishes and even arugula (they're pretty distant cousins...). As you can imagine, brussels sprouts are super healthy for you. They contain high levels of vitamins A and C, folic acid and dietary fibre, and can help protect against colon and stomach cancer. Some of the sprouts may have some spots on the outer leaves. Never fear - all you will need to do is peel a layer or two of these leaves off of it and the rest should be ready to devour! We know brussels sprouts get a bad rap for being mushy and gross; but once you find a recipe you like (check out page 2!), you won't be able to get enough of these little guys.

WHAT THE HECK DO I DO WHEN MY CSA SEASON IS OVER?

It's October and there are only a few more weeks left in the regular season, leaving many of you wondering, what the heck am I going to do when my CSA share is over? Never fear, we have several options to extend your CSA season into the fall and even winter! That's right, we pack boxes all the way through January. We've already begun planting and planning for loads of delicious vegetables to pack into these shares. We are so excited to start harvesting all sorts of fall bounty for these fall and winter boxes, including items like spinach and kale, sweet potatoes and rutabaga, garlic and onions, and lots and lots of other goodies. Interested in learning more and signing up? Head on over to our website to check out the options and sign up today:

www.driftlessorganics.csasignup.com/members/types

	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
BRUSSELS SPROUTS	There will be a plastic bag of these bright green mini-cabbage looking things.	Keep them in their plastic bag and use up in a couple of weeks.	Roast them in the oven and coat with a honey mustard sauce or try the recipe below.
BUTTERNUT SQUASH	Look for the oblong, beige squash looking thing near the bottom of your box.	Store on your counter, pantry or other cool, dry place.	Butternuts are the best for winter squash soup: easy to peel and cube up and add to a Thai coconut-type soup.
CAULIFLOWER	A nice head of white cauliflower in the bottom of your box.	Keep in a bag in the fridge for up to a week.	You can use cauliflower and romanesco interchangeably in all of your favorite recipes.
DILL	Look for the frilly bright green bunch on top of your box.	Store in a plastic bag in your fridge and try to use up in a week or less.	Chop up and sprinkle on potato salad or add to a cucumber-yoghurt dish.
ITALIAN SWEET PEPPERS	Look for the yellow or red peppers that are pointy on one end.	Store in the fridge for up to 2 weeks.	Use like you would a sweet red bell pepper. We love these peppers for their sweetness and versatility.
LEEKs	1-2 tall white stalks with a bit of green leaves on them.	Store in plastic bag in your fridge.	Wash them up good, as dirt and grit like to hang out between the layers.
RED JALAPEÑO PEPPERS	Look for the 2 small red jalapeño-shaped peppers with lots of cracks.	Store with your other peppers in the fridge.	They are kind of squishy, but still very good. The "redness" gives them a sweetness in addition to their spice.
RED SLICER TOMATOES	Look for the brown bag with round red tomatoes in them.	Store on your counter top and try to use up quickly - these won't last for very long!	Slice in to big rounds and fry alongside your eggs, blood pudding and sausage patties for a proper English breakfast!
SPINACH	Look for the bag of dark green leaves with stems that are kind of too long (you can cut those off...)	Store in the fridge and use within a few days.	We've been digging on spinach salads with chunks of parmesan cheese and a hard boiled egg.
YELLOW POTATOES	This variety, called "Satina" isn't going to win any beauty contests, but it makes up for it's ugliness with a delicious taste! Look for the red skinned tubes in the bottom of your box.	Store in their paper bag in a cool, dry place out of direct light.	Great potatoes for pan frying or making hashbrowns... or baking! We like to cut them into fry-size pieces, coat w/ oil and bake until golden brown. Or try the recipe below!

LEMON & DILL PAN ROASTED BRUSSELS SPROUTS

Your bag of sprouts, trimmed and halved
 1 small leek (or half a big one), white part cut into thin slices
 1-2 tablespoons Driftless Sunflower Oil (or olive oil)
 1 tablespoon fresh lemon juice
 2 tablespoons chopped fresh dill (about half of your bunch)
 zest of 1 lemon
 salt and freshly ground pepper to taste

In a cast iron skillet, heat up the oil over medium high heat. When hot and shimmering, add the sprouts, cut side down. Turn the heat down to medium and sear until golden, about 3-4 minutes. Stir and cook the other side of the sprouts until brown and tender, another 3-5 minutes. Remove from the heat and toss with lemon juice, dill, and zest. Season with salt and freshly ground pepper to taste. Enjoy hot!

ROASTED BUTTERNUT SQUASH & CAULIFLOWER SOUP

Your butternut squash, sliced in half lengthwise
 1 head cauliflower, broken into florets
 1 leek, washed thoroughly and sliced thinly
 5 tablespoons Driftless Sunflower Oil (or olive oil)
 2 cloves of garlic, chopped up into bits
 1 teaspoon smoked paprika
 Salt & pepper, to taste
 1 (8.5 ounce) can coconut milk
 1 1/2 cups veg or chicken broth

Line two baking sheets with foil. Preheat oven to 450F and position the rack in the middle. Coat both sides of both halves of the butternut squash in about a tablespoon of oil and then sprinkle/spread about half the garlic and salt & pepper. Place the squash face-down on a baking sheet and bake for 50 minutes or until the squash is tender and caramelized. Meanwhile, add the remaining 4 tablespoons oil, the remaining garlic, all of the leeks, smoked paprika, and some salt & pepper to a large Ziploc bag. Add the cauliflower florets to the bag and shake until everything's coated. Remove the cauliflower from the Ziploc and spread it evenly on the other baking sheet. Once the squash has been roasting for 20 minutes, add the cauliflower to the oven. Roast it another 20 minutes. Once the squash and cauliflower are done, take them out of the oven and let them cool until you can comfortably handle it. Warm the coconut milk in a soup pot on medium heat. Scoop the squash out with a spoon and add it to the soup pot. Add the cauliflower to the pot as well as the vegetable broth. Add the soup to your blender in batches and purée until smooth. Alternatively, use an immersion blender to purée the soup in the pot. Return the puréed soup back into the pot. Season with more salt & pepper, if desired. Heat the soup through and serve immediately (with sour cream, if desired).