



# ONE POTATO TWO!

News from the Fields of Driftless Organics  
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**Week 20:** We feel so incredibly blessed to be in the midst of a week of warm, frost-free, sun-filled autumn days to work in and continue our big harvests. As we wrap up the regular CSA season, we have so much left to harvest: carrots, potatoes, sweet potatoes, cabbage, parsnips, beets, turnips, rutabaga and winter radishes... Where are we going to put it all and more importantly, who is going to eat it all? Well, we hope all of YOU will help out, because even if you have decided not to sign up for an

extended season share (they ARE still available, by the way), you can still find our goods at food co-ops around town, at the Dane County Farmers Market (we go virtually year round) and direct from the farm.

I know I say it a lot, but I would like to, once again, say THANK YOU for all of your support this season. I hope the food went above your expectations. Every season is a little different, with the weather, the crew, the crops; but I'd like to say that this has been one of the best! Happy Eating!

--Mike

## WHAT'S IN THE BOX?

- Acorn Squash
- Bok Choi
- Broccoli
- Brussels Sprouts
- Carrots
- Garlic
- Green Savoy Cabbage
- Italian Sweet Peppers
- Lacinato Kale Tops
- Parsnips
- Red Slicer Tomatoes
- Red Onions
- Salad Mix
- Red Potatoes

## DID YOU KNOW?

Did you know that Driftless Organics has been serving the CSA community for over 10 years? Yep! Way back in 2007, we took the leap and became a CSA farm. That first year, I think we packed 50 boxes a week and served about 65-75 members. We were still a very small farm, run by three young and inexperienced guys. Many years, several floods, and hundreds of thousands of smiles later; we now pack about 375 boxes/week and serve over 700 CSA members! A lot has changed in our lives over the years: marriage, kids, moving the farming operation, hiring, working with and (unfortunately) saying good bye to so many amazing people... you could almost write a book about it all. I tried once to tally the total number of boxes we've packed over the years and I lost track at about 800,000. 800,000 CSA boxes?!?!? That's a pretty amazing feat, but the most amazing part of it all is that there are that many people who made the decision to eat our veggies and to support us as we grew to what we are today. Isn't that inspiring? It warms my heart to know that there are so many of us out there who give a damn about WHERE and HOW our food is grown. So, as we wrap up another regular CSA season, I just want to say THANK YOU for it all. We're going to miss y'all. Oh, and don't forget, it doesn't have to end just yet (extended season shares are still available!!)

## WHAT THE HECK DO I DO WITH PARSNIPS?

Ah, parsnips. Those bastard, much less sweet and more stringy cousins to the beloved carrot. (Yep, they are in the same family.) C'mon, they aren't *that* bad. Give them a try! We love the heck out of them and when they are cooked right, they are actually pretty damn good. Try one or more of these ideas:

- 1) Cube them and roast with potatoes, carrots and brussels sprouts.
- 2) Add with other veggies like carrots and onions to your favorite pot roast recipe.
- 3) Boil and mash with potatoes for a new twist on mashed potatoes. Use about 1/3rd parsnips to 2/3rds potatoes.
- 4) Creamy parsnip and cauliflower soup is to die for and I hear there is a pretty amazing recipe on our website.
- 5) Speaking of our website, check out the parsnip page at: [www.driftlessorganics.com/parsnips](http://www.driftlessorganics.com/parsnips)
- 6) Substitute parsnips in place of chick peas in your favorite hummus recipe.
- 7) Simmer in a sauce pan with butter, cinnamon, cloves and a bottle of your darkest beer.
- 8) Try the recipe on back!

	WHAT'S IT LOOK LIKE?	STORAGE	HOW DO I USE IT?
<b>ACORN SQUASH</b>	Look for the dark green, ribbed squash looking thing near the bottom of your box.	Store on your counter, pantry or other cool, dry place.	Acorns are best when cut in half, seeds scooped out, roasted and served with tons of butter, some dried onion flakes, salt & pepper
<b>BOK CHOI</b>	Look for the lime green stemmed, leafy thing near the top of your box.	Place in a plastic bag with a paper towel and try to use up in a week or so.	Try the salad recipe below, or perhaps in a stir fry (cook the stems longer than the leaves).
<b>BRUSSELS SPROUTS</b>	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.	You may have to peel a layer or two of the leaves off due to some black spotting. After that, we recommend roasting them in the oven, then tossing with a honey mustard glaze.
<b>GREEN SAVOY CABBAGE</b>	Looks like a head of green cabbage, only a lot more wrinkly.	Store in a plastic bag in your fridge and cut off hunks as you need them.	Throw this cabbage at your neighbor if they are being too loud at night. Otherwise, shred and use on tacos or in your favorite slaw recipe.
<b>ITALIAN SWEET PEPPERS</b>	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.
<b>LACINATO KALE</b>	Look for 2-3 bunches of blue-green leaves near the top of your box.	Place in a plastic bag and try to use up in 7-10 days	Strip the leaves from the remaining stalk (even the small ones), chop up and add to a scramble or soup.
<b>PARSNIPS</b>	Look for white roots that look sort of like funky carrots.	Store in a plastic bag in the fridge for up to a month.	Lots of ways! Check out page 1 and the recipe below.
<b>RED POTATOES</b>	Look for the brown paper bag with 3 pounds of red spuds.	Store in their paper bag in a cool, dry place out of direct light.	The absolute BEST potatoes for cubing and roasting
<b>RED SLICER TOMATOES</b>	A brown bag with a few red slicer tomatoes.	Store on your counter top but try to use these up right away.	The last of the tomatoes for the year, so savour them!
<b>SWEET POTATOES</b>	Look for the mishapen, reddish/pink tubers in your box.	Store in a cool, dark place (not in your fridge, suckas!)	NO NEED TO PEEL! Slice into fry-shapes (or cubes), coat with oil, salt, pepper, cinnamon and cayenne and bake for 30 minutes (stirring once). Serve with sriracha mixed with ketchup.

## KALE BOK CHOY CABBAGE SALAD

### For the Salad:

- 1 of your lacinato kale tops, with large leaves de-veined
- 1/2 head of your cabbage, shredded
- Your bok choy, thinly sliced (leaves and stems)
- 3-4 carrots, shaved into long strips with a potato peeler
- 1 small red onion, sliced very thinly
- 2 Tablespoons sesame seeds, toasted
- Freshly ground pepper to taste

### For the Dressing

- 2 Tbsp Driftless Sunflower Oil (or olive oil)
- 1 Tbsp sesame oil
- 3 Tbsp apple cider vinegar
- 2 Tbsp maple syrup
- 2 Tbsp tamari/soy sauce
- 1 clove of garlic, finely minced

To Make the Dressing: In a small bowl, whisk 1 tbsp of the sunflower/olive oil, the sesame oil, apple cider vinegar, maple syrup, soy sauce and minced garlic.

To Make the Salad: Strip the stems from the kale leaves and roll the leaves in a chiffonade to slice into very thin strips. In a large bowl combine the kale and oil. Massage the kale leaves with your hands until the leaves soften and begin to wilt (about 30 to 60 seconds). Place in large serving bowl and add the shredded cabbage, bok choy, carrots and dressing tossing well to coat. Let the salad stand for 10 minutes to marinate. Top with toasted sesame seeds and season with freshly ground pepper to taste if desired and serve.

## ONE PAN CHICKEN POTATO PARSNIP KALE GRATIN

- 2 lbs red potatoes, thinly sliced (about 1/8 - 1/4" discs - use a mandolin if you have one)
- 1 of your kale tops, veins removed and coarsely chopped
- 1 lb parsnips, thinly sliced at a diagonal (use a mandolin if you have one)
- 3 tbsp. extra-virgin olive oil, divided, plus more for drizzling
- 2 cloves garlic, minced
- 2 small red onions, chopped
- 2 tbsp. all-purpose flour
- 2 tbsp. butter
- 1/2 c. heavy cream or whole milk
- 1 1/2 c. chicken stock (or veggie stock if you are going vegetarian)
- 1 lb. Shredded chicken (optional)
- 2 c. shredded sharp cheddar or mozzarella cheese
- 1/2 c. panko bread crumbs (or make your own with some old bread)
- 1/2 c. freshly grated Parmesan, plus more for garnish
- Coarse salt & freshly ground black pepper
- 1/4 c. chopped parsley

Preheat oven to 425°. In a large skillet over medium heat, add 1 tablespoon olive oil and cook garlic, onion and kale for about 2 minutes. Season with salt and pepper, then sprinkle flour all over and whisk with butter until flour is absorbed. Add cream/milk and stock; bring to a boil and simmer for 1 minute, then mix in chicken (optional) and cheese. Add mixture to potatoes and parsnips and combine carefully. In a small mixing bowl toss together bread crumbs and Parmesan with remaining 2 tablespoons olive oil. Spread the chicken and potato/parsnip mixture evenly in a casserole dish or high-sided sheet pan. Top with bread crumb mixture and drizzle with olive oil. Bake for 25-35 minutes and finish under the broiler until golden brown, about 1 minute. Garnish with Parmesan and parsley. Serve immediately.