



ONE POTATO TWO!

News from the Fields of Driftless Organics
Fall/Winter Share • Issue 1 • November 1-4, 2017

Week 1: Well, we've had a week "off" at the farm and now CSA has started up once again. Welcome! We're so happy to have you aboard for what I believe to be the BEST part of the CSA year. There's so much goodness going into these extended season boxes - they truly are the fruits of a season's worth of our labors. And it's not all just root crops. As you'll see with this week's box, we still have some green goodness with delicious green kale, frost sweetened brussels sprouts and even some spinach!

Life on the farm couldn't be better. We are still out there harvesting and racing against the clock to get the last of potatoes, carrots, parsnips and winter radishes in. Last week was a crazy-busy week where we brought in more than 75,000 pounds of produce, which is all now safely tucked away in our storage coolers. All fall and winter long we'll wash a bin at a time, lovingly packing veggies for stores, markets and most importantly, CSA members like you. Thank you once again for your continued support and ... Happy Eating!

--Mike

DID YOU KNOW?

Did you know that the variety of beautiful, pink potatoes in your box this week is called "Désirée"? This is a super cool variety that we have grown off an on over the years. Désirée is a unique and hard to categorize potato variety that not that many people know about. It certainly isn't a kind of potato that we sell very much of to stores or at the farmers market. Yet, we feel it is one of the best varieties available! In fact, Farmer Josh says it is hands-down his favorite variety of potato he's ever raised (and that's saying a lot, considering he's probably grown over a hundred varieties throughout his 24 years of farming. So, why do we like these Désirées so much? For starters, they are so dang pretty, with their reddish-pink skin and waxy, light yellow flesh. On the growing side of things, these potatoes are resistance to drought, and are fairly resistant to disease, which makes them a good candidate for organic cultivation. And how do they eat? What makes Désirées so awesome is they are super versatile! They are a fairly waxy variety which are firm and holds their shape, which makes them useful for all sorts of cooking techniques, from roasting, to potato salads (check out the recipe on back), to layered potato dishes (think scalloped potatoes), to chunky, non-creamy soups. We hope you enjoy them as much as we do!

WHAT'S IN THE BOX?

Brussels Sprouts
Désirée Potatoes
Garlic
Green Kale Tops
Heart of Gold Squash
Mixed Sweet Roaster
Peppers
Orange &
Yellow Carrot Mix
Red Beets
Red Onions
Salad Turnips
Spinach

WHAT THE HECK DO I DO WITH GREEN KALE TOPS?

Open up your CSA box and you will find: 2 unwieldy and bright green kale "tops". These are the top of the kale plants that we harvested last week before the damaging 25 degree temps that blasted us on Saturday night. This kale is so hardy and delicious! First thing you'll want to do when preparing (or even storing) is to strip the leaves from the remaining stem. Then, when you go to cook it, strip (or cut) the leafy part of the leaves' stems. Do this with a knife or by grabbing the stem with one hand and stripping the leaf off with the other. Now your ready to:

- 1) Chop roughly, toss in a wee bit of oil and some spices and bake in the oven until crispy.
- 2) Add at the last minute to a vegetable soup. Simmer until soft but still chewy.
- 3) Wilt gently on a hot cast iron skillet that you just used to fry some eggs and bacon. Add a bit water, cover with a sauce pan and let steam for a minute or so. Serve with your breakfast.
- 4) Grill it! (yep - it's delicious).
- 5) Add tons to vitamins and nutrients to a smoothie (and turn it bright green).
- 6) A great addition to a veggie or bean burger.

| | WHAT'S IT LOOK LIKE? | STORAGE | HOW DO I USE IT? |
|------------------------------------|--|--|---|
| HEART OF GOLD SQUASH | Look for 2 of the white and orange squashes near the bottom of your box. | Store on your counter, pantry or other cool, dry place. | Heart of Golds are the sweetest squash we grow and are best eaten on their own, cut in half and roasted until soft. Serve with tons of butter and maybe some salt & pepper. |
| 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. | 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. |
| DÉSIRÉE POTATOES | Look for the brown paper bag with 4 pounds of pink spuds. | Store in their paper bag in a cool, dry place out of direct light. | These waxy potatoes are best for salads, scalloped or roasted and not super good for mashing. |
| GREEN KALE TOPS | Look for 2 bright green and frilly leafed plant "tops" 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 lightly steam. |
| 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. |
| ORANGE & YELLOW CARROTS | A bag of mostly yellow with some orange carrots. | Store in their plastic bag for up to 1,2 or more weeks. | Yellow carrots are not super sweet and are best roasted (check out recipe below) with some sweet glaze. |
| RED BEETS | Look for the deep dark red round roots at the bottom of your box. | Place in a plastic bag with a paper towel and try to use up in a week or so. | Check out the recipe below. Best roasted, however Dani has a killer beet chocolate cake recipe on the website if you are so inclined. |
| SALAD TURNIPS | Look for the bunch of little round radish-looking roots | Remove the tops from the roots and store separately in plastic. | Use the roots in your spinach salad and the tops can be chopped up and also added to a salad or lightly steamed. |
| SPINACH | Look for the plastic bag of dark green crinkly leaves. This is your spinach. | Store in the plastic | There's nothing better than frost sweetened spinach! Eat raw in a salad and enjoy! |
| SWEET POTATOES | Look for the mishapen, reddish/pink tubers in your box. | Store in a cool, dark place (not in your fridge!) | NO NEED TO PEEL! We have a ton of great recipes using sweet potatoes on our website at www.driftlessorganics.com/sweetpotatoes |

POTATO SALAD WITH A TWIST

3 or 4 mid sized Désirée potatoes, cut into 1-inch chunks

1 medium orange carrot, finely chopped

1 medium yellow carrot, finely chopped

1/4 cup chopped parsley

1/2 cup chopped red onion

2 stalks celery, chopped

1 or 2 chopped scallions, including the greens

1-2 hard boiled eggs, choppe

1 sweet roaster pepper, raw or roasted, chopped

4 Tbsp juice from dill pickles

3 Tbsp finely chopped dill pickles

1/2 cup mayonnaise

2 teaspoons Dijon mustard

Kosher salt and freshly ground black pepper to taste

Place cut potatoes in a large pot. Cover with an inch of salted water. Bring a pot of water to boil. Simmer for 10-20 minutes until just fork tender, then remove and let cool until cool enough to handle, but still warm. Put potatoes in a bowl, add pickle juice, pickles, parsley, onions celery, scallions, hard boiled egg, carrots, bell pepper: Put the potatoes in to a large bowl. Add the juice from the dill pickles. Add the finely chopped pickles themselves. Add parsley, onions, celery, scallions the hard boiled egg, carrots, and roaster pepper. Mix mayonnaise and mustard, stir into potato mixture, add salt and pepper.

HONEY BALSAMIC ROASTED BEETS, BRUSSELS SPROUTS & CARROTS

1 pound (about half of what's in your box) red beets

1 pound (about 6-8) yellow carrots

1/2 pound - 1 pound of brussels sprouts (in your box there is 1 pound)

2 medium red onions

1/2 tsp salt

1/2 tsp black pepper

4 tbsp Driftless Sunflower Oil (or olive oil)

4 tbsp balsamic vinegar

3 tbsp honey or real maple syrup

1 tsp chopped fresh thyme optional

Preheat oven to 350 degrees F. Peel the beets and cut them into roughly 1 to 1 1/2 inch cubes. Toss the beets in the salt, pepper and olive oil. Roast in a single layer for about 30 minutes, tossing after 15 minutes. During this time, cut your carrots into 1 - 1 1/2" chunks (no need to peel), your brussels in half (peeling off the outer layer of leaves), and red onion into big 2" chunks and toss in the remaining oil, more salt and more pepper. After the beets have been in for 20 minutes, take them out and add carrots, brussels, and red onion. Roast for another 15 minutes. Then, toss the partially roasted veggies in the honey/maple syrup and balsamic vinegar and add the thyme too if you are using it. Return to the oven and roast for an additional 15 minutes or so, tossing occasionally until the beets are fork tender. **50-60 mins total roasting time.**