

ONE POTATO TWO!

News from the Fields of Driftless Organics
Fall/Winter Share • Issue 3 • Nov 29 - Dec 2, 2017



Week 3: *In case you haven't noticed - we've had a great season here on the farm and we're all staying super busy because of it! With the help of some beautiful late November weather, we've been working outside to finish up harvests, clean up around the farm, and get things ready for next year. Meanwhile, inside of our packing shed, things are hopping! All of our storage coolers are full*

to the brim and our crew is hard at work washing, sorting and packing all kinds of delicious fall produce for our amazing CSA members. We're thankful to have had such a wonderful growing season and to have all of your support along the way! It really does take a whole community of people to support agriculture - thanks for being a part of our CSA! Happy Eating,

--Annie

WHAT'S IN THE BOX?

Beauty Heart Radishes
Carrots
Garlic
Green Kale Tops
Heart of Gold
Winter Squash
Kalettes™
Purple Top Turnips
Purple Viking Potatoes
Red Cabbage
Sweet Potatoes
Yellow Onions

DID YOU KNOW?

Did you know that the most nutritionally concentrated part of your purple viking potatoes are their skin?! The striking purple and pink skin is full of vitamins and minerals. It's also loaded with anthocyanin, the antioxidant that gives it the dazzling purple hue, these babies are thought to protect against age-related memory loss, help lower blood pressure, reduce the risk of heart disease, and to boost your immune system. With cold and flu season looming over us, these potatoes may just be your secret weapon this winter! So trust us when we say, don't peel those potatoes. They are organic, after all. On top of being a healthy choice this fall, purple viking potatoes are also super tasty. They have a rich, creamy and slightly sweet flesh, making them great for some of the best mashed potatoes you've ever tasted, in gratins, or in stews and soups. They are one of our favorite potatoes around here. We recommend storing your purple viking potatoes in a cool, dark place and using them within a couple of weeks. These potatoes will taste best fresh! Check out the recipe on the other side of this newsletter for some inspiration.

WHAT THE HECK DO I DO WITH BEAUTY HEART RADISHES?

If you've never had a beauty heart radish before, you are in for a treat! While they are relatively inconspicuous on the outside, slice them open to reveal a brilliant magenta color that contrasts beautifully with the whitish green rind. I'm sure you can imagine why some people call these "watermelon radishes". But what the heck are you suppose to do with them anyway? Check out these ideas:

Roasted: Toss cubed beauty heart radishes with olive oil, garlic and salt. Roast in a 400 degree oven for 20 - 30 minutes, until the insides are soft and the outsides are slightly crisped.

Pickled: Check out this recipe to make some stunning, easy refrigerator pickles:

1 to 2 beauty heart radishes, thinly sliced into rounds
1/2 cup distilled white vinegar
1/2 cup water
1 teaspoon kosher salt
1 teaspoon sugar
2 cloves garlic, peeled
1/2 teaspoon peppercorns, lightly crushed

Place radish slices into a clean canning jar. In a non-reactive saucepan, bring the water, vinegar, salt, and sugar to a boil, & simmer for one minute or until the sugar and salt are dissolved. Remove from heat and add the garlic & peppercorns. Pour the hot liquid including the garlic & peppercorns over the radishes. Let cool to room temperature, then cover & refrigerate.

Grated: Enjoy on top of salad, sandwiches or even tacos! Grated beauty heart radishes make a lovely garnish.

Sliced: Slice 'em up and serve with dips, spread goat cheese on top, or simply serve with a little salt for a crunchy, yummy snack.

	WHAT'S IT LOOK LIKE?	STORAGE	HOW DO I USE IT?
BEAUTY HEART RADISH	Look for the greenish white globes in your box with traces of pink near the roots.	Store in the fridge, for up to two weeks.	Check out the other side of this newsletter to figure out what the heck you can do with these.
CARROTS	A big ol bag of the sweetest carrots around.	These carrots are freshly dug, and will keep for a month or more.	Try making some carrot cake, cookies or muffins!
GARLIC	Like a couple of heads of garlic.	Store in a cool, dry place for up to two weeks.	In just about anything! Use in sauces, for roasting, in soups, stews, sautes... you get the idea.
GOLD BEETS	Beautiful gold colored beets (sorry, they aren't actually made of gold).	Keep in a bag in your fridge for a up to a couple weeks.	Shred them up to use on salads or sandwiches. Or check out the recipe below.
GREEN KALE TOP	Fresh greens this time of year?! Yes please!	Store in a bag in your fridge. Try to use within 5 days.	I suggest cooking this kale before eating it as it's so late in the season.
HEART OF GOLD WINTER SQUASH	Two squat & striped squashes are waiting for you to enjoy.	Store at room temperature, preferably on your counter top. If you notice any spots forming, eat within a day or two.	Slice it up, toss with some olive oil, garlic and salt and roast in the oven until cooked through. Spice things up with some chipotle powder and cumin!
KALETTES™	Your kalettes are the tiny clusters of kale looking leaves in a bag.	Keep in their bag, in your fridge for up to a week.	Our favorite way to prepare these is by simply roasting with some olive oil, garlic & salt. I know we suggest this a lot - but it's because it is SO GOOD.
PURPLE TOP TURNIPS	Look for the white roots with purple tops. There'll be about 3-5 of them.	Store in a plastic bag in the fridge.	Great for making stocks, soup or stews!
PURPLE VIKING POTATOES	The wild looking purple and pink potatoes in your share this week.	Store at room temperature for up to 10 days.	Make a batch of mashed potatoes or french fries.
RED CABBAGE	Look for the small hed of reddish purple cabbage.	Store in a plastic bag in your fridge for up to 3 or more weeks.	Excellent braised. Or get adventurous and use to make a batch of egg rolls.
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
YELLOW ONIONS	A couple of yellow onions.	Keep at room temperature, in a cool & dry place.	These onions are great for cooking with or even carmalizing.. yum!

STUFFED SWEET POTATOES

2 medium sweet potatoes
 4 large kale leaves, chopped
 2 garlic cloves, minced
 1 Tbsp olive oil
 ½ cup sour cream
 Red pepper flakes
 Salt & pepper to taste

Prick the sweet potatoes several times with a fork and place in a 400 degree oven for 40 - 60 minutes, until baked all the way through. While the potatoes are cooking, saute the garlic in the olive oil until fragrant. Add the kale, red pepper flakes and a pinch of salt to the skillet and continue to cook until the kale is very tender. Cool the sweet potatoes slightly and slice open on top like you would a baked potato. Place a dollop of sour cream in each sweet potato and top/stuff with the kale mixture. Enjoy!

ETHIOPIAN VEGGIE SKILLET

1/2 cup olive oil
 4 carrots, thinly sliced
 1 onion, thinly sliced
 1 teaspoon sea salt
 1/2 teaspoon ground black pepper
 1/2 teaspoon ground cumin
 1/4 teaspoon ground turmeric
 1/2 head cabbage, shredded
 5 potatoes, cut into 1-inch cubes

Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil for about 5 minutes. Stir in the salt, pepper, cumin, turmeric and cook for a minute more. Next, add in the cabbage and cook for another 15 to 20 minutes, stirring frequently. Add the potatoes to the skillet and cover. Reduce the heat to medium-low and cook until potatoes are soft, 20 to 30 minutes, stirring as needed to make sure that the veggies don't burn.

HONEY ROASTED TURNIP THE BEET

2 medium turnips, sliced into wedges
 2 medium beets, sliced into wedges
 3 tablespoons extra virgin olive oil
 ¼ cup honey
 Thyme
 Salt
 Black pepper

Preheat oven to 350°F. Line a baking sheet with parchment paper. In a medium bowl, toss turnips and beets with the extra virgin olive oil and honey. Scatter the vegetables on the prepared pan and sprinkle with some thyme. Season with salt and pepper. Bake at 350°F for 35 to 40 minutes, stirring occasionally, until turnips and beets are tender, brown, and fragrant. Transfer the vegetables to a serving platter and serve hot. To re-heat, place back in the oven for 10 minutes.