



# ONE POTATO TWO!

News from the Fields of Driftless Organics  
Winter Season Share • January 3-6, 2017

*Week 5: Happy 2018 from all of us at Driftless Organics! What better way to kick off the new year than with a great looking box of veggies from your CSA farm. We're so excited about this week's goods - with their spectacularly vibrant colors to brighten up these cold and dark winter days.*

*All is well on the farm and after a nice holiday break, we are back at it in the pack shed and office. Planning for the 2018 season has begun and we*

*are pouring over seed catalogs, field maps and spreadsheets. It is so fun to think about all of the possibilities and opportunities that a new year brings. And we sure hope that you will join us for another season of eating. Keep an eye out for some more information about signing up for the 2018 season.*

*We'll be sending out a reminder email and Facebook messages as soon as we can. Until then, Happy Eating and... Happy Winter! --Mike*

## WHAT'S IN THE BOX?

- Beauty Heart Radishes
- Carrots
- Heart of Gold Squash
- Garlic
- German Butterball Potatoes
- Orange Hubbard Squash
- Parsnips
- Purple Top Turnips
- Red Cabbage
- Red Onions
- Sweet Potatoes
- Yellow Onions

## DID YOU KNOW?

Did you know that sweet potatoes are one of our favorite veggies here on the farm?! They are pretty fascinating, and here's a few of the reasons why:

- They are among the most nutritious foods in the veggie kingdom.
- Good source of beta-carotene.
- Packed with calcium, potassium, vitamin A and vitamin C!
- 1 cup equals 4 g of fiber.
- During WWI, in 1918, when supplies of wheat flour were low, the USDA utilized sweet potato flour to stretch wheat flour in all baked goods.
- It is the official state vegetable of Louisiana (as of 2003) and North Carolina (as of 1995).
- Often confused - "yams" and "sweet potatoes" are used interchangeably here in US supermarkets - however - they are from COMPLETELY different botanical families. The chances of finding a real yam in the US is rare. Yams are usually grown in Africa and Asia.
- Native Americans were growing sweet potatoes when Columbus came in 1492.
- By the 16th century they were cultivated in the south, where they became a staple. The versatility in cooking and spices made it a wonderful go-to base for many dishes.

## WHAT THE HECK DO I DO WITH PURPLE TOP TURNIPS ?

Purple top turnips are a great winter storage root veggie. As long as you keep them in a plastic bag in the fridge, they'll last for several weeks. Plus, they can give an unexpected, pleasant tang to some of your favorite dishes. They are part of the cabbage family. Check out these ideas on how to use your purple top turnips:

1. You can use them in addition to or in replacement of cabbage for any yummy coleslaw recipe you have.
2. You can also use them like a potato: frying them up in little cakes, mashing them into some potatoes for a slight twist, or roasting them in the oven with olive oil and some salt and pepper.
3. They also are a great addition to any soup or stew you are making.
4. Shred and toss with a little oil and vinegar and use to top pulled pork sandwiches or tacos.
5. Check out our website for some excellent refrigerator pickle recipes.

	WHAT'S IT LOOK LIKE?	STORAGE	HOW DO I USE IT?
<b>BEAUTY HEART RADISHES</b>	Look for the white and green globes.	Keep in a plastic bag in your fridge and these will keep for several weeks.	Roast 'em, grate 'em, fry 'em!
<b>CARROTS</b>	A big ol bag of the sweetest carrots around.	These carrots are freshly dug, and will keep for a month or more.	Put into stir fries and egg rolls, soup and stews, or check out the recipe below.
<b>HEART OF GOLD WINTER SQUASH</b>	The acorn shaped, striped winter squash in your share.	Store on your countertop for a week or two. Keep and eye on it and use up when necessary.	This squash will work best for the Squash and Sweet Potato Curry Perfection recipe below.
<b>GARLIC</b>	Yay! Garlic!	Store at room temperature.	Make some roasted garlic to top your pizza or put in pasta.
<b>GERMAN BUTTERBALL POTATOES</b>	Lovely golden potatoes await you.	Keep in a cool, dark, dry place for up to two weeks.	German butterballs make some seriously fabulous mashed potatoes, but are also great for roasting or baking.
<b>ORANGE HUBBARD WINTER SQUASH</b>	The deep orange colored winter squash in your share.	Store on your countertop for up to two weeks. Keep and eye on it and use up when necessary.	This squash has a very hard skin, which makes is great for storage. We suggest slicing in half, cooking, and scooping out the flesh.
<b>PARSNIPS</b>	Look for the white, carrot-looking roots in your box this week.	Store in a plastic bag in your fridge for up to two weeks.	Honey or maple glazed parsnips are sure to be a hit in your home this winter.
<b>RED CABBAGE</b>	A beautiful reddish purple head of cabbage.	Keep in the fridge and use within a couple of weeks. Peel back the first sets of leaves if needed.	Red cabbage is wonderful braised or made into a slaw.
<b>RED &amp; YELLOW ONIONS</b>	A mix of red and yellow onions.	Store in a cool, dark, dry place.	We like to use red onions raw and yellow onions for cooking.
<b>SWEET POTATOES</b>	Look for the misshapen, reddish/pink and purple tubers in your box.	Store in a cool, dark place (not in your fridge!)	NO NEED TO PEEL! These babies are as fresh and organic as can be. Make a batch of sweet potato fries.

## GARLIC PARMESAN CARROTS & PARSNIPS

1 lb carrots and/or parsnips, chopped into 1" pieces  
 3 tablespoons melted butter  
 3 cloves garlic, minced  
 1/2 cup grated Parmesan cheese  
 Salt & pepper

Preheat the oven to 400F. Mix the melted butter and garlic together. Coat the carrots well with the butter mixture. Arrange the carrots on a baking sheet lined with parchment paper. Drizzle the extra butter garlic mixture on top of the carrots. Roast for 15 minutes, then top the carrots with the Parmesan cheese. Roast for another 10 minutes or until the cheese melts and slightly browned. Remove from the oven and sprinkle with salt and pepper to taste, if desired.

## WINTER VEGGIE SLAW

5 c. mixed roots/cabbage (like turnips, beauty heart radishes, carrots, parsnips)  
 1 egg yolk  
 1 tsp. apple cider vinegar  
 1 tsp. grainy mustard  
 1 tsp. honey  
 1/4 tsp. dried marjoram  
 1/4 tsp. chipotle powder  
 1/2 tsp. cumin seed, toasted (optional)  
 1/2 c. Driftless sunflower oil or olive oil  
 salt  
 pepper  
 juice & zest of 1/2 lemon

Grate vegetables & stir into lemon juice & zest in a bowl. In another bowl, whisk together remaining ingredients except oil. While whisking briskly, add oil in a slow stream until emulsified. Fold into vegetables and serve.

## SQUASH AND SWEET POTATO CURRY PERFECTION

1 tsp peanut, sunflower or veggie oil  
 1/2 to 3/4 tsp cumin seeds  
 3/4 cup chopped onion  
 3 cloves of garlic chopped  
 1/2 inch ginger chopped  
 1 tsp coriander powder  
 1/2 tsp garam masala or curry powder  
 1/2 tsp turmeric  
 1/4 tsp cinnamon  
 1/4 tsp black pepper  
 1/4 to 1/2 tsp cayenne/red chili powder  
 6 oz tomato paste  
 1, 15 oz can chickpeas drained  
 1 cup chopped sweet potato  
 1 cup chopped and peeled winter squash  
 1 can coconut milk  
 1/2 cup water  
 3/4 tsp or more salt

Heat oil in a skillet over medium heat, add cumin seeds and cook until they change color and get fragrant. Add onions, garlic and ginger and cook until translucent. Add the spices and mix in. Cook for 30 seconds. Add tomato paste and the water, mix, cover and cook for five minutes. Add chickpeas, sweet potatoes, winter squash, coconut milk and salt. Mix, cover and cook for 15 to 20 minutes, until tender. Taste and adjust salt and spice. Serve as is, with rice, lentils, quinoa or naan.