



ONE POTATO TWO!

News from the Fields of Driftless Organics
Winter Season Share • January 17-20, 2017

*Week 6: And finally, it has SNOWED! We are very excited about this and hope it sticks around for a while so we can get some skiing in. What else is exciting? **THE 2018 CSA SIGN UP SEASON HAS BEGUN!!** That's right, we are now accepting membership sign ups for the new season. We sure are looking forward for the new season to begin! As we order seeds, make field plans and hire new employees, we can't help but dream of another bountiful summer, filled with juicy strawberries, luscious tomatoes, crunchy carrots and so much more. It's hard to believe this will be our **11th year** of growing food for CSA members like you. Every year, I'd like to think that we get a little better at what we do and this season in particular, I've got a good feeling it is going to be a doozy. So, what are you waiting for - sign up today! Happy Eating*

--Mike

WHAT'S IN THE BOX?

Black Spanish Radishes
Buttercup Winter Squash
Carrots
Désirée Potatoes
Garlic
Green Savoy Cabbage
Heart of Gold Squash
Scarlet Turnips
Red Cabbage
Red Onions
Sweet Potatoes
Yellow Onions

DID YOU KNOW?

Did you know that there are several ways to prevent tearing up from chopping onions? I know Driftless Organics onions are sometimes so good you want to cry out of sheer deliciousness, but chopping onions often causes involuntary tears by something entirely different. Onions form a kind of sulfuric gas that irritates your eyes, causing you to turn on the water works! Lucky for you, there are a few different ways of preventing this gas from becoming a tearjerker. Try lighting a candle or a lamp near the chopping board to avoid the tears. When a candle is lit near the chopping board the gas that is emitted from the onions get drawn towards the flame of the burning candle or lamp preventing it from reaching your eyes. Another tactic is to cut off the ends of an onion and peel it, then soak it in a bowl of water for about 15 minutes. The water draws the sulfuric compounds out of the onion and into the water. However, this also results in a milder-tasting onion. In a hurry? Instead of waiting around for the onion to soak in water, you can cut them in the sink under running water. Alternatively, if you're not in the mood to cut into a wet, slippery onion, (seriously, be careful not to cut yourself!) turn on your stove vent and cut the onion directly under it! This will draw the gas up into the vent, shortening the amount of time your eyes are exposed to the gas. Our last trick is to put the onion in the freezer for about 15 minutes before you chop it. The theory with this one is that the cold inhibits the onions' release of its eye-irritating chemicals. These tips work for shallots too. Good luck chopping!

WHAT THE HECK DO I DO WITH BLACK SPANISH RADISHES?

You can probably guess which root veggie the Black Spanish radish is in your box! It's a pretty cool looking radish with an impressively dull black skin. These radishes have been used for centuries both as food and as medicine. This pungent root vegetable is rich in vitamin C, potassium, iron and magnesium as well as vitamins A, E and B. You might be thinking, "yeah, yeah, it's healthy. What can I do with it?". Here are some suggestions for ways to enjoy these black beauties:

- 1) Try chopping Black Spanish radishes up and roasting with a little oil, salt and red pepper flakes! Sure to be a hit.
- 2) Make Black Spanish radish chips! Finely slice the radishes, coat with oil and salt to taste. Cook in a 400 degree oven for around 20 minutes, or until the chips are crisp.
- 3) Peel the skin and boil along with potatoes. Then mash 'em up and pile on the butter!
- 4) Enjoy them raw. Their crisp, spiciness is delicious all on it's own – or as a garnish.

	WHAT'S IT LOOK LIKE?	STORAGE	HOW DO I USE IT?
BLACK SPANISH RADISH	Look for the matte black roots with creamy white flesh.	Keep in a plastic bag in your fridge and these will keep for several weeks.	Check out the other side of this newsletter for ideas.
BUTTERCUP WINTER SQUASH	The green and grey striped winter squash in your share.	Store on your countertop for up to two weeks. Keep an eye on it and use up when necessary.	This is great squash for using in soups & stews.
CARROTS	A big ol bag of the sweetest carrots around.	Store in the plastic bag and use up within a month.	Roasted carrots with a honey glaze is a sure fire way to get those little rugrats to eat their veggies.
CABBAGES	A head of red and wrinkly (savoyed) green cabbage.	Keep in a plastic bag in the fridge for a couple weeks. The red cabbage is much heartier than the green and will last longer.	Cabbage is a delicious taco topper (shredded), salad base (also shredded) or braised (cut into big chunks).
DESIREE POTATOES	The pretty in pink potatoes in the brown paper bag in your box.	Store them in the dark, at room temperature.	These flavorful potatoes are wonderful roasted with your favorite herbs and spices.
HEART OF GOLD WINTER SQUASH	Look for the striped winter squash in your share.	Store on your countertop for a week or two. Keep an eye on it and use up when necessary.	Try making stuffed squash halves, or cubing and throwing into your favorite curry recipe.
RED BEETS	A couple pounds of red beets, floating around your box.	Keep in your fridge, in a plastic bag, for up to 2 weeks.	Roasted red beets with feta cheese for the win! Check out the recipe on our website at: www.driftlessorganics.com/beets
RED & YELLOW ONIONS	A mix of red and yellow onions.	These guys are starting to sprout like crazy... try to use them up quick, and just cut out the sprouting part when you go to use it.	We like to use red onions raw and yellow onions for cooking.
SWEET POTATOES	Look for the misshapen, reddish/pink 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.

THAI PEANUT RAINBOW SALAD

Thai Chicken Salad Ingredients:

- 3 cups shredded cooked chicken or tofu/tempeh/mock duck
- 2 cups shredded purple cabbage
- 1 cup shredded green cabbage
- 1 avocado, diced
- 1 mango, peeled, pitted and diced
- 1 (large) carrot, shredded
- 1 cup red beet, shredded
- ¼ cup red onions, chopped
- ¼ cup chopped cashews or peanuts

Peanut Dressing Ingredients:

- 1/2 cup natural peanut butter
- 2-3 tablespoons hot water
- 2 tablespoons rice wine vinegar
- 2 tablespoons soy sauce or tamari
- 2 tablespoons honey
- 1/4 teaspoon sesame oil
- juice of 1 lime
- pinch of red pepper flakes

Whisk all of the dressing ingredients together until combined. If the dressing is too thick, add hot water a teaspoon at a time until it reaches the consistency you desire. Toss all salad ingredients together until combined. Drizzle with dressing or toss to combine, then serve immediately (otherwise the beets will bleed red all over your salad!).

CHEESY POTATO SQUASH SOUP

- 1 butternut squash
- 2 medium potatoes
- 1 medium scarlet turnip
- 1/2 medium yellow onion
- 2 T butter
- 2 garlic cloves
- 2 ½ cups veggie stock
- Salt
- Black pepper
- 1/4 tsp of paprika
- 1 bay leaf
- 2 tbs heavy cream
- 1/2 cup sharp cheddar cheese
- Sour cream for garnish

Heat and melt the butter in a medium pot, on medium heat. Peel and seed squash. Chop it into small cubes. Chop the potatoes and turnip. Add onion, butternut squash, potatoes & turnips to the pot. Add paprika, salt and pepper and saute for 5-10 minutes, stirring occasionally and adding the garlic at the end. Add just enough stock to barely cover the veggies. Cook until veggies are fully cooked, 10-15 minutes. Slowly transfer content of the pot into a food processor. Let cool briefly, blend well and return to the pot. Add the heavy cream and cheese. Stir until all blended. Be careful here, the soup will bubble and splash when it starts to heat up. Keep stirring. When cheese is melted, soup is all done. Serve with a dollop of soup cream.