



# ONE POTATO TWO!

News from the Fields of Driftless Organics  
Winter Veggie Share • Jan 31 - Feb 3, 2018



*Week 7: Can you guys believe it?! It's the LAST Winter Veggie Lover's box! We hope that you've enjoyed your veggies, tried new recipes and learned a lot. I know that we sure have appreciated you supporting our real-life, local, small farm. I know we say this all the time, but it is so very true - we couldn't do this without you! Thank you, thank you, thank you! Even though the CSA is over for the winter, we're still hard at work planning everything out for next season. We hope that you'll join us for our 2018 season! We've got some great things planned and can't wait to have you aboard. Sign up before March 1st to receive our **EARLY BIRD DISCOUNT**. Check out our website for more details:*

[www.driftlessorganics.com](http://www.driftlessorganics.com)

*And if you have any questions, big or small, please let us know. We're here to help! Happy Eating, --Annie*

## WHAT'S IN THE BOX?

- Blue Potatoes
- Carrots
- Garlic
- Parsnips
- Purple Daikon Radishes
- Purple Top Turnips
- Red Beets
- Red Cabbage
- Red Onions
- Yellow Shallots
- Sweet Potatoes

## DID YOU KNOW?

Did you know that blue potatoes are not only more colorful than their subdued potato counterparts, but also contain more nutrients?! You might be surprised to know that blue potatoes contain more protein and fiber than white potatoes. Even more exciting than that, is the large amount of antioxidants that these blue spuds pack! Loaded down with anthocyanin, the antioxidant that gives the blue potato its dazzling color, 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! Blue potatoes also contain vitamin C and potassium. Maybe these were some of the reasons that blue potatoes were known as food of the Gods back when they were first domesticated, over 7,000 years ago in the Andes Mountains of Peru and Bolivia. Knowing how tasty, healthy and insanely beautiful these potatoes are, it comes as no surprise. With a slightly nuttier flavor, blue potatoes can be cooked just like any other potato, making them extremely versatile. Mashed, baked, made into fries, you name it! Substitute them in your favorite white, yellow or red potato recipe or check out our Root Veggie Croquette Recipe on the other side of this newsletter!

## WHAT THE HECK DO I DO WITH SHALLOTS?

You've probably all heard of shallots. Heck, you've probably all even eaten shallots! But have you ever cooked with them?! If not, you've come to the right place! We're going to give you all the knowledge you need to use your shallots to transform ordinary meals into extraordinary meals! Shallots are like a sweeter, nuttier, garlicky-er onion. Here are our top tips and ideas for preparing shallots:

- 1.) While you can caramelize shallots like onions, make sure they don't brown as browning them brings out a bitter flavor.
- 2.) Try combining shallots and mustard for an exquisite flavor in sauces and salad dressings.
- 3.) Another delightful combo to try is shallots and lemon... especially with fish or seafood!
- 4.) Due to the shallots' sweet nature, they are excellent when used raw in salads and pasta dishes.
- 5.) We love combining shallots, butter and white wine for one delicious sauce.
- 6.) Try gently sauteing shallots with butter and adding to mashed potatoes.
- 7.) Shallots make a lovely addition to soups and stews. You can even chop them up raw and use them as a topping.

	WHAT'S IT LOOK LIKE?	STORAGE	HOW DO I USE IT?
<b>CARROTS</b>	A nice big bag of tasty carrots.	Keep them in their bag in the fridge.	Add to stir fries, sautes, egg dishes, soups or stews, and curries!
<b>PARSNIPS</b>	The white carrot-looking roots in your share this week.	Store in a plastic bag in the fridge.	Parsnips are great when prepared with a little honey or maple syrup.
<b>PURPLE DAIKON RADISH</b>	The pretty purple roots in your box.	Keep in a plastic bag in your fridge.	Roast these up in the oven, or grate them on top of salads, sandwiches or tacos.
<b>PURPLE TOP TURNIPS</b>	The round white roots with the purple tops.	Store in a plastic bag in the fridge.	Turnips are wonderful when mashed into potatoes, or you could try cubing them and roasting with oil, salt and your favorite spices.
<b>RED BEETS</b>	A couple of pounds of red beets, floating around in 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: <a href="http://www.driftlessorganics.com/beets">www.driftlessorganics.com/beets</a>
<b>RED CABBAGE</b>	A bright reddish-purple cabbage	Keep in your fridge - this will keep will keep better if you store in your crisper drawer or a plastic bag.	Cabbage is great braised. It's also wonderful cooked with vinegar and spices.
<b>SWEET POTATOES</b>	Several sweet potatoes await you this week!	Store at room temperature in a cool, dark, DRY place.	Make a batch of sweet potato fries! Or check out the recipe below.
<b>YELLOW SHALLOTS</b>	Look for the onion-looking bulbs in your share.	Store at room temperature in a cool, dark, DRY place.	Check out the other side of this newsletter for all sorts of tips and tricks.

## SWEET POTATO BLACK BEAN QUESADILLAS

2 large sweet potatoes, sliced thinly  
 1 can black beans, drained  
 2 Tablespoons Butter, plus extra for greasing the pan  
 ½ teaspoon Salt  
 ½ teaspoon Chili Powder  
 1 small red onion, diced  
 2 cloves garlic, minced  
 1 cup finely sliced cabbage  
 8 whole small Flour Tortillas  
 2-1/2 cups grated cheese of choice  
 Your Favorite Toppings: Sour cream, salsa, avocado  
 Heat 1 tablespoon butter and olive oil in a large skillet over high heat. Add sweet potatoes, onion and garlic. Sprinkle with salt, pepper, and chili powder. Cook for several minutes, turning gently with a spatula, until potatoes are golden brown and tender, but not mushy. Add the black beans and stir. In a separate skillet, melt additional butter and lightly brown both sides of the tortillas. Build the quesadillas by adding a layer of cheese topped with a layer of the squash mixture, sprinkled with raw cabbage. Top it off with a second tortilla. Brown each quesadilla on both sides, adding more butter to the pan if necessary. When the cheese is melted, remove each quesadilla from the skillet and cut it into four wedges. Serve with your favorite sides/toppings.

## ROOT VEGGIE GROQUETTES

2 large egg yolks  
 Veggies: 1 large potato, 1 medium turnip, 1 large parsnip (all diced)  
 ½ cup grated Parmesan  
 2 tablespoons fresh chives, chopped  
 1 tablespoon all-purpose flour  
 4 large eggs  
 2 cups breadcrumbs  
 Vegetable oil (for frying; about 2 cups)  
 Boil all of the veggies until soft and drain. Mash well & let cool fairly well. Mix egg yolks, mashed veggies, Parmesan, chives, and flour in a medium bowl. Roll into balls; chill until cold, at least 2 hours. Beat eggs in a bowl; place breadcrumbs in another bowl. Pour vegetable oil into a medium skillet to measure ½" & heat over medium-high until a pinch of breadcrumbs bubbles immediately when added. Dip potato balls in egg, then roll in breadcrumbs. Working in batches, fry, turning often, until golden brown & crisp, 3-4 minutes. Drain on paper towels.

## TURKISH CARROT DIP

1/4 cup extra-virgin olive oil  
 3 -4 medium to large carrots, shredded  
 1/3 cup pine nuts or finely chopped walnuts  
 3/4 teaspoon fine sea salt  
 1 -2 garlic cloves, minced  
 2 cups plain Greek yogurt  
 Veggies for dippin', like carrots, radishes, etc.  
 Heat the oil in a large skillet over medium-high heat until hot. Add the carrots and cook for 5 minutes. Add the nuts and salt. Reduce heat to medium and continue cooking, stirring occasionally, for 5 minutes, or until carrots are completely soft and beginning to brown. Add garlic and cook, stirring, until fragrant. Cool slightly. In a medium bowl, stir the warm carrot mixture into the yogurt. Drizzle with additional olive oil before serving.