



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 16: Looking at the upcoming weather, fall is definitely knocking at our door. The tomatoes and peppers have peaked, the leaves have been turning for a few weeks and the weather is turning cooler. Soon, we will have to be looking out for those frost warnings. Each season, there is always something to look forward to in regards to food. For me, Fall brings apples and butternut squashes (which when paired together make an excellent soup!) Happy Eating to you all! ~Rachael

Did You Know?

Did you know that the fall frost date for our neck of the woods is Oct. 6th? Frost dates are the average first (in the fall) and last (in the spring) times when the temperature dips below freezing, based on all of the years of data compiled by the weather dudes. For obvious reasons, we pay pretty close attention to these dates. The last frost date in the spring is important because we usually have a lot of frost-sensitive seedlings in the ground that time of year. The first frost date of the fall is arguably more important because we have so many crops that will croak if the temperatures dip below freezing. Frost spells doom for plants like tomatoes, eggplant, melons, peppers and basil. And it can cause some damage to the winter squashes and if it's really, really cold: even potatoes! Around this time of year we watch the forecasts like hawks and really try to plan our days and weeks knowing that at any moment we may need to go into "frost mode". Frost mode on

the farm is a frantic race to harvest things that we can, and cover things we can't with row covers in hopes that they will be OK through the night. It usually ends up being a really late evening of work. Not everything is hurt by the frost and some veggies actually get tastier with a frost. We've all heard that brussel sprouts get sweeter with the frost, but did you know carrots do too? This is because when it gets really cold, a vegetable will produce more sugar as a sort of natural antifreeze. How cool is that?

What the Heck Do I Do With Parsley?

When I think of parsley I have two thoughts: garnish and something my grandma likes. There is more to it than meets the eye. Parsley has got the whole package: looks, taste and great health benefits! Besides looking pretty, it's heavy in antioxidants, vitamin C, and minerals. Parsley has a little peppery flavoring that goes great in many dishes. You can try making parsley pesto. There are various kinds of nuts that go well to make this pesto, walnuts and pistachios are among the most common. You can add it to your Frittatas as a sub for spinach or kale. Or add it to your chicken or vegetable stock to add more complex flavors. There is also an Italian condiment known as Gremolata: minced parsley, minced garlic and lemon zest. This condiment adds brightness and a wonderful aroma to meat dishes like beef, lamb or any fish or seafood dish. Adding a little Driftless Sunflower oil to this condiment makes an instant marinade for any of the meats

mentioned previously. You can also add oil and vinegar to it for a great salad dressing. When in doubt about what exactly you want to do, dry it for later. Tie a bunch together and hanging it upside down in a cool, dry place. When the parsley is completely dry, remove the stems and store the dried leaves in an airtight container. You can also dry out your parsley in a slightly warm (100 degrees F) oven or in a dehydrator.

WHAT'S IN THE BOX
Banana Pepper
Beans
Broccoli
Carrots
Eggplant
Garlic
Green Kale
Jalapeno Pepper
Leeks
Onions
Parsley
Red Potatoes
Red Radish
Roaster Peppers
Romanesco
Salad Mix/Romaine
Salad Turnips
Sungolds

Tomatoes: Mix

Crop	What's it look like?	Storage?	How do I use it?
Banana Pepper	Greenish- yellow long pepper (sweet tasting)	Store in your fridge.	Use it like you do any other sweet pepper
Beans (Yellow)	Yellow long bean	Keep in the fridge for up to a week.	Steamed, roasted, stir fry
Broccoli AND Romanesco	Broccoli: Looks like a miniature dark green tree. Romanesco: lime green florets resembling an alien christmas tree	Store in a bag in the crisper, try to use it up within 2 weeks.	Steam it, Bake it, Roast it, Saute it or eat it RAW
Carrots	A beautiful bunch of orange carrots, these beauties still have their tops	Remove the tops and store in plastic bag in your fridge..	Cut up in sticks and you will have a healthy snack for a few days
Eggplant	Purple oval shaped eggplants.	Store on your counter for 2-3 days or in your fridge for 5-7 days.	Make into Baba Ganoush
Jalapeño Pepper (Spicy!)	Small, dark green peppers. There will be 2 of them in your box. <i>Spicy.</i>	Store in your fridge.	Slice up and top your SUPER nachos
Kale	A bunch of green kale with curly leaf edges.	Keep in a bag in fridge for up to a week.	Try braising this or making a marinated kale salad.
Leeks	Looks like a GIANT scallion	Store in the fridge for up to a week.	Use it like you would an onion.
Parsley	A small bunch of unruly curly parsley (milder flavor than flat-leaf)	wrap in a slightly damp paper towel in a resealable plastic bag and keep in the fridge.	Check out this week's article "What the Heck do I do with Parsley?"
Red Potatoes	Red and round	Set in a cool dark place.	Try this week's <i>Radish Top Soup</i> recipe
Red Radishes	Look for the bunch of red & white oval radishes with green leaves in a bunch.	Store with the tops removed in a plastic bag.	Try this week's <i>Radish Top Soup</i> recipe
Roaster Peppers (Sweet)	Look for the big dark yellow and/or red peppers that are pointy on one end.	Store peppers together, in a plastic bag, in your fridge	These sweet peppers are a great substitute for red or yellow bell peppers. They are so sweet and tasty!
Salad Mix/ Romaine	Mixed bag of salad greens.	Store in the plastic bag it comes in and try to use up in a week	Yummy on top of sandwiches or making up a quick healthy salad for side or entree
Salad Turnips	Look for the bunch of white roots that look like radishes.	Store like you do your radishes.	Salad turnips are great in salads - just slice super thin and throw on top.
Sungold Tomatoes	Little orange cherry tomatoes	Store on the counter.	Make a Caprese salad for a fresh side
Tomatoes: Mix	A bag of mixed varieties (and colors) of tomatoes.	Store on the counter - check their ripeness every day and use when ripe.	Soup, Sauce, curries, salsa, roasted, pizza or just sliced with salt!

Radish Top Soup

from CSA Member Edith Thayer

2 Tbsp butter or Driftless Sunflower Oil
 1 Medium Onion (about ½ c.) chopped
 2 medium sized potatoes, chopped (no need to peel)
 4-5 salad turnips, coarsely chopped
 4 c. radish and turnip greens and stems (be sure to wash them), roughly chopped
 4 c. chicken or vegetable broth
 ⅓ c heavy cream (or half and half)
 5 radishes, sliced
 2-3 green onions (optional)
 Salt and pepper, to taste

Herbs - *optional* (any kind you choose)

Melt butter in large saucepan over medium heat. Stir in onion and saute until tender. Mix in potatoes, salad turnips and radish greens, coating them with butter. Pour in broth. Bring to a boil. Reduce heat, simmer for 15-20 min or until potatoes are tender. Transfer to a blender (or use an immersion blender) and blend until it reaches desired consistency. Return the soup to the pan and add cream. Top with sliced radishes and green onions (if using). ***Measurements aren't very important for this recipe and we like our soup a little on the chunky side.****

I made this for my family Tuesday night and it was a hit. My husband put a sprinkle of dried cayenne over his and it was so good, I added it to mine as well. ~Rachael