



DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • Issue 17 • Sept 26-29, 2018

Week 17: It seems officially fall this week, WAY cooler temps and the leaves are just starting to turn. For me, this is the time for hot cider and ramping up my baking. For the farm, it means LOTS of extra harvesting, preparing for winter. We've been digging potatoes, carrots and harvesting winter squash, cabbages, and much more. Happy Eating! ~Rachael

Did You Know?

Did you know that you can ferment many of the root vegetables in your CSA box?? Fermenting isn't just for turning cucumbers into pickles or cabbage into sauerkraut. You can use fermentation to transform radishes, carrots, parsnips, beets and turnips into tangy, crunchy snacks and side dishes too! Fermentation is a preservation method that's been in use for thousands of years has numerous health advantages. Fermented veggies are jam-packed with probiotics and beneficial enzymes and other nutrients that help with your digestion and support your immune system - something that's pretty important around cold and flu season. Just a few tablespoons of fermented veggies contain millions of probiotics. Interested in trying out some fermentation in your own kitchen? Here's a basic method to get you started: First, make sure everything is as clean as possible before starting - including your hands! Chop, grate or slice your veggies of choice into small pieces. Mix well with sea salt (or other non-iodized salt) in a large bowl, the general rule is 3 tablespoons per 5 pounds veggies. Now is a good time to add other spices if you like as well, such as caraway, celery seed, dill, or mustard seed. Pack the salted veggies firmly into a ceramic or glass jar (avoid using metal), such as a half gallon mason jar, leaving a few inches of headspace at the top of the jar, and let rest for about an hour. After the hour is up, add enough water to just cover the vegetables (you'll want to be sure that the veggies are always fully submerged from here on out) and

screw on lid, but not all the way, so air can escape. Let the veggies sit at room temperature in a clean, dry spot. Taste your veggies every day until they are tangy enough for you. Place the jar into the fridge and enjoy for the next couple of weeks!

What the Heck Do I Do With Kale?

Kale has amazing health benefits, including heart health, helping with weight loss, managing diabetes, cancer prevention benefits, reducing the risk of strokes, etc...which is probably why it's popularity is increasing. It may not be the most tender green to eat, but salt or a little cooking transforms this green super veg into a delicious addition to many recipes. Now, onto the many ways kale can be enjoyed. It can be eaten raw in salads. Baby kale needs no help, it is already tender, but if you've passed the baby stage, a salt massage helps to tenderize the kale leaves. My husband loves kale slaw, a component in vegetarian Mexican burritos, included in this week's recipes. Make sure to derib any kale that comes your way. The rib is where the bitterness is. Kale can also be sauteed until bright green and wilted. It doesn't take long, just a few minutes so make sure it's one of the last things you add if you are doing more than just kale. Baked as a pizza topping is one of my favorite ways to eat Kale. Kale chips seem popular, simply coat with a little oil and salt. Bake at 350 for about 10-15 min. Kale can be substituted for almost any green (spinach, salad mix, collard, etc) so the possibilities are near limitless.

WHAT'S IN THE BOX

Beans: Green or Yellow

Carrots

Cauliflower: Purple or White

Cayenne Pepper

Cilantro

Garlic

Jalapeño Pepper

Kale

Onions

Potatoes

Red Radish

Roaster Peppers

Romanesco

Salad Mix

Salad Turnips

Sungolds

Tomatoes: Mix

Just use your imagination and experiment!

Crop	What's it look like?	Storage?	How do I use it?
Beans: Green or Yellow	Green or yellow long bean	Keep in the fridge for up to a week.	Green Bean casserole
Carrots	A beautiful bag of orange carrots	Remove the tops and store in plastic bag in your fridge..	Can you say pie!? Check out the recipe below!
Cauliflower: Purple or White AND Romanesco	Cauliflower: A nice sized white OR purple head with green wrapper leaves Romanesco: lime green florets resembling an alien christmas tree..	Store in the crisper drawer of your fridge. You can remove some of the green leaves if it will make it fit better.	Raw, in salads, on pizza, as pizza crust, "fried rice" or roasted and sauteed. There is no end to the things people come up with for these veggies
Cayenne Pepper (hot)	There will be one red, skinny, SPICY cayenne pepper..	Store on the counter.	Add in small amounts to spice up a dish
Cilantro	A bunch of fresh cut cilantro plants with frilly green leaves.	Keep in the fridge in a plastic bag for up to a week.	Essential to Mexican and Indian. YUM!
Jalapeño Pepper (hot)	Small, dark green pepper. SPICY .	Store in your fridge.	Check out this week' recipe, " <i>Kale slaw</i> " as a topping for burritos
Kale: Green	A bunch of green kale with curly leaf edges.	Keep in a bag in fridge for up to a week.	Check out this week' recipe, " <i>Kale slaw</i> " as a topping for burritos
Onions: Red	Beautiful purplish red onion	Stored in a cool dark place.	Perfect for fajitas
Potatoes: Yellow	Yellow and round	Set in a cool dark place.	Thinly sliced, these yellows can make a perfect "crust" for hot dishes or skilletts
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.	Goes well in soup. Can be used as a garnish or topping for salads and tacos.
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	Slice up, sauteed for some fajitas
Salad Mix	Head of lettuce in your box	Store in plastic bag with a paper towel to absorb excess moisture.	Salads, pizza, sandwich topping
Salad Turnips	Look for the bunch of white roots that look like radishes.	Store like you do your radishes.	Soup or salad?
Sungold Tomatoes	Little orange cherry tomatoes	Store on the counter.	Roasted on a pizza is delicious
Tomatoes: Mix	A bag of mixed varieties (and colors) of tomatoes.	Store on the counter - check their ripeness every day and use when ripe.	Pico De Gallo

Cinnamon Carrot Pie

1 (9") unbaked pie shell
 ¾ c. sugar
 2 c. chopped carrots
 2 eggs
 1 tsp. Ground cinnamon
 Pinch of nutmeg
 1 tsp vanilla extract
 ¾ c. milk

Preheat oven to 400 degrees F. Press the pie crust into the bottom and up the sides of a 9" pie plate. Bake the pie shell for 3-5 min, just to firm it up. Remove from oven and set aside. Place carrots in a saucepan with enough water to cover. Bring to a boil and cook until tender, about 10 min. Drain water, mash carrots until smooth using a food processor or ricer. In a medium bowl, mix together carrot puree, sugar and eggs. Mix in cinnamon and vanilla. Gradually stir in the milk. Pour the

mix into the partially baked pie shell. Bake for 10 min in preheated 400 degree oven. Reduce temp to 350 and bake for another 40-45 min, until firm. Cool completely before serving.

Kale Slaw

1 bunch curly Kale, deribbed and chopped
 Fine Sea salt
 ⅓ C. crumbled Feta cheese
 3 Tbsp Driftless Organics Sunflower Oil
 2 Tbsp Lime juice
 1 medium Jalapeno Pepper, seeded, deribbed and minced
 2 clove Garlic, pressed or minced
 ½ tsp. Cumin
 Place chopped kale in a large serving bowl. Sprinkle lightly with salt and massage until the kale is fragrant, darker in color and slightly reduced in volume. Add feta cheese. In a small bowl combine oil, lime juice, jalapeno, garlic and cumin and ¼ tsp salt together. Whisk until well blended. Pour over

massaged kale. Toss until lightly coated. Let sit to marinate at least for 15 minutes before serving.