



# DRIFTLESS ORGANICS CSA NEWSLETTER

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**Week 18:** Another cold and rainy week here at the farm. This has been a very wet year. These cooler temps have created a wardrobe change at the farm. Now it's all hats, gloves, sweatshirts and waterproof boots. Harvest is still in full swing and expected to be so for awhile. 'Tis the season to see, viscerally, the products of our labors. Happy Eating! ~Rachael

WHAT'S IN THE BOX
Banana Pepper
Bok Choy
Cabbage: Red
Cauliflower/Romanesco
Cayenne Pepper
Cilantro
Fennel
Garlic
Jalapeño Peppers
Mini Peppers
Onions
Potatoes: Red
Red Radish
Roaster Peppers
Salad Mix
Tomatoes: Mixed
Winter Squash

## What the Heck Do I Do With Winter Squash?

A yummy winter squash is waiting for you in your box and they are chock-full of delicious, nutritious seeds! Don't let those seeds go to waste – they're full of magnesium, protein and fiber. Plus they're pretty darn tasty. Preheat the oven to 275 degrees F. Line a baking sheet with parchment paper. Clean the squash seeds by swirling in water and rinsing, so there aren't any bits of squash left on the seeds. For one cup of clean seeds, add 1 tablespoon Driftless Organics Sunflower oil (or olive oil) and a 1/2 teaspoon of salt. Toss. If you'd like to spice these seeds up you can add pretty much any herb or spice you like. Spread the seeds out in an even layer on the prepared baking sheet. Bake for 15 minutes, or until seeds start to pop. Remove from oven and cool on the baking sheet before serving.

## Did You Know?

Fennel comes from the Mediterranean region. The Romans are credited for spreading this vegetable around their empire, even bringing it to Britain. It wasn't until the 1700s that it was brought to The American colonies. Thomas Jefferson received seeds in 1824 and wrote in his Garden book, *"The fennel is beyond every other vegetable, delicious. It greatly resembles in appearance the largest size celery, perfectly white, and there is no vegetable equals it in flavour. It is eaten at dessert, crude, and with, or without dry salt, indeed I preferred it to every other vegetable, or to any fruit."*

The whole plant can be used. The

feathery wisps of the top is often confused for Dill. The leaves have a much milder anise flavor than the rest of the plant and can be used as a herb, chopped and put into dishes. Fennel is best used with pork, fish or STRONG flavored game meat. The stems can be sauted or roasted and go really well in soups. The bulb can be eaten raw or cooked. Even the seeds are often used for pickles, sauces, sausage seasonings and dare I say, cookies! Around the world, it is used as a breath freshener, toothpaste and antacids. Fennel also has many health benefits. It eases and regulates menstruation, inhibits growth of cancerous tumors, boost immunity and treats anemia, maintains cholesterol levels and reduces high blood pressure, prevents macular degeneration and premature aging AND facilitates digestion.

Fennel grows about 3 ft tall. It is an annual here in Wisconsin, but if you have a warmer climate, it can be a biennial or perennial (depending on the variety). Here at Driftless, we transplant this veggie beauty. It takes about 3 months (90 days) to maturity. It likes light, well drained soil and FULL sun.

## Don't Forget!

We pack CSA boxes all the way until February! We call them the "Winter Veggie Lovers" share. 4 boxes over 8 weeks for the Twin Cities and 7 boxes over 14 weeks for Local and Madison. As much as we all cringe at the thought of winter, it is inevitable and delicious vegetables help soften the blow. Starting 2 weeks after the last regular season box, we continue right where we left off with even more carrots, potatoes, kale, etc. Be sure you get in on the fun. Go to our website and sign up today!

Crop	What's it look like?	Storage?	How do I use it?
Banana Pepper	Greenish- yellow long pepper (sweet tasting)	Store in your fridge.	It is yummy as a pizza topping.
Bok Choy	Kind of like a head of lettuce, but with thick white stems.	Gently take your bok choy out of your box and place in a plastic bag.	Sauteed with ginger, garlic and soy sauce
Cabbage: Red	The head of red cabbage with pretty wrinkled leaves	Keep in the fridge in a plastic bag for up to a week.	Try the Colcannon recipe in this week's newsletter.
Cauliflower OR 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.	Steamed, roasted, raw or puree up in soup!
Cayenne Pepper (hot)	There will be one red, skinny, <b>SPICY</b> cayenne pepper near the top of the box.	Store on the counter.	Try it, minced, in this week's Butternut Squash and Apple Soup!
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.	Great garnish or added freshness to salads, soup, salsa, etc.
Fennel	white bulbs that look like they have quilted layers.	Keep in your fridge for up to a week.	Raw, roasted, sauteed - check out this week's Did you Know article.
Garlic	A head of garlic.	Store on the counter.	A great base for most dishes.
Jalapeño Pepper (Spicy!)	Small, dark green peppers. There will be 2 of them in your box. <b>Spicy.</b>	Store in your fridge.	It's not a sweet pepper, so remember it's a little spicy. Best in fresh salsa!
Mini Peppers (sweet)	Look for the small red, yellow and orange peppers. These are SWEET.	Keep in the fridge in a plastic bag for up to a week.	A great fresh snack!
Potatoes: Red	Red and round	Set in a cool dark place.	Ttry this week's Colcannon recipe!
Red Radish	Look for the bunch of red & white oval radishes with green leaves in a bunch.	Store with the tops removed in a plastic bag with your scallions.	Sauteed in butter
Roaster Peppers (sweet)	Look for the big dark yellow and/or red peppers that are pointy on one end.	Store all of your peppers together, in a plastic bag, in your fridge.	Roasted and as a pizza topping!
Salad Mix	Mixed bag of salad greens.	Store in plastic bag with a paper towel to absorb excess moisture.	Salad base or on sandwiches
Tomatoes: Mixed	A bag of mixed varieties (and colors) of tomatoes.	Store on the counter - check their ripeness every day and use when ripe.	Sliced with a little salt. Yum.
Winter Squash:Butternut	Creamy tan squash. There will be some darker brown markings on one side, but those are normal.	Set in a cool dark place.	Check out this week's Butternut Squash and Apple Soup recipe.

## Apple and Butternut Squash Soup

1 medium onion, chopped  
 1 celery rib, chopped  
 1-2 carrots, chopped  
 2 Tbsp Butter  
 1 Butternut Squash, peeled, deseeded and chopped  
 1 tart green apple, chopped  
 3 c. Chicken Stock  
 1 c. Water  
 Pinches of Nutmeg, Cinnamon, Salt and Cayenne (to taste)  
 1 Tbsp Maple Syrup (optional)  
 Sour Cream (for serving)  
 Saute onion, carrot and celery in butter until tender (about 3-5 min). Add the rest of the ingredients (minus syrup) and simmer. Be conservative with the spices. When butternut and apple are tender (about 20-30 min), puree the soup. Taste and add more spice per taste, including optional syrup. Serve with a dollop of sour cream.

## Colcannon

(Irish Mashed Potatoes)

7-10 medium to large potatoes  
 Kosher salt  
 6 Tbsp butter  
 2 Onions, chopped  
 2 garlic cloves, thinly sliced  
 3 c. shredded cabbage  
 1 ¼ c. milk  
 ½ c. heavy cream  
 Freshly ground black pepper  
 1 scallion, thinly sliced (optional)  
 Boil Potatoes until tender, about 30-40 min. Melt 4 Tbsp butter in large saucepan over medium heat. Add onions until soft, about 8-10 min. Add garlic and cook until fragrant. Add 2 c. cabbage and cook until wilted, stirring often. Add milk and cream and bring to a simmer. Add potatoes and remaining 1 c. cabbage, then coarsely mash. Season with salt and pepper. Transfer to serving bowl. Top with remaining 2 Tbsp butter and sprinkle with scallion (optional).