



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 19: Another rainy week at the farm. We normally average about 33-36 inches of rainfall in the “average” season of this area. This year we are currently around the 50-60” of rain. We love water, the plants love water, but this is too much loving. Yet, we have high hopes for next week. It looks like perfect fall weather, especially for more harvesting. Until then, we cross our fingers and look for the sunshine. Happy Eating! ~Rachael

WHAT'S IN THE BOX

Banana Pepper
Bok Choy
Brussel Sprouts
Cabbage: Savoy
Carrots
Celeriac
Garlic
Leeks
Lettuce: Red Leaf/Salad Mix
Onions: Red
Potatoes: Yellow
Roaster Peppers
Sage
Salad Turnips
Sweet Potatoes
Tomatoes: Mixed
Winter Squash: Butternut

With Celeriac?

Celeriac? What the what? Otherwise known as **celery root**, celeriac are those knobbly ugly looking roots in your box. To use: peel off as much of the skin as you can and then you are ready to use. Try the following:

- Grate raw and sprinkle with lemon juice (to avoid browning) for salads or slaws
- Make a classic French remoulade: a julienned, lemon-soaked raw celeriac salad in a creamy mustard mayonnaise
- Use it instead of potatoes in au gratin
- Roast alongside chicken, beef, pork or venison
- Blanch and add to your favorite stuffing recipe before baking
- Grate and add to potato pancakes or hash-browns
- Cube or wedge it, parboil for 5 minutes, drain, toss with oil, salt and fresh herbs, and roast at 400 degrees until crispy on the outside
- Boil and mash with butter and cream
- Dice small and sauté with other vegetables for pot pie
- Replace celery with celeriac in any soup, especially ones that will be puréed

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. 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!

Don't Forget!

For some of you this is the last box for the season, but don't fret - we pack CSA boxes all the way until December! We call them the “Winter Veggie Lovers” share. 4 boxes over 8 weeks. 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! Be sure you get in on the fun. Go to our website and sign up today!

What the Heck Do I Do

Crop	What's it look like?	Storage?	How do I use it?
Banana Pepper (Sweet)	Greenish- yellow long pepper (sweet tasting)	Store in your fridge.	Good as a sweet crunch to salads, sandwiches or wraps.
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.	Stir fry.
Brussel Sprouts	A plastic bag of these bright green mini-cabbage looking things	Keep them in their plastic bag and use up in a couple of weeks	Roast in oven and coat with a honey mustard sauce. Also a good pizza topping with a balsamic glaze!
Cabbage: Savoy	Looks like a head of green cabbage only a little more wrinkle to the leaves	Keep in the fridge in a plastic bag for up to a week.	Shredded, they go well on tacos.
Carrots	A beautiful bunch of orange carrots, these beauties still have their tops	Remove the tops and store in plastic bag in your fridge.	Check out this week's recipe. Also delicious as soup stock, a raw snack or my daughter's favorite: roasted
Celeriac	Knobby misshapen ivory colored roots	Keep in your fridge in a bag for up to 3 weeks	Check out this week's "What the heck" article and soup recipe
Garlic	A head of garlic.	Store on the counter.	A great base for most dishes.
Leeks	Looks like a GIANT scallion	Store in the fridge for up to a week.	Use it like you would an onion.
Lettuce: Red Leaf or Salad Mix	A loose head of red leaf lettuce or a mixed bag of salad greens.	Store in plastic bag in your fridge.	Salads, sandwiches, pizza, etc
Onions: Red	Red and round	Store on the counter.	The start of any good meal...
Potatoes: Yellow	Yellow and round	Set in a cool dark place.	Mash 'em, Boil 'em, put 'em in a stew!
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.	Seriously, roasted then sliced, then PIZZA!
Sage	A few stems of sage	Store in plastic bag in fridge	Try this week's recipe: <i>Roasted Butternut Squash with Fresh Herbs</i>
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.
Sweet Potato	Misshapen, reddish/pink tubers in your box.	Store on the counter.	Check out this week's soup recipe
Tomatoes: Mixed	A bag of mixed varieties (and colors) of tomatoes.	Store on the counter - check their ripeness every day and use when ripe.	Salsa, marinara, raw with salt
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.	Try this week's recipe: <i>Roasted Butternut Squash with Fresh Herbs</i>

Roasted Sweet Potatoes, Carrot and Celeriac Soup

1-2 sweet potato (about 1-2 c.) , cut into chunks
 1 celeriac root, peeled and cut into chunks
 2 c. carrots, chopped
 1 leek, chopped
 1 medium onion, chopped
 2 cloves of garlic, finely chopped
 5-6 c vegetable broth (you can make your own with onion skins, celeriac stems/leaving and peelings, leek tops, etc...simmer all for 1 hour, strain and use!)
 Celeriac stems (for garnish)
 Salt and pepper, to taste
 Driftless Organics Sunflower Oil
 Preheat oven to 450F. Place sweet potato, carrots and celeriac on a roasting pan and drizzle with oil. Roast for about 45 min, stirring a few times. Veggies should be a nice golden color. In a stock pot, combine onions, leeks and garlic with a little bit of Sunflower oil. Saute over medium heat for about 5 min, until everything is soft and translucent. Season with salt and pepper. Add roasted veggies and

cook for a few minutes. Add Vegetable broth to the pot, cover and bring to a boil. Reduce heat and simmer for 25-30 min. Remove from heat and allow to cool slightly before blending (either in blender or using immersion blender). Add more veg broth if it's too thick. Taste and season with more salt and pepper if necessary. Garnish with minced celeriac leaves just before serving.

Roasted Butternut Squash with Fresh Herbs

1 Butternut Squash, cut into ½" thick slices
 Driftless Sunflower Oil to coat squash
 ½ onion, sliced
 Salt, pepper and paprika, to taste
 4-5 sage leaves, thinly sliced
 3-4 sprigs of thyme
 2 sprigs of rosemary
 Preheat oven to 375. Half squash, remove seeds and cut into slices ½" thick. In a mixing bowl, drizzle the squash with sunflower oil, sprinkle with salt, pepper, herbs (stems removed), and sliced onion. Bake on baking sheet until tender (about 30 min), turning periodically with spatula. Serve hot.