



DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • Issue 20 • Oct 17-20, 2018

Week 20: This is the last week of our regular season! (If you are going to miss us too much, we do have a Winter Veggie Lover share available, .check it out at our website: <http://driftlessorganics.csasignup.com/members/types>) It seems fitting that we had our first hard freeze Sunday night. 28 degrees. And snow. Yes, it snowed here. But with the cold comes the beauty of the snow, wood fires, soups, fresh baked bread, and sweet treats (preferably warm!). Go find your joy in the season! Happy Eating! ~Rach

WHAT'S IN THE BOX
Brussel Sprouts
Beets: Chioggia OR Gold
Eggplant: Italian
Garlic
Jalapeno Peppers
Kale: Lacinato
Leeks
Onion: Yellow
Parsnips
Peppers: Mixed
Potatoes: Blue
Radishes: Beauty Heart
Romaine
Rutabaga
Salad Turnips
Sweet Potatoes

What the Heck Do I Do With Parsnips?

Parsnips are a vegetable that has familial ties to Parsley and Carrots. It's vitamin and mineral content are definitely worthy of adding this vegetable to your diet, but how do you use it? Well, you *can* eat it raw (although I do not recommend this...) you can bake it, boil it, steam it, saute it, puree it or fry it. Adding it to mashed potatoes works fantastically if you want to fool your family members who may not be so inclined to try them. Personally, my favorite is roasting. Roasting brings out the caramelized sugars of the parsnip and to me, it's almost like candy. Plus, added bonus of roasting veggies - so easy. Chop, oil, salt and pepper and put in a hot oven. Easy peasy. Another very popular method of cooking it is adding it to any of your soups where root vegetables are highlighted. I talked to a number of customers at the Dane County Farmers Market on October 6th. I asked what they were going to do with it and consistently, I heard parsnips being paired with apples (and seasoned with cinnamon) for sweeter dishes and parsnips paired with rosemary for more savory dishes.

Did You Know?

Did you know that Rutabagas are a totally delicious root vegetable that are a cross between a turnip and wild cabbage? They've also been known to be called "Swedish Turnip" or "Swede". They apparently originated in Northern and Eastern Europe and are eaten by humans and domesticated animals! In Scotland, rutabagas are pretty popular and are oftentimes referred to as "Neeps". They have a dish called "Neeps & Tatties", which is rutabagas and Potatoes, both

mashed and served with Haggis. In England, rutabagas are served with a "Sunday Roast" of roast beef, roasted potatoes & carrots, yorkshire pudding, gravy and mashed rutabagas. They're also baked with other veggies inside of a pastry called a "pasty" (you can also find these in the U.P. - they're so tasty). Rutabagas are most definitely an "old world" vegetable that keep in the fridge or root cellar for a super long time, provide sustenance during those cold winter months and are a very versatile ingredient in lots of different dishes. Don't fear the Neep - they are delicious!!! We have a number of recipes on our website: <http://driftlessorganics.com/rutabaga/>

A huge THANK YOU!

Just wanted to take a little time and space to say Thank you to our loyal CSA members! As we try to convey the going ons from the farm - there is good and bad. We try to focus on the good because we love what we do and while there are some real challenges that we face, dwelling on it isn't helpful. This year, it has been the rain. It's been rough. But you CSA members and those who buy from the market at DCFM, You guys helps us. You encourage us. You remind us through your emails, sign ups and through our conversations at the market stand of why we are here. Why this is important. Food is incredible. It can be shaped and molded into so many things. Adding a little this or that, cooking it this way or that way. It brings life...through nutrients, minerals, vitamins, fiber and through smiles. And we are proud to offer you organic produce that is safe, healthy AND it looks and tastes amazing. So thank you. Thank you. Thank you. We couldn't do this without your partnership!

Crop	What's it look like?	Storage?	How do I use it?
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
Beets: Chioggia or Gold	Chioggia: red and white targeted flesh Gold: gold colored flesh	Keep in your fridge in plastic for up to a week.	Roasted, boiled or raw (grated) on salads.
Eggplant	Purple oval shaped eggplants.	Store on your counter for 2-3 days or in your fridge for 5-7 days.	Roasted, made into Baba Ghanoush, make veg burgers, etc...
Jalapeño Pepper (Spicy!)	Small, dark green peppers. There will be 2 of them in your box. <i>Spicy.</i>	Store in your fridge.	Good for spicing things up!
Kale: Lacinato Tops	Flat, blue-green leaves	Place in a plastic bag and try to use it up in 7-10 days	Derib and chop up for any saute or a quinoa salad.
Leeks	Looks like a GIANT scallion	Store in the fridge for up to a week.	Use it like you would an onion.
Onions: Yellow	Yellow and round, quite bulbous.	Store on the counter.	The start of any good meal...
Parsnips	Looks like white roots that look like an albino carrot	Store in a plastic bag in the fridge for up to a month.	Lots of ways - check out the "What the Heck" article in this week's newsletter!
Peppers: Mix	A mix of peppers: Poblano (pointy and dark green, slightly spicy), Roasters (yellow, red or organic and sweet), Banana (yellow and small, sweet)	Store all of your peppers together, in a plastic bag, in your fridge.	Various ways - all good roasted and put on pizza or a hot sandwich.
Potatoes: Blue	Blue and round	Set in a cool dark place.	Any way you would use regular potatoes.
Radish: Beauty Heart	Greenish white globes with traces of pink near the root	Store in the fridge for up to 2 weeks	Roasted, pickled, grated or sliced.
Romaine	2 little mini romaines	Store in plastic bag, place in the fridge for up to a week..	Salads.
Rutabaga	Roundish beige roots with some purple color near the stem	Store in a plastic bag with your parsnips	Roasted with other root veggies
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 in a cool, dark place (not in your fridge!)	No need to peel, slice into fry shapes or cubes, coat in oil, season with salt, pepper, cinnamon or cayenne and back for some yummy fries!

Winter Root Vegetable Au Gratin

½ c. yellow onion, thinly sliced
 2 cloves of garlic, minced
 1 Tbsp. fresh thyme (or ½ tsp dried)
 8 c. thinly sliced mixed winter root vegetable: Beets, Parsnips, Potatoes, Radishes, Rutabaga, Turnips, Sweet Potatoes, etc...
 1 c. milk
 1 c. heavy cream (or condensed milk)
 1 c. grated cheese of choice: parmesan, asiago, Gruyere, aged cheddar
 Salt and pepper, to taste
 Preheat oven to 350F. Oil at 7x11 Baking Dish
 In a large bowl, mix all the ingredients except the cheese, and pour into baking dish. Top with grated cheese and bake, uncovered, for 45-60 minutes. Turning if necessary until vegetables are tender and top is crisp. Remove from oven and let stand for a few minutes before serving.

Chocolate Beet Brownies

1 c. all-purpose flour
 ¼ c. cocoa powder
 ¼ tsp. Salt
 225 g chopped semi-sweet chocolate
 ⅓ c. Driftless Organics Sunflower oil
 3 eggs
 1 c. sugar
 2 tsp. Vanilla
 2 cups peeled and grated raw beets
 Preheat the oven to 325F. Whisk the flour with the cocoa powder and salt in a medium bowl. Melt the chocolate over low heat in a small, heavy bottomed pot until melted, stirring constantly Stir the sunflower oil into the melted chocolate until smooth. Whisk eggs with granulated sugar and vanilla in a large bowl. Whisk in the chocolate mixture, then fold in the flour mixture and the 2 cups grated beets until just combined. Scrape into an oiled 8x8 metal baking pan. Bake at 325 until a toothpick inserted into the center comes out clean, 45-50 min.