



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 1: Winter VEGGIE

LOVERS!!!!!!! That is what the box is called and that is what we are! These vegetables are amazing in their storage capabilities bringing us delicious and nutritious things to eat when the weather is anything but positive. We love our roots. What's NOT to love? This week at the farm we are still working on harvesting these wonderful roots and we are planting! Planting? Yes, planting one of my favorite crops - GARLIC! It's about a nine month crop, plant now and get a crop June/July 2019. It is such a cool plant and one of the first things that pops up in the spring. Happy Eating! ~Rachael

Did you know: Brussel Sprouts?

Brussel Sprouts are those baby sized cabbages in your box this week. These minis are not only SUPER adorable and make great edible toys for the kids! It's like play food with a twist, you can eat it! Raw might not be the preferred way to eat them, but hey, desperate mamas can relate...whatever makes the kiddos happy and healthy is amazing (and added dietary fiber helps too!). So what should we know about this cuties? They have been cultivated for a long time in Brussels, Belgium and therefore is suspected to originate from there. Makes sense with its name, right? In 2008, Heinz (the ketchup brand) did a study and it revealed that sadly, Brussel Sprouts are the most hated vegetable in America! What!? How horrible is that!? These yummy barbie-sized cabbages are treasures especially once the frost makes them sparkle. The frost brings out natural sugars and makes them just a little sweeter. Many hate it due to the rotten egg smell that emerges when they are overcooked (especially from boiling). The sprouts contain sulforaphane, which is a compound that is also responsible for its cancer-fighting characteristics. They are a great source of Vitamin A, C, K, beta carotene, folic acid, iron, magnesium and dietary fiber! Plus, it has about 4 grams of protein per cup! That's a lot of nutrition packed into such a little package. There are about 110 different varieties available to grow! Linus Urbanec is a Swede who LOVES his brussel sprouts. He holds the world record of most eaten brussel sprouts in one minute. He ate 31.

The heaviest sprout grown was in 1992 in the UK. It weighed 18 lbs and 3 ounces. Most homegrown varieties produce around 2 lbs of brussel sprouts. Brussel Sprouts are part of the brassica family and are very cold hardy. They are a very long crop, starting the seedlings in February/March, transplanting early spring and harvesting about 120 days later. They are well worth the wait, especially after a frost, it become sweeter. Try them, they are delicious!

What the heck do I do with Sweet Potatoes?

Sweet Potatoes are as versatile as potatoes. They can be boiled, baked, roasted, fried, made into soups, breads, sauces, pizza topping, and the list goes on! Cooking can transform these golden gems into things like sweet biscuits, a latte, or ever heard of sweet potato pie? Shut my mouth! It is more than a Thanksgiving side that people put toasted marshmallows on. Try using sweet potatoes in your quesadillas. Make a quick bread out of it, use your pumpkin bread recipe but substitute the pumpkin puree for some sweet potato puree. It will be a lighter color and texture but just as delicious! You can "shave" off with a peeler little 3 inch pieces that go well on gourmet pizza. You can shred it like potatoes and make little sweet potato hash browns for breakfast. I made a sweet potato salad, Moroccan style with raisins, toasted almonds, cayenne, cumin, cinnamon and ginger. Not sure what to put on your pasta? Make a creamy pasta sauce out of them! The creativity out there is endless, you just gotta try and experiment!

WHAT'S IN THE BOX
Beets: Red
Brussel Sprouts
Carrots
Cauliflower
Garlic
Kale: tops
Onion: Red
Peppers: Mixed Roasters
Potatoes: Desiree
Salad Turnips
Romaine Lettuce Head
Sweet Potatoes
Winter Squash: Butternut

Crop	What's it look like?	Storage?	How do I use it?
Beets: Red	Red and round	Keep in your fridge in plastic for up to a week.	Roasted or boiled. Goat cheese is a wonderful pairing!
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	Try roasted or boiled. Sauces or plain.
Carrots	Beautiful bag of carrots (about 3 lbs!)	Remove the tops and store in plastic bag in your fridge..	Raw, roasted, creamed, made into soups or pies
Cauliflower	A nice sized white head with green wrapper leaves.	Store in the crisper drawer of your fridge. You can remove some of the green leaves if it will make it fit better.	Roasted, steamed, boiled, put into stir fry, made into "rice", made into pizza crust, etc...
Garlic	A head of garlic.	Store on your countertop and use within a couple weeks.	Ah, my favorite for nearly ALL our meals. Pair with onions and butter and you can't go wrong!
Kale: Green Tops	Flat, blue-green leaves tied together in a bunch	Place in a plastic bag and try to use it up in 7-10 days	Pizza, make kale chips, saute up with some eggs or use with your pasta
Onions: Red	Red and round, quite bulbous.	Store on the counter.	Pair with Garlic!
Peppers: Mixed Roasters	Mix of colors, sweet peppers	Store all of your peppers together, in a plastic bag, in your fridge.	Raw on salads, on veggie trays, roasted, sauteed in stir fries, etc...
Potatoes: Desiree	red/pinkish outside with light yellow flesh	Set in a cool dark place.	These have a taste like fingerlings but are WAY bigger! Use as you would fingerling potatoes.
Romaine	2-3 green romaines	Store in plastic bag, place in the fridge for up to a week..	Salad or sandwiches
Salad Turnips	Look for the bunch of white roots that look like radishes.	Store like you do your radishes.	Salad or even roasted with other roots is yummy.
Sweet Potato	Misshapen, reddish/pink tubers in your box.	Store in a cool, dark place (not in your fridge!)	Try out the pizza crust recipe below!
Winter Squash: Butternut	1 or 2 of these long tan squashes with a big butt	Store on your counter	Make into soup or use it to fill your homemade ravioli.

Root Vegetable Breakfast Hash

4 slices bacon, cut into ½" pieces (optional)
 ½ yellow onion, diced
 2 red potatoes, cut into ¼" cubes
 1 small or ½ half big head of cauliflower, cut into small cubes
 1 salad turnip, cut into ¼" cubes
 1 red beet, cut into ¼" cubes
 1 carrot, cut into ¼" cubes
 1 small or ½ medium sweet potato, cut into ¼" cubes
 1 clove garlic, finely minced
 salt and freshly ground black pepper
 2 eggs, poached

In a large saucepan over medium-high heat, cook the bacon pieces until crisp. Use a slotted spoon to remove and reserve the bacon, leaving the bacon drippings in the pan (if you are skipping the bacon, use butter, Driftless Sunflower Oil or olive oil instead of the bacon drippings). Add the potatoes, carrot, turnip, beet and sweet potatoes and simmer until slightly tender and brown, about 5-8 minutes. Stir in the onions, cook for 2 minutes, then add in the cauliflower and the garlic. Cook for 2 minutes. Add in 1 tablespoon of water and cover. Let cook for 3 minutes. Check to make sure that the sweet potato is cooked through. Add the cooked bacon pieces back into the pan and season with salt, pepper. To top off your hash, try a poached egg. We usually don't start the eggs until the hash is done. You can turn off the burner and the hash will stay warm enough in the time it takes to poach your eggs. Serve a poached egg on top of a plate of hash and

perhaps a bloody mary on the side and you'll have the best Sunday ever.

Sweet Potato Pizza Crust

1 c. mashed sweet potatoes (around 2 medium sweet potatoes)
 1 c. flour
 1 teaspoon baking soda
 1 tablespoon Italian seasoning
 1 teaspoon salt

Preheat your oven to 400 F degrees, and set a large pot of water to boil. Peel and cut your sweet potatoes into quarters. Add potatoes to boiling water, turn down to simmer, and boil them for about 20 minutes or until a knife easily pierces the flesh. Drain potatoes from the water, and mash well in a large bowl. Add one cup of your sweet potato mash, flour, baking soda, Italian seasoning, and salt to a large bowl. Knead well together with your hands until the mixture resembles a ball of orange pizza dough. Line a baking sheet or pizza pan with parchment paper, and press out the dough to a large circle. The dough should be about a ½ inch thick. Bake in the oven for 15 to 20 minutes or until the edges of the dough are slightly browned. Remove your pizza from the oven, add whatever toppings you like (we recommend: pesto, roasted beets, onions, spinach and goat cheese) and broil for three to five minutes until cheese is golden. Slice up, and enjoy immediately!