



DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • NOVEMBER STORAGE • Nov 14-17, 2018

November: 2 weeks ago we finished harvesting all the potatoes! This is pretty big news at the farm. It has been many weeks of harvesting the 15 acres that we planted. Plus, last week we finished up all our harvests. The snow has already come and even though it isn't staying, it's really only a matter of time. We are tucking in the fields for the winter and focusing on washing and packing those nutritious and delicious vegetables each week. We are thankful for the breather. It was a wonderful summer and the harvest has been good, but it is very long hours and winter is our reward. We still stay busy, but it's at a much more relaxed pace. Here's to a little more relaxation for you as well! ~Rachael

Did you know: Parsnips?

Did you know that in Europe parsnips were used as a source of sugar before sugarcane and beets? Yep - parsnips may be sweeter than you think. Once parsnips have been exposed to colder, near freezing temperatures, their starches begin to convert to sweet, sweet sugar. Which is why you'll find them in your boxes in the late fall and winter months. Parsnips have been around since the ancient times of the Romans, and were a popular root vegetable back then - so popular, they were even given as gifts. Can you imagine?? Nowadays, it seems that these white relatives of carrots are often under appreciated. While parsnips can be eaten raw, we think they taste best cooked. They can be roasted, baked, boiled, steamed, fried or sautéed. Cooking brings out those tasty sugars we were telling you

about. Parsnips are packed with vitamins and minerals too, especially potassium. We like putting parsnips in soups, casseroles and hashes. Roasting them with oil and herbs in the oven is another favorite. For those of you who are new to our website, we have hundreds of incredible recipes, including over 20 parsnip recipes!

www.driftlessorganics.com/recipes

What the heck do I do with Green Savoy Cabbage?

Are you wondering how the heck the green cabbage in your box this week got so darn wrinkly? Well, it's supposed to be that way! They're called green savoy cabbages and they are a milder and sweeter alternative to the green and red cabbage that we know so well. The great thing about savoy cabbage is that they are very voluminous, so they make a really nice and airy salad or coleslaw. They have all those little pockets in their leaves to hold all sorts of tasty dressings of your choice. To know what to do with these guys, you need to look no further than the recipe page on our website at:

www.driftlessorganics.com/cabbage

Here's a short list of some great cooking ideas:

1. Grated in salads with apples, walnut, shaved parmesan and a honey/oil/vinegar dressing
2. Substitute in your favorite creamy coleslaw recipe
3. Use larger cabbage leaves to make dolmas (rice & veggie stuffed leaves that you steam - see recipe on our website)

4. Grate and use in a stir fry: 4 or so minutes before the end.
5. Cut into wedges, season with salt, pepper & butter, wrap in bacon and grill on tin foil.
6. Serve with kielbasa, corned beef or other cured/salty meat product.
7. Cut entire head into thin strips, place on baking sheet, drizzle with oil, salt, pepper, roast in oven for 20-25 minutes (turning once or twice), take out, squeeze lemon juice and black pepper.

WHAT'S IN THE BOX
Beets: Red
Brussel Sprouts
Cabbage: Savoy
Carrots
Cauliflower
Garlic
Kale: tops
Onion: Red and Yellow
Parsnips
Potatoes: Red/Yellow Mix & Purple Vikings/Desiree Mix
Radish: Beauty Heart
Romaine
Salad Turnips
Sweet Potatoes
Turnips: Purple Top
Winter Squash

Crop	What's it look like?	Storage?	How do I use it?
Beets: Red	Dark burgundy dusty outside and vibrant burgundy flesh (about 2 #s)	Keep in your fridge in plastic for up to a week.	Roasted, boiled or raw (grated) on salads.
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.
Cabbage: Savoy	Lime green, wrinkly, medium head of cabbage	Keep in the fridge in a plastic bag for up to a week.	Check out this week's article for some ideas!
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	2-3 heads of garlic.	Store on your countertop and use within a couple weeks.	Pair with onions and butter and you can't go wrong!
Kale: Lacinato Tops	Flat, blue-green leaf tops	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 (about 2 #s)	Store on the counter.	Good freshly chopped with cilantro on mexican street tacos
Parsnips	Looks like white roots that look like an albino carrot	Store in a plastic bag in the fridge for up to a month.	Roasted brings out the sugars to caramelizing
Potatoes: Red/Yellow Mix & Purple Viking/Desiree Mix	Roly poly round objects that are delicious when cooked...A LOT of them...in various colors. Purple Viking - purple skin with white flesh. Desiree is pink skin with cream flesh.	Set in a cool dark place.	So many ways - boiled, mashed, hashbrowns, au gratins, scalloped, baked. In soups, stews or as fries!
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. Try them sauteed with butter, salt and pepper. Scrumptious!
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. (about 3 #s)	Store in a cool, dark place (not in your fridge!)	Try out the pizza crust recipe below!
Turnips, Purple Top	White roots with purple tops, there will be about 1 lb of them	Store in a plastic bag in the fridge.	Great for stocks, soups, stews or check out recipes included for more ideas.
Winter Squash: Butternut	Butternut: 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.

Winter Vegetable Fried Rice

1 Onion, minced
 1 Carrot, cut into small dice
 1 Parsnip, cut into small dice
 1 Beauty Heart radishes, cut into small dice
 1 Tbsp each - Garlic and Ginger, minced
 2 c. kale, de-ribbed and finely chopped
 1 cauliflower, cut into small pieces
 3+ Tbsp. Peanut or Sesame Oil
 3 c. cooked rice
 2 eggs, lightly beaten
 2 Tbsp Tamari/soy sauce
 ½ tsp. Chinese 5-spice powder (optional)

Heat oil in a large cast iron pan or wok over medium-high heat & add onions, carrots, parsnips, radish & cauliflower. Stir fry until starting to brown, then add garlic, ginger & kale. Stir for another minute, then add rice, season with salt and pepper. Stir fry until rice is hot & starting to brown. Lower the heat a bit & make a well in the middle. Add the egg and season with salt & pepper. Stir until egg just starts to set & then stir & scrape it into the rest of the stirfry until cooked. Add soy sauce and 5-spice and serve. Garnish with chopped roasted peanuts & cilantro, if desired. Add cooked chicken, pork or tofu if you wish.

Grazer Pizza

1 bunch of kale tops, deribbed and sliced into thin strips
1-2 Beauty Heart radishes, thinly sliced
½ onion, thinly sliced
1-2 cloves of garlic, thinly sliced
¼-½ sweet potato, sliced thinly with a peeler (aka: shaved)
4 slices bacon, cut into ½" pieces (optional)
Mozzarella, ricotta and parmesan cheese - any mix of these you enjoy at the quantities you enjoy
Crust:
1 c. warm water (to activate the yeast)
1 tsp sugar
2 ½ tsp active yeast
2 tbsp olive oil
1 tsp. Salt
1 tsp Garlic Powder (optional)
2-2 ½ c. bread flour (dependant on environmental conditions)
Start your crust - mix warm water, sugar and yeast together and let proof for about 5-10 minutes. When it's nice and frothy, add the salt, garlic powder (if using) and oil. Mix a little. Now add the flour, start with 2 cups and work from there. Just enough for it to come together without sticking too much. Now get your hands dirty! Start needing it together until it forms a nice soft dough, adding flour as needed. Now let it rest for about 15 minutes. Once rested, roll it out on the counter first to the size of the pan you are using. I like to sprinkle corn meal on my pan to help the dough get it's crust. Now, shift gears...over medium heat, toss in onions and radishes, cook for a few minutes and then throw in the kale. At the very end of your cooking, throw in the garlic. Take all this yummy goodness and use it as the topping to your pizza. Now take the shavings of sweet potato. Sprinkle it all over. Next, cheese it up - mozzarella, ricotta and some parmesan. Bake at 450 for about 15 min. Keep an eye on it at the end - don't want to burn this yummy meal!

Indian Style Potatoes, Carrots and Turnips

5 Tbsp Driftless Organics Sunflower Oil
1 onion, chopped
1 Tbsp. Ground Cumin
1 Tbsp. Ground Coriander
1 tsp. Ground Turmeric
1 tsp. Chili Powder
Salt and Pepper, to taste
6 potatoes, diced
4 medium carrots, diced
1-2 small turnips, diced
Heat the oil in a large skillet over medium-high heat. Add onions, season with cumin, turmeric, coriander, chili powder, salt and pepper. Cook and stir until onion is brown and spices are fragrant. Red the heat to medium, stir in potatoes carrots and turnips. Stir to coat, then cover and cook until potatoes are tender (about 20 min). Stir occasionally and add water if necessary to keep from sticking to the pan.

Brussels Sprouts & Potato Soup

1 lb Brussels Sprouts (about 1 lb)
1 lb potatoes, cut into bite size pieces
1 lb. smoked sausage
4 c. Chicken or Vegetable Stock
½ tsp. Caraway seeds (optional)
Salt and fresh ground pepper, to taste
Heat a medium pot over medium high heat. Cook sausage, then remove, leaving the crunchy bits and grease behind. Sear the brussels sprouts in the sausage fat. Remove. Add broth to pot (carefully...don't splat that delicious hot grease on yourself) and the potatoes, bringing to a boil. Meanwhile, cut sausages into bit-sized pieces. When broth is boiling, add the seared Brussels Sprouts, caraway seeds and sausage. Red heat to a simmer and cook until vegetables are tender (about 10-15 min). Add salt and pepper to taste. Serve hot.

Golden Gratin of Carrots, Rutabaga and Turnips with Sage

Butter (to butter your 2 qt baking dish)
Bechamel Sauce (simple white sauce):
2 c. milk
3 Tbsp onion, minced
2 sprigs of sage, finely chopped
1 clove of garlic, minced
4 Tbsp butter
3 Tbsp flour
Salt and pepper to taste
Grated Nutmeg
1 large rutabaga, peeled and cut into julienne strips
1 small onion, finely diced
1 Tbsp butter
1 large or 2 small turnips, peeled and julienned
2 large carrots, julienned
Salt and pepper, to taste
1 c. fresh bread crumbs
Preheat oven to 375 degrees and lightly butter 2 quart baking dish. Make the bechamel sauce in a saucepan - slowly heat milk with onion, sage and garlic. When it reaches a boil, turn off the heat. In another saucepan, melt butter and stir in flour and cook for a minute. Whisk in the contents of the hot milk pan. Cook until thickened and either turn heat way down and stir continuously for about 10 min OR transfer to a double boiler and cook for about 20 min. Season with salt, pepper and nutmeg. Meanwhile, boil julienned rutabaga in salted water for about 2 minutes and drain. In a small skillet, melt butter and cook onions until starting to brown. Combine with the rest of the vegetables. Season with salt and pepper and transfer to baking dish. Pour bechamel over the top, cover with bread crumbs and bake until bubbling and gold on top (about 45 min).

Savory Nutmeg Sweet Potatoes

1 large or 2 medium sweet potatoes, peeled and cut into 2" pieces
2 cloves garlic, minced
2 Tbsp butter
1 c. salted water or chicken broth
¼ c. creme fraiche or sour cream
Salt and Pepper, to taste
Melt butter in medium saucepan. Add sweet potatoes & garlic. Saute for a few minutes. Add salted water/broth, cover, reduce heat and simmer for 10-15 minutes. Stir once or twice until the sweet potatoes are just tender. Remove lid and simmer for another few minutes until liquid is reduced. Drain and toss sweet potatoes gently with creme fraiche/sour cream and seasonings to taste. Serve hot.

Southwest Winter Slaw

4 c. mixed root vegetables, grated (beets, celeriac, turnips, rutabaga, carrots, etc)
Juice and zest of ½ lemon
1 egg yolk
1 tsp. Apple cider vinegar
1 tsp. Grainy mustard
1 tsp. Honey
¼ tsp. Dried marjoram
⅛ tsp. Chipotle Powder
½ tsp. Cumin seed, toasted
½ c. Driftless Organics Sunflower Oil
Salt and Pepper, to taste
In a large bowl, whisk together lemon juice/zest egg yolk, vinegar, mustard, honey and spices. While whisking briskly, add oil in a slow stream until emulsified. Fold vegetables in to dressing, season to taste and serve.

Thanksgiving Maple Roasted Root Veggies

2 large red beets, chopped
3 large carrots, chopped
A bunch of salad turnips or red radishes, quartered
3 Tbsp Driftless Organics Sunflower Oil
1 ½ tsp kosher salt
1 tsp. Cinnamon
½ tsp. Nutmeg
1 Tbsp pure Maple Syrup
⅓ c. Roasted Nuts of your choice (pecans or walnuts are lovely)
Preheat oven to 400 degrees F. Chop the beets, carrots and salad turnips into approximately ½" cubes. Place them in a mixing bowl and add oil, salt, cinnamon, nutmeg and maple syrup. Toss well, making sure everything gets well coated. Lay vegetables out on a large baking sheet in a single layer. Roast vegetables for 40-50 minutes, stirring once half way through. Place oven on the broil setting in order to crisp up the veggies and continue cooking for another 3-5 minutes. Remove from the oven and sprinkle with additional salt, if desired. Mix in the roasted nuts and serve.

Beet, Carrot and Cabbage Slaw

1 Medium raw beet, grated
2 Medium Carrots, grated
2 c. Savoy Cabbage, very thinly sliced/shredded
1 Tbsp Ginger, grated
3 Tbsp Driftless Organics Sunflower oil or sesame oil
¼ c. cider vinegar
1 Tbsp. sugar
1 clove garlic, minced
Salt and Pepper, to taste
¼ c. onions, minced (green onions are best)
2 Tbsp parsley (fresh), chopped - optional
Whisk ginger, oil, vinegar, sugar, garlic, salt and pepper together. Toss dressing with veggies. Garnish with onions and parsley.

Sweet Potato Pie

1 lb sweet potatoes (or use your butternut squash)
½ c. butter, softened
1 c. sugar
½ c. milk
2 eggs
½ tsp. Ground Nutmeg
½ tsp. Ground Cinnamon
1 tsp vanilla extract
1 (9") unbaked pie crust.
Boil sweet potatoes whole in skin for 20-30 minutes or until done. Run cold water over the sweet potato and remove skins. Break apart sweet potato in a bowl. Add butter and mix well with a mixer. Stir in sugar, milk, eggs, nutmeg, cinnamon and vanilla. Beat on medium speed until mixture is smooth. Pour filling into an unbaked pie crust. Bake at 350 degrees F for 55-60 minutes, or until knife inserted in center comes out clean. Pie will puff up like a souffle and then will sink down as it cools.

Cheesy Potato Squash Soup

1 butternut squash, deseeded and chop into small cubes
2 medium potatoes, chop into small cubes
1 medium turnips, chop into small cubes
½ medium yellow onion, chop into small cubes
2 Tbsp butter
2 garlic cloves
2 ½ c. Stock (Vegetable or Chicken)
Salt and Pepper, to taste
¼ tsp. Paprika
1 bay leaf
2 Tbsp heavy cream
½ c. sharp cheddar cheese
Sour Cream for garnish
Heat and melt butter in medium pot over medium heat. Add onion, squash, potatoes and turnip to the pot. Add paprika, salt and pepper and saute for 5-10 min. Stir occasionally. Add garlic at the end. Now add just enough stock to barely cover the veggies. Cook until veggies are tender, about 10-15 min. Take off heat, puree using either an immersion blender. Add heavy cream and cheese. Turn heat on low. Stir until all

mixed. When cheese is melted, soup is done. Serve with sour cream.