



DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • Issue 2 • Nov 14-17th, 2018

Week 2: 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
Brussel Sprouts
Cabbage: Savoy
Carrots
Cauliflower
Garlic
Kale: tops
Onion: Red
Parsnips
Potatoes: Yellow
Romaine
Rutabaga
Salad Turnips
Sweet Potatoes
Winter Squash

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	Try roasted or in soup (like the recipe below).
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, or raw
Garlic	2 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	2 Flat, blue-green leaf tops	Place in a plastic bag and try to use it up in 7-10 days	Pizza or saute up with some eggs or use with your pasta
Onions: Red	Red and round, quite bulbous.	Store on the counter.	Pair with Garlic!
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 or try grating them up to make some hashbrowns
Potatoes: Yellow	Yellow and round-ish	Set in a cool dark place.	Boiled, Mashed, Stews, Soups, Fries, Roasted, Hashbrowns, etc...
Romaine	2-3 green or red romaines	Store in plastic bag, place in the fridge for up to a week..	Salad or sandwiches
Rutabaga	Roundish beige roots with some purple color near the stem	Store in a plastic bag with your parsnips and/or carrots	Roasted with other root veggies (like with butternut, parsnips, and carrots)
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 recipe below!
Winter Squash: Butternut	Long tan squashes with a big butt	Store on your counter	Make into soup or use it to fill your homemade ravioli.

Grazer Pizza

2 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 add more as needed. 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 cornmeal on the 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 you 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!

Brussels Sprouts & Potato Soup

All your 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.