



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 3: This week is EVERYTHING Purple! It is my favorite color! We thought it would be fun to show you how many different vegetables come in the color purple! You won't find these beauties in the grocery store. Here at the farm we are still going steady with washing and packing vegetables. Happy Eating!
~Rachael

WHAT'S IN THE BOX
Beet: Red
Cabbage: Red
Carrot: Purple (some Orange)
Garlic
Onion: Red
Potato: All Blue
Radish: Purple Daikon
Sweet Potatoes: Purple
Turnip: Purple Top

Did you know: Purple/Red Vegetables?

Purple in vegetables indicates a high levels of anthocyanins (the same kind that is in red wine). This is a plant compound that makes the purple color in the flesh. These little anthocyanins are responsible for cleaning up free radicals (by donating one of their electrons), soothing inflammation, fortifying the immune system and improving

brain function.

Carrots used to be all purple! There is conflicting information on when the first orange carrots were cultivated...but it seems to be somewhere between the 1500-1600s.

There are many different vegetables that can come in the color purple: Asparagus, Cabbage, Carrots, Cauliflower, Eggplant, Garlic, Peppers, Potatoes, Kohlrabi, Onions, Artichokes, Kale, Endives, Radicchio, Broccoli, Basil, Lettuce, Thyme, Tomatoes, Tomatillos, Sweet Potatoes, Radishes, Turnips, Celery, etc. Just look at a seed catalog sometime, there are so many different colors you will never see in the grocery store.

Ever heard of "eating the rainbow?" It's a good rule of thumb - make sure you are eating all of the colors of the rainbow and you will be well on your way to making sure your body is getting what it needs. It doesn't have to be every meal that includes all the colors, but keep it in your mind on a daily/weekly basis. Plus, who doesn't love all those wonderful colors on their plate!?

What the heck do I do with Purple Daikons?

Those purple daikon radishes can be challenging to figure out how to cook with and enjoy, but try these ideas:

1. Try shredded radish in addition to your next batch of coleslaw.
2. Roast 'em! Add cubed daikon radishes to your next pot roast or pan of roasted vegetables.
3. Slow Cooked. Place daikon radishes in a baking pan or slow cooker with carrots, onions, garlic, salt & pepper, vegetable (or beef)

broth, meat, and chopped up carrots, beets, onions, sweet potatoes and potatoes. Turn on low and let the juices and flavors start mixing for an all-in-one meal!

4. Add More Vitamin C! Mix one cup of fresh or frozen mango with ¼ cup carrot juice, sneak in ¼ cup of daikon radish, and a handful of ice cubes. This adds vitamin C without changing the flavor!

5. Try them baked or boiled in stews and soups or in a stir fry. Also, try them lightly steamed with olive oil, salt or lemon juice for flavor.

6. Homemade Asian Take-Out. Combine sliced daikon radishes, brown rice, one egg, all of your other favorite vegetables, and a small amount of tamari (soy sauce) in a wok. Stir-fry together and add some Sriracha at the end.

Brief History of the Color:

Purple was a royal color due to its rarity and expense during the cloth making process. Why was it so expensive to make purple cloth? The best dye, historically came from Tyre (modern-day Lebanon) and was known as Tyrian Purple. This dye had staying power - it did not easily fade or wash out. In fact, some say it got better and deeper with time. In Tyre, there is a small little mollusks living in a specific area of the Mediterranean Sea. It took a lot of work to extract the dye needed. 12,000+ little mollusks were required to be harvested, cracked and the mucus scraped. Then it was exposed to sunlight for a specific amount of time to get approx. 1.4 ounces of usable dye. That amount dyes the equivalent of a handkerchief. Hence, purple became worth it's weight in gold and therefore known as a status symbol for the wealthy. Since then, we have come up with cheaper versions made from insects or plants, but none hold fast like the Tyrian Purple. During the 18th Century, the first synthetic purple dye was made and now as a result, purple is a fairly widespread color to be worn.

Crop	What's it look like?	Storage?	How do I use it?
Beets: Red	Dull dark black/brown outside with a bright red flesh	Keep in your fridge in plastic for up to a week.	Roasted, boiled or raw (grated) on salads.
Cabbage: Red	The head of red cabbage with pretty wrinkled leaves	Keep in the fridge in a plastic bag for up to a week.	Always good in slaws, egg rolls or potstickers!
Carrots: Purple	Pretty purple carrot and a few orange mixed in	Remove the tops and store in plastic bag in your fridge.	These are great when roasted.
Garlic	2 heads of garlic.	Store on your countertop and use within a couple weeks.	Almost every savory dish can use some garlic to bring a powerhouse of flavor
Onions: Red	Red and round, quite bulbous.	Store on the counter.	Check out some of the recipes below
Potatoes: All Blue	Purple potatoes with PURPLE Flesh!	Set in a cool dark place.	Just a note: these turn into a lavender color when cooked
Radish: Purple Daikon	Light purple cylindrical bulb with purple radial patterned flesh	Store in a plastic bag with your parsnips and/or carrots	Try the Root Vegetable Slaw
Sweet Potato	Purple on the outside and on the inside!!!	Store in a cool, dark place (not in your fridge!)	Try roasting with other vegetables or frying up some into chips!
Turnips: Purple Top	White roots with purple tops	Store in a plastic bag in the fridge.	Great for stocks, soups, stews or check out recipes included for more ideas.

Indian Style Potatoes, Carrots & Turnips

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

Honey Roasted Turnip the Beet

2 medium turnips, sliced into wedges
 2 medium beets, sliced into wedges
 3 Tbsp. Driftless Sunflower Oil
 ¼ c. honey
 Thyme, to taste
 Salt and Pepper, to taste
 Preheat oven to 350F. Line a baking sheet with parchment paper. In a medium bowl, toss turnips and beets with Oil and Honey. Scatter the vegetables on the prepared pan and sprinkle with some thyme. Season with salt and pepper. Bake at 350F for 35-40 minutes, stirring occasionally, until turnips and beets are tender, brown and fragrant. Transfer the vegetables to a serving platter and serve hot. To re-heat, place back in the oven for 10 min.

Braised Red Cabbage with Caraway

8 c. red cabbage, shredded or thinly sliced
 1 medium onion, thinly sliced
 1 c. Chicken or Veggie Stock
 2 Tbsp. Butter
 2 Tbsp Caraway Seeds, crushed
 3 Tbsp fresh parsley, chopped (optional)
 3 Tbsp Red Wine Vinegar
 Salt and Pepper, to taste
 In a heavy skillet, melt butter and saute the onion until tender. Add the cabbage and saute lightly. Add the broth and caraway seeds. Cover and simmer until cabbage is tender (about 20 min). Add Parsley, Salt, Pepper and Vinegar and serve.
 Pairs well with roasted potatoes, lamb and Winter Squash

Root Vegetable Slaw

5 c. mixed raw root vegetables (turnips, radishes, carrots, rutabaga, beets, cabbage, etc...)
 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 (optional)
 ½ c. Driftless Sunflower Oil
 Salt and Pepper, to taste
 Juice and zest of ½ lemon
 Grate Vegetables and stir into lemon juice and zest into a bowl. In another bowl, whisk together remaining ingredients, except the oil. While whisking briefly, add oil in a slow and steady stream until emulsified. Fold into vegetables and serve.