



DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • DECEMBER STORAGE • Dec 12-15, 2018

Happy Holidays from all of us at Driftless Organics!

December: This time of year, we wash veggies each week and do planning for upcoming year: germination tests, reviewing the type of year we had, which crops did well, getting feedback from members on what they enjoyed having in the box and looking at new vegetables, herbs and new varieties. We wish you all a very Happy Holiday season! ~Rachael

WHAT'S IN THE BOX

Beets: Red
Brussels Sprouts
Cabbage: Savoy
Carrots
Celeriac
Garlic
Onion: Cippolini, Red, Shallots & Yellow
Parsnips
Potatoes: Blue, Desiree and German Butter Ball
Radish: Beauty Heart and Green Daikon
Rutabaga
Sweet Potatoes
Turnips: Purple Top
Winter Squash: Butternut and Sweet Dumpling

What the heck do I do with Sweet Dumpling Squash?

These cute little pumpkin-esk squashes are like all winter squashes with it's high levels of Vitamin A, C, Beta Carotene and fiber. Sweet Dumpling Squashes are the answer for a single-serve meal. The skin on these are hard to peel due to the ribbing - but guess what!? It's skin is thin and edible, so no peeling necessary! If you cook it whole, be sure to pierce it with a fork to let out the steam. If you half it, then take out the seeds. Sweet Dumpling are a great little squash for stuffing with nuts, grains (quinoa, farro, etc), cheese, raisins or fruits and other vegetables with spices. They make a beautiful presentation for holiday get togethers and are great if you are trying to find a vegetarian or vegan recipe with a real wow factor. They are also great sliced with skin on and roasted. You can use them any time you see "Acorn squash" in the recipe. These are a perfect substitute for Acorns as they are similar shape and texture. Note that the flesh is a little sweeter and thicker than an acorn, so you might want to add some cooking time.

Did you know? A brief history of Food Preservation

Speaking of "storage" boxes, have you ever thought about how people preserved food before refrigeration? It is mind boggling to think that people preserved food WITHOUT refrigeration for *thousands* of years! Once we all pick up our CSA boxes, we'll most likely stick the majority of our box into the fridge (NOT the sweet potatoes, duh...) but check out all the other methods people have used to keep their food

fresh throughout the ages:

Drying - Middle Eastern and Asian cultures actively dried foods as early as 12,000 B.C. in the hot sun.

Fermenting - Grains fermented into beer, fruits fermented into wine, cabbage into kimchi or sauerkraut, and so on. Some anthropologists believe that mankind settled down from nomadic wanderers into farmers to grow barley to make beer in roughly 10,000 BC. **Pickling** - is preserving foods in vinegar (or other acid). There was a spectacular increase in pickling in the sixteenth century owing to the arrival in Europe of new foods from Asia. Spices were added to pickling sauces to make clever things like chutneys, relishes, piccalillis, mustards, and ketchups. "Quick Pickles" can be made from things like Beauty Heart Radishes, turnips and even kale. We have a recipe included on the next page!

Curing - Food curing dates back to ancient times, both in the form of smoked meat and as salt-cured meat. The Plains Indians hung their meat at the top of their teepees to increase the amount of smoke coming into contact with the food. Although curing is primarily for meat, we do cure a few veggies before we send them to you, including sweet potatoes and winter squash (this type of curing is basically storing them at a certain temperature and humidity for a given length of time).

Root Cellars - Records indicate that over 40,000 years ago Native Australians were growing large amounts of yams and developing techniques of burying their produce in order to preserve it for future use. The actual use of walk-in root cellars as a means to prolong the freshness of fruit and vegetable crops was probably an invention that occurred in 17th century England.

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.
Brussels 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
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	Remove the tops and store in plastic bag in your fridge..	Raw, roasted, creamed, made into soups or pies
Celeriac	Knobby misshapen ivory colored roots	Keep in your fridge in a bag for up to 3 weeks	Check out the recipe on the next page, <i>Celeriac Remoulade</i>
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!
Onions: Cippolini, Red, Shallots & Yellow	Cippolini: The squat, small onions Red: red and bulbous Shallots: slender red-gold small onion Yellow: yellow and bulbous	Store on the counter.	Great addition to most dishes - raw or sauteed
Parsnips	Looks like white roots that look like an albino carrot	Store in a plastic bag in the fridge for up to a month.	Roasting brings out the sugars to caramelizing
Potatoes: Blue, Desiree and German Butterball	Blue: Purple tubers with purple flesh Desiree: pink colored spud with white flesh. German Butterball: yellow skin and flesh	Store in their paper bag in a cool, dry place out of direct light.	Check out all the recipes included in this newsletter - roasted, boiled, mashed, steamed and fried!
Radish: Beauty Heart & Green Daikon	Beauty Heart: Greenish white globes with traces of pink near the root, bright pink flesh Green Daikon: green long tuber with beige at the top with a lime flesh	Store in the fridge for up to 2 weeks	Shredded in coleslaw, stir fry or made into kimchi. Beauty Hearts are also delicious when thinly sliced and sauteed in butter and sprinkle with salt.
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
Sweet Potato	Misshapen, reddish/pink tubers in your box.	Store in a cool, dark place (not in your fridge!)	Check out some of the recipes included in this newsletter - like Curried Carrot, Sweet Potato and Ginger Soup
Winter Squash: Butternut & Sweet Dumpling	Butternut: long tan squashes with a big butt Sweet Dumpling: lighter green and beige ribbed squash	Store on your counter	Delicious when roasted. Really good as a base for soups. Also good boiled, mashed, buttered and topped with brown sugar.

Root Veggies Pastries

--- For the dough ---

1 cup butter

1 cups boiling water

3 cups flour

1 teaspoons salt

--- For the filling ---

2 pounds potatoes, small dice

1 pounds turnips, small dice

2-3 medium carrots, small dice

1 medium onion, small dice

1 pounds of your favorite ground meat

2 teaspoons salt

2 teaspoons pepper

4 cloves garlic, small dice/minced

1/2 Tablespoon of red pepper flakes (optional)

2 Tablespoons butter

In a large bowl, stir the 1 cup of butter and water until shortening is melted. Gradually stir in flour and salt until a very soft dough is formed; cover and refrigerate for 1-1/2 hours. Mix the chopped veggies, meat and seasonings together in a bowl. Divide dough into 6 equal portions. On a floured surface, roll out one portion at a time into a 10-in. circle. Mound about 1-1.5 cups filling on half of each circle; dot with 1 teaspoon butter. Moisten edges with water; fold dough over filling and press edges with a fork to seal. Place on ungreased baking sheets. Cut several slits in top of pastries. Bake at 350° for 1 hour or until golden brown. Cool on wire racks. Any leftovers make a great meal the next day - delicious hot or cold!

****These pastries are BIG...at least 1 per person...like a calzone. When I made these, I made 3 pastries. In my family, I have a husband and 2 1/2 year old daughter and myself to feed. 3 was all that would fit on my big baking sheet. So I used the rest of the ingredients, added cream of*

*mushrooms soup and turned it into a pot pie..enough for a big meal! I used the pastry dough for a top only. It was delicious!****

Carrots with Raisins and Dates

5 medium carrots, sliced diagonally into ¼ inch thick ovals
1 medium onion, cut into ¼ inch thick half rings
4 Tbsp. unsalted butter
¼ cup raisins
¼ cup pitted dates, cut into ¼ inch thick slivers
½ tsp. salt
¼ tsp. sugar
Melt butter in a medium skillet over medium heat. Add carrots, onion, raisins, & dates. Stir & fry gently for 5 minutes. Add the salt & sugar. Stir & fry for another 4 to 5 minutes, until carrots are just tender & onion is soft.

****An Iranian dish from Madhur Jaffrey's "World of the East Vegetarian Cooking"****

Curried Carrot, Sweet Potato and Ginger Soup

2 teaspoons Driftless Organics Sunflower Oil
2 teaspoons cumin
½ cup chopped red shallots
3 cups sweet potato, cut into ½" cubes
1½ cups carrots, sliced into ¼" discs
2 tablespoons grated ginger
4 teaspoons curry powder
1½ cups chicken or vegetable broth
1 can coconut milk
½ teaspoon salt
* for a spicier soup, add harissa, sriracha or cayenne powder *
Heat oil in a large saucepan over medium-high heat. Add shallots; saute 3 minutes or until tender. Add potato, carrots, ginger, and curry; cook 2 minutes. Add broth; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until vegetables are tender; stir in salt.
Pour half of soup in a food processor or blender; pulse until smooth. Repeat procedure with remaining soup. Or better yet - if you have an immersion blender - just use that to puree until soup is the desired consistency.

Best Damn Mashed Potatoes

4 pounds potatoes, quartered
1 pound parsnips, (about half of what's in your box), peeled and cut into large chunks
1 tablespoon salt
1 cup milk
6 to 8 tablespoons unsalted butter
Freshly ground pepper
Place potatoes and parsnips in a large pot, cover with water, and add 1 tablespoon salt. Bring to a simmer and cook for 20 to 25 minutes, or until potatoes are very tender. Drain, return to pot, and mash until almost smooth (or leave slightly chunky, if you prefer). Heat milk with 6 tablespoons of butter until scalding and then add in slowly, mashing or stirring into potatoes until smooth. Season with pepper. Dot with remaining butter, if desired.

****This is the secret for how to get kids to eat parsnips! We prefer to leave our potatoes with their skin on because that's where most of its nutrients lie. This makes for a more "rustic" mashed potato dish, but otherwise doesn't affect the flavor of the dish.****

Peanut Butter Carrot Cookies

½ cup butter
½ cup packed brown sugar
¾ cup white sugar
½ cup peanut butter
1 egg
¼ cup milk
1 cup all-purpose flour
¼ teaspoon salt
½ teaspoon baking soda
2 cups rolled oats
1 cup grated carrots
1 cup semisweet chocolate chips
Preheat oven to 375 degrees F. Cream together the butter, brown sugar, white sugar, and peanut butter. Add in the egg and the milk. Sift together the flour, salt and baking soda and stir in. Stir in oats. Add in the carrots and chocolate chips. Drop by teaspoon onto cookie sheets and bake for 15 minutes.

Celeriac Remoulade

****A remoulade is a condiment commonly used with meat and seafood in France, you can also use it as a dip for veggies****

1 lb celeriac
1 tsp salt
1.5 tbsp freshly squeezed lemon juice
½ cup mayonnaise
1 tsp Dijon mustard
2 tsp whole-grain mustard
1 tsp white wine vinegar
Pinch freshly ground black pepper
Use a paring knife to peel the celery root. Grate the celeriac by hand or in a food processor fitted with the coarsest grating blade. Place the grated celeriac in a large bowl, sprinkle with 1 tsp of the salt and ½ tbsp lemon juice and allow to stand at room temperature for about 30 minutes. Meanwhile, in a small bowl whisk together the mayonnaise, the 2 mustards, the remaining lemon juice, vinegar, the remaining salt, and the pepper. Add enough sauce to lightly moisten the salad. Serve cold or at room temperature.

Vietnamese Root Slaw

4½ cups grated mixed root vegetables of choice (such as daikon radish, carrots, beets, turnips, etc.)
½ cup red onions, diced
1 small hot or sweet pepper, seeded & minced
¼ c. fresh cilantro, chopped (optional)
4 Tbsp. rice vinegar
1 Tbsp. soy sauce
1 Tbsp. sugar
salt & black pepper to taste
pinch of cayenne (optional)

Place grated vegetables, onions, peppers, & cilantro in a serving bowl. Whisk together remaining ingredients & pour over the vegetable. Toss thoroughly & add more salt/pepper/vinegar to taste. Serve immediately.

Chocolate Beet Cake

1 cup sugar
1 cup flour
¼ tsp. salt
1 tsp. baking powder
½ tsp. baking soda
2 ounces unsweetened chocolate
2 eggs
2 Tbsp oil (canola, or Driftless sunflower oil)
1½ c. shredded beets
Preheat oven to 325 degrees. Grease a 9" cake pan. Sift dry ingredients together. Melt chocolate in double boiler. Cool chocolate; blend thoroughly with eggs & oil. Combine flour mixture with chocolate mixture, alternating with the beets. Pour into pan. Bake until knife can be removed from center cleanly, about 30-40 minutes. (Cover with powdered sugar, berries, whipped cream, or your favorite chocolate frosting or glaze.)

Squash with Herbs

2 medium winter squash (about 2 pounds)
3 tablespoons butter
¼ cup fresh sage, chopped
1 tablespoon fresh rosemary, chopped
1½ cups apple cider or juice
1 cup water
2 teaspoons wine or herb vinegar
1 teaspoon salt
freshly ground pepper to taste
Squash should be peeled, seeded, cut into 1x ½ inch pieces. Melt the butter in a large skillet over low heat. Add the sage and rosemary and cook until the butter just begins to turn color-3 to 5 minutes. Add the squash to the skillet, then the apple cider, water, vinegar, and salt. Cook stirring occasionally, over medium heat at an even boil until the cider has boiled down to a glaze and the squash is tender, 20 to 30 minutes. Taste and season with pepper and additional salt if needed.

Creamy Parsnip Soup

2 lbs parsnips (amount in your box), cut into 1" pieces
3 Tbsp. butter
1 medium onion, chopped
2 cloves garlic, minced
2 quarts vegetable or chicken broth
¼ c. heavy cream (optional)
⅛ tsp. allspice
⅛ tsp. nutmeg
salt & pepper to taste
8 pieces of bacon, cooked, drained, & chopped (optional)
Preheat oven to 400°F. Place parsnips in single layer on rimmed baking sheet. Roast about 30 minutes, stir halfway. Melt butter in heavy large saucepan over medium heat. Add onion & sauté until beginning to brown, about 5 minutes. Add garlic & parsnips & sauté 5 minutes. Add stock & boil until parsnips are tender, about 5 minutes. Add cream, if desired, & remove from heat. Puree soup in blender (in batches) or with an immersion blender. Return to saucepan. Stir in allspice &

nutmeg, salt and pepper. Bring soup to simmer. Ladle into bowls. Top with bacon, if desired, & serve.

Root Vegetable Quick Pickles

1 quart jar w/ lid
2 cups white distilled vinegar
1 tsp. sugar
1 Tbsp. black peppercorns
1 Tbsp minced garlic
1 Tbsp mustard seed
1 tsp salt
1 lb of root carrots, beauty heart radishes, turnips, rutabaga, parsnips, etc, thinly sliced (use a mandolin for best results)
Combine first six ingredients in a pot, and bring to a boil. Once it boils, dump in vegetables. Turn off the heat, so the vegetables stay crisp. Ladle immediately into your clean canning jar. Cover with lid. Let them sit in the fridge for at least three days before opening, and up to three weeks. Once opened, enjoy the pickles soon while they're still fresh.

****Note: This recipe makes for some powerful, tangy pickles. If you prefer a milder mix, Swap in half water-half vinegar, and adding a touch of honey.****

Sweet Potato, Apple and Sausage Bake

3 parts sweet potatoes, peeled & cut into 1" cubes
2 part apples, cubed a bit smaller
1 part Italian sausage, rolled into small balls
1 part onions, cut into thick pieces (optional)
salt & pepper to taste
Mix all ingredients into a single layer in a cast iron pan or baking dish. Bake at 350 for about 45 minutes or 400 degrees for about 30 minutes. No need for oil, the grease from the sausage & juice from the apples suffice for moisture.

Indian Garlic Shrimp

1 lb. medium shrimp, peeled & deveined (or 1 lb. of firm tofu/tempeh)
5 cloves garlic, peeled, crushed, & minced
3 Tbsp. Driftless Sunflower oil
½ tsp. black or yellow mustard seeds
¼ tsp. ground turmeric
1 fresh cayenne pepper, seeded & minced
salt to taste
1 Tbsp. fresh cilantro, chopped
Heat oil in large frying pan/wok over high heat. Add mustard seeds, when they start to pop, add garlic. Stir a couple of times & add shrimp (or tofu or tempeh), turmeric, & cayenne. Stir until shrimp just turn opaque (2-3 minutes). Add salt & cilantro & serve.

Greek Beetroot Salad

4-5 medium red beets, unpeeled with 1" of stem remaining
2 cloves of garlic, minced or pressed
½ c. plain yogurt
¼ c. walnuts, coarsely chopped & toasted
3 Tbsp. sunflower oil
2 Tbsp. white wine or apple cider vinegar
salt & pepper to taste
Boil beets, cool in cold water, and cut them in half-moon slices about ½ inch thick. Toast the walnuts in small frying pan (without oil) until fragrant. Mix yogurt, sunflower oil, vinegar,

salt & pepper and pour over beets. Top with walnuts and stir gently. Cool in refrigerator for at least an hour before serving.