



# DRIFTLESS ORGANICS CSA NEWSLETTER

## Happy Holidays from all of us at Driftless Organics!

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**Week 4:** 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 and your family a very Happy Holiday season! Happy Eating! ~Rachael

WHAT'S IN THE BOX
Acorn Squash
Beet: Chioggia
Butternut Squash
Cabbage: Green Savoy
Carrots
Garlic
Onion: Cipollini
Potato: Desiree
Radish: Green Daikon
Red Shallots
Rutabaga
Sweet Potatoes

### Did you know: Beets?

Did you know that beets, botanically-known as Beta vulgaris, are native to the Mediterranean? Although the leaves have been eaten since before written history, the root part was generally used medicinally and did not become a popular food until French chefs recognized their potential in the 1800's.

The most common beet is a deep ruby red in color. But gold, white, and even candy-striped (with red and white concentric circles - called "chioggia beets" - like the ones in your box) are grown by crazy farmers like us.

The Gold beet has just started gaining popularity in the last decade or so. Until just a few years, it was really hard to find gold beet seed that was actually worth a darn. Oftentimes it wouldn't germinate very well, or the beets that did come up wouldn't be "true to type" - that is, they wouldn't be the true gold that they are supposed to be. But, thanks in part to folks like Irwin Goldman and Dwight Breitbach at the UW Madison Plant Breeding program, gold beet genetics have come along way and farmers like us have access to much better gold beet seed than we've ever had before.

Chioggia Beets are the candy-striped target beet. Their name comes from a northern coastal town in Italy. These little beauties have been available in America as far back as the 1840s. This variety of beet is very mild and tender. They are exquisite when

presented with their red and white alternating circles, bringing "ohs and ahs" to any observer.

Gold and Chioggia beets are such a wonderful treat. I consider them the "gateway beet", because they are so much sweeter and a milder flavor than red beets. If you aren't a beet lover then there's a good chance these guys will change your mind and get you in to beets.

### What the heck do I do with Squashes?

Winter squashes have high levels of Vitamin A, C, Beta Carotene and fiber. Acorn squashes are a great solution for a single-serve meal. They are great peeled and roasted or cooked and pureed into soups. They also make a great ravioli stuffing. There are so many different kinds of squashes: acorn, buttercups, butternut, carnival, delicata, hubbards, kuri, spaghetti, pumpkins, etc. So many beautiful colors, ones with ribs, warts or smooth skin and SO many different sizes from minis to gigantic (record holding pumpkins anyone? How would you like that in CSA? You would need a forklift to haul it around!) Winter squashes are great storing vegetables. Some varieties do better than others, but generally if you give them a dark, slightly humid place where the temps stay around 55 degrees and they will love you anywhere from 5 weeks to 4 months! They are a nice cheery yellow or orange flesh that brightens up any winter meal.

Crop	What's it look like?	Storage?	How do I use it?
Acorn Squash	dark green ribbed squash	Store on your counter.	Delicious when roasted. Really good as a base for soups. Also good baked or boiled, mashed, buttered and topped with brown sugar.
Beets: Chioggia	Dull brownish red on the outside and candy striped red and white target on the inside	Keep in your fridge in plastic for up to a week.	Roasted - they retain their target coloring. Boiled, the coloring goes away.
Butternut Squash	long tan squash with a big butt	Store on your counter.	Delicious when roasted. Really good as a base for soups.
Cabbage: Green Savoy	Lime green, wrinkly, medium head of cabbage	Keep in the fridge in a plastic bag for up to a week.	Soups or sauteed in stir fry or sauteed with some type of pork (bacon, sausage).
Carrots	Beautiful bag of carrots (about 5 lbs!)	Remove the tops and store in plastic bag in your fridge..	Check out the recipe below!
Garlic	2 heads of garlic.	Store on your countertop and use within a couple weeks.	Add as a base to most of your dishes
Onions: Cipolini	Cipolini: The squat, small onions	Store on the counter.	Delicious raw or sauteed in most dishes
Potatoes: Desiree	pink colored spuds	Set in a cool dark place.	Try the recipe below!
Radish: Green Daikon	green long tuber with beige at the top with a lime flesh	Store in a plastic bag with your parsnips and/or carrots	Shredded in coleslaw, stir fry or made into kimchi
Red Shallot	slender red-gold small onion	Store on the counter.	Delicious raw or sauteed in most dishes
Rutabaga	Roundish beige roots with some purple color near the stem	Store in a plastic bag with your parsnips and/or carrots	Try the recipe below!
Sweet Potato	Misshapen, reddish/pink tubers in your box.	Store in a cool, dark place (not in your fridge!)	Check out the recipe below!

## Buttermilk Mashed Potatoes and Rutabaga

3 large or 4 medium gold potatoes, peeled or unpeeled, cut into ½” pieces  
 1 medium rutabaga, peeled, cut into ½” pieces  
 6 Tbsp. butter, cut into pieces  
 1 cup buttermilk  
 6 Tbsp. water or broth  
 ⅛ tsp. baking soda  
 Salt & pepper to taste  
 In a Dutch oven or very heavy bottomed pan, bring potatoes, rutabagas, 2 Tbsp. of the butter, ¾ cup of the buttermilk, water, baking soda, & about a ½ tsp. of salt to a boil. Cover & reduce heat to low. Simmer, stirring occasionally, until vegetables are almost tender, about 20 minutes. Remove lid & cook over medium heat until liquid has nearly evaporated, about 3 minutes. Remove from heat & mash with remaining butter until smooth. Fold in remaining buttermilk & season with salt & pepper to taste. Serve immediately.

## 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 tablespoon 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. Now blend - blender or immersion blender - either way, you want a smooth consistency.