



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 5: Happy New Years! 2019 is another year, full of mystery, hope and life. There are a few things we can always be certain of - change. It happens regardless of what we want. But change is a good thing. It gives us gives us room to dream and hope. We are dreaming of next season already, getting our ducks in a row: more reviewing of how this season went, what we want to do next year, what improvements we want to make, different varieties that were a hit, etc. Meanwhile our crew keeps washing those roots, sometimes laughing all the way. We do have a pretty merry bunch here. Stay warm and Happy Eating! ~Rachael

WHAT'S IN THE BOX
Carrots
Cippolini Onions
Garlic
Parsnips
Potato: German Butterball
Radish: Beauty Hearts
Sweet Potatoes
Turnips: Purple Top
Winter Squash

Did you know: German Butterball Potatoes?

Did you know that the variety of yellow potatoes in your box this week is called German Butterball?

What a funny name, eh? German Butterball potatoes are an heirloom potato variety that we've been growing for a number of years. They were recommended to us by a fellow potato grower and we decided to give them a go. After planting them out alongside our other varieties for that season, we quickly discovered that they grow really well in our soil types. And the best part? They taste amazing! They are by far the most flavorful variety of potato we have. They are really buttery (hence the name) and rich tasting. And they are super versatile to boot! German Butterballs are wonderful roasted, mashed (skins on, of course), made into hashbrowns and even baked. My favorite: Mashed Potatoes. These little beauties really make a wonderful buttery mashed potato without much help.

No one is really sure where exactly German Butterball potatoes originated, but from the research we've done, it seems like they are a relatively new variety (introduced commercially in the late 80s) from Idaho and were developed for the fresh market. But they continue to surprise us by not only tasting amazing in their buttery-ness, they happen to be excellent storage potatoes too! Whatever the case may be, we love these guys and will continue to grow them for as long as we can!

What the heck do I do with Beauty Heart Radishes?

If you've never had a beauty heart radish before, you are in for a treat! While they are relatively inconspicuous on the outside, slice them open to reveal a brilliant magenta color that contrasts beautifully with the whitish green

rind. I'm sure you can imagine why some people call these "watermelon radishes". But what the heck are you supposed to do with them anyway? Check out these ideas:

Roasted: Toss cubed beauty heart radishes with olive oil, garlic and salt. Roast in a 400 degree oven for 20 - 30 minutes, until the insides are soft and the outsides are slightly crisped.

Sauteed: sliced thinly and sauteed in butter with salt and pepper. Can be eaten as is or used as a pizza topping. It is a stunning presentation.

Pickled: Check out this recipe to make some stunning, easy refrigerator pickles:

1 to 2 beauty heart radishes, thinly sliced into rounds

1/2 cup distilled white vinegar

1/2 cup water

1 teaspoon kosher salt

1 teaspoon sugar

2 cloves garlic, peeled

1/2 teaspoon peppercorns, lightly crushed

Place radish slices into a clean canning jar. In a non-reactive saucepan, bring the water, vinegar, salt, and sugar to a boil, & simmer for one minute or until the sugar and salt are dissolved. Remove from heat and add the garlic & peppercorns. Pour the hot liquid including the garlic & peppercorns over the radishes. Let cool to room temperature, then cover & refrigerate.

Grated: Enjoy on top of salad, sandwiches or even tacos! Grated beauty heart radishes make a lovely garnish.

Sliced: Slice 'em up and serve with dips, spread goat cheese on top, or simply serve with a little salt for a crunchy, yummy snack.

Crop	What's it look like?	Storage?	How do I use it?
Carrots	Beautiful bag of carrots (about 3 lbs!)	Remove the tops and store in plastic bag in your fridge..	Raw, Roasted, steamed, etc.
Cippolini Onions	1 pound of squat, small onions	Store on the counter.	Delicious raw or sauteed in most dishes
Garlic	2 heads of garlic.	Store on your countertop and use within a couple weeks.	Add as a base to most of your dishes
Parsnips	Looks like white roots that look like an albino carrot	Store in a plastic bag in the fridge for up to a month.	Delicious when roasted! Also good addition to winter stews or soups
Potatoes: German Butterball	Golden colored spuds with a yellow flesh (about 5 lbs)	Set in a cool dark place.	Check out the article in this week's newsletter for ideas.
Radish: Beauty Heart	green long tuber with beige at the top with a lime flesh	Store in a plastic bag with your parsnips and/or carrots	Check out the recipe below: <i>Beauty Heart Radish Risotto</i>
Sweet Potato	Misshapen, reddish/pink tubers in your box.	Store in a cool, dark place (not in your fridge!)	Sweet Potato Pie? Fries? Or you can use as a substitute for winter squash.
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 on our website for ideas.
Winter Squash: Acorn or Sweet Dumpling	Acorn: dark green acorn squash Sweet Dumpling: lighter green and beige ribbed squash	Store in a cool, dry place for up to two weeks. Check periodically for soft spots and if they're found, eat immediately.	Check out recipe: <i>Thai Curry Squash Soup</i>

Beauty Heart Radish Risotto

2 Tbsp Butter
 2 Tbsp Driftless Sunflower Oil
 2 large onions, finely chopped (about 2/3 c.)
 1 1/2 tsp fresh thyme leaves
 2 large cloves of garlic, minced
 1 # Beauty Heart Radishes
 1 - 1 1/2 tsp. Sea salt
 1 c. short-grained italian rice (risotto)
 1/3 c. dry white wine
 4 - 4 1/2 c. Warm veggie broth
 1/2 c. freshly grated asiago cheese
 1/2 tsp black pepper

Heat the butter and oil in a large heavy bottomed saucepan over medium heat. When the butter has melted, add the onions and cook for about 5 minute until golden, then add the thyme and garlic. Cook for 2 min. Add radishes and salt. Cook for about 3 min, until lightly browned then add the rice, cook for a minute or so, stirring continually. Make sure the rice is evenly coated and toasts a bit. Stir in the wine and cook for a few minutes, then begin to add the broth a ladleful at a time, stirring after each addition, until mostly absorbed. This should take about 20 minutes, and the rice should be creamy and tender. Stir in the cheese and black pepper; remove from the heat and let the risotto rest for about 2 min. Serve warm and enjoy. Cracked black pepper is great right before serving.

Thai Curry Squash Soup

1 winter squash
 1 - 14 oz can coconut milk
 2 Tbsp Driftless Sunflower Oil
 4 c. chicken or veggie broth
 1 medium onion (yellow), thinly sliced
 1 small knob of fresh ginger, grated (about 3 Tbsp)
 3 stalks lemongrass, cut into thirds (sub: lemon zest)
 1 c. mushrooms, sliced
 1 Tbsp fish sauce (optional)
 1/2 Thai chili or Serrano Pepper, thinly sliced and de-seeded
 1 lime, cut into wedges for serving

Preheat oven to 400F. Add squash to baking pan and toss with oil and sea salt. Roast for 12-15 min, until tender and cooked through. Set aside and cool slightly. In the meantime, add coconut milk, broth, ginger, lemongrass and onion to a medium saucepan and bring to a boil. Then lower heat to a simmer. Add fish sauce (optional) and sliced pepper and stir. Add squash to a food processor or blender with 1 c. of the coconut mixture. Puree until smooth. Add the blended mixture back into the soup and stir until well combined. Add mushrooms and cook for 5-10 minute more. Taste and adjust seasonings as needed. Before serving, discard lemongrass. Garnish with fresh lime juice (HIGHLY recommended). This can be served on it's own or over rice. ***Good for freezing for long term storage***