



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 6: Our 2019 Sign ups have begun! Last week we launched Madison and local areas with our wonderful Veggie Shares...so go to our www.driftlessorganics.com website, and check it out!!! This week at the farm we are doing our best to enjoy the “warmer” winter we’ve been having. I have to admit it’s been a little odd wearing rain gear in winter for me. But our pack shed keeps humming with washing and packing those delicious roots. Happy Eating! ~Rachael

WHAT’S IN THE BOX
Beets: Gold and Red Mix
Cabbage, Green Savoy
Carrots
Garlic
Potatoes: Purple Viking
Red Shallots
Radish: Purple Daikon
Rutabaga
Sweet Potatoes
Winter Squash

Did you know: Red Shallot?

Shallots are a very mild onion. Many describe them as having garlic notes in their flavor. Did you know that shallots DO NOT give you bad breath? They also can be composed of “bulbs” once you cut off the roots, you may see that there are 2 or 3 “bulbs” that compose of what you thought was

1 shallot. When cooked, the cells break down easily and caramelize, making them ideal for caramelized onions. They are also preferred for when you want something that will meld into your dish.

What the heck do I do with Beets?

Beets are one of those vegetables - you either hate them or love them. Personally, I love them! My husband is more of a - “it’s okay”. He prefers varieties like Chioggia and Golden Beets due to their mild taste. Even though I love beets, I’m kind of a one-trick wonder when it comes to preparing them. I typically just roast them - easy and fast (baking time is long, but to quick chop them up and put them on a baking sheet is fast!) and with Chioggia - it keeps its beautiful red and white coloring and once roasted - doesn’t stain anything! Hence, I have full confidence in giving them to my toddler and knowing none of her clothes or my table will be stained in the process. Plus roasting brings out some of the natural sugars and caramelizes them making it sweeter. I also love them boiled with a little butter, salt and pepper, but I hate that I use so much water and then the water turns pink and is a staining hazard. So, in an effort to expand my horizons, I am attempting more culinary creativity with Beets. Beets are such a wonderful antioxidant and helps detox the body - that if you can find SOME way to add them to your diet, you will be better off for it! So, what the heck can I do with my beets?

Drink it! Beets can be juiced to combine with other sweeter juices to make smoothies. Some favorite combos are: Beet, Pear, Pineapple

and Ginger or try Beet, Carrot, Apple and Spinach for a healthy boost anytime in the day. Farmer Josh’s favorite combination is Beet, Carrot, Apple and Ginger. You can also make a fermented drink called Kvass. This drink packs BIG Beet punch, so I would recommend just a small shot at a time.

Ferment it! Beets make a great addition to sauerkraut or kimchi for their nutrition and color. Relishes are also a lovely addition to add a little sweet and sour flavor to a dish.

Bake it! It makes chocolate cake moist and richer. Check out the Chocolate Beet Cake in this newsletter - Farmer Josh says it’s a good one!

Eat it Raw! In salads, shredded beets had color and crunch to bland salads. You can also thinly slice it and pair with a sweet vinaigrette and goat cheese!

Boil it! Either with a little salt and butter or try making a soup called Borscht.

Put it in Everything.... Even if it’s not the star of the dish - add it...It goes great at the end of a nice risotto. Beet relishes top sandwiches for a little kick. The best way to “add it to everything” is to use it as a natural colorant! The commercial version of Red Food Coloring 40 is synthetic and artificial, using chemicals that add color to food and has NO nutritional value. Alternative? Beets! Organic and natural, you can use raw juice or you can use a puree. Boil beets, when tender, puree them in a food processor (or an immersion blender) then you can add 1-2 Tbsp at a time to pancakes, waffles or cake batter until you get the color you want. This makes for a special Valentine’s! If you have more than

you need, freeze the excess for another time!

Crop	What's it look like?	Storage?	How do I use it?
Beets: Gold & Red Mix	A mix of Golden and Red Beets	Keep in your fridge in plastic for up to a week.	Roasted, boiled or raw (grated) on salads.
Cabbage: Green Savoy	Lime green, wrinkly, medium head of cabbage	Keep in the fridge in a plastic bag for up to a week.	Shredded, get a jump start on your St. Patty's meals with fermenting!
Carrots	Beautiful bag of carrots (about 3 lbs!)	Remove the tops and store in plastic bag in your fridge..	Raw, Roasted, steamed, etc.
Garlic	2 heads of garlic.	Store on your countertop and use within a couple weeks.	Add as a base to most of your dishes
Potatoes: Purple Viking	Purple skins cover the white flesh of this delicate and delicious potato.	Store in their paper bag in a cool, dry place out of direct light.	Try a nice potato soup recipe: nice and hearty on a cold winter's day!
Radish: Purple Daikon	green long tuber with beige at the top with a lime flesh	Store in a plastic bag with your carrots	Great for Asian stir-fry or a Pad Thai recipe!
Red Shallot	Slender, smaller looking onions.	In a dark, dry place at room temperature	Shallots have a nutty, mellow onion flavor when cooked. Roast these in the oven with a little oil and garlic until tender. Or grate and fry with your favorite herbs and spices
Rutabaga	Roundish beige roots with some purple color near the stem	Store in a plastic bag with your 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!)	Sweet Potato pie and I shut my mouth...although Fries are one of my favorites!
Winter Squash: Sweet Dumpling	A nice acorn squash - ribbed with yellow and orange streaks	Store in a cool, dry place for up to two weeks. Check periodically for soft spots and if they're found, eat immediately.	Edible skin - you can roast them whole or in strips!

Root Vegetable Fritters

6-7 c. shredded root veggies: Radishes, Sweet Potato, Rutabaga, Carrots and/or Potatoes
 1 Shallot, diced
 2 Tbsp Maple Syrup
 2 C. Flour
 1 ½ c. Milk
 ¼ c. Canola or Driftless Sunflower Oil (for frying)
 Salt and Pepper, to taste
 Dipping Sauce:
 ¼ c. Mayonnaise
 1 Tbsp. Sriracha Sauce
 Preheat oven to 350 F. Fit your food processor with the grater attachment. Run all scrubbed veggies through the grater. (You can grate it all by hand if you don't have a food processor) In a large mixing bowl, combine diced shallots, maple syrup, salt & pepper, flour and milk. Stir until well mixed. Add grated veggies and fold into the batter, ensuring everything is well mixed together. Place a baking sheet in the preheated oven. Heat oil in a rimmed saute pan. Take a generous ½ c at a time of the veggie mix and form a patty in your hand. Place patty in

heated oil (careful not to overcrowd!) and pan fry each until golden brown. Transfer fritters to the baking sheet in the oven. Once all the fritters have been pan fried and placed onto the baking sheet - bake for 15-20 min - if needed, flip halfway. While fritters are baking, make the dipping sauce by mixing the mayo and sriracha together. Remove fritters from oven and 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 you favorite chocolate frosting or glaze.)