



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 7: Such a cold week! We are doing our best to keep warm. This is the last box of our Winter Veggie Lovers. We hope you have enjoyed the bounty that Winter can offer. We are still planning and dreaming about the 2019 season. We couldn't do it without you - so Thank you for all your support and vegetable eating! Stay warm!
~Rachael

WHAT'S IN THE BOX
Beans: Black
Beets: Red
Cabbage: Red
Carrots
Garlic
Onions: Red/Yellow Mix
Parsnips
Potatoes: Blue/Desiree Mix
Radish: Green Daikon
Sweet Potatoes
Turnip: Purple Top

Did you know: Blue Potatoes?

Did you know that blue potatoes are not only more colorful than their subdued potato counterparts, but also contain more nutrients?! You might be surprised to know that blue potatoes contain more protein and fiber than white potatoes. Even more exciting than that, is the large amount of antioxidants that these blue spuds pack! Loaded down with anthocyanin, the antioxidant that gives the blue potato its dazzling color, these babies are thought to protect against age-related memory loss, help lower blood pressure, reduce the risk of heart disease, and to boost your immune system! With cold and flu season

looming over us, these potatoes may just be your secret weapon this winter! Blue potatoes also contain vitamin C and potassium. Maybe these were some of the reasons that blue potatoes were known as food of the Gods back when they were first domesticated, over 7,000 years ago in the Andes Mountains of Peru and Bolivia. Knowing how tasty, healthy and insanely beautiful these potatoes are, it comes as no surprise. With a slightly nuttier flavor, blue potatoes can be cooked just like any other potato, making them extremely versatile. Mashed, baked, made into fries, you name it!

What the heck do I do with Dry Beans?

Dry Beans - what to do with them? As a child, my only exposure to beans was Bush's baked beans. Now if you like them - great, however I did not. Up until a few years ago, I spent roughly 30 years of my life thinking that all beans were just that - Bush's baked beans, and lets just say, I was not inclined to taste anything bean-related. Then enters the husband. He enjoys beans of all sorts and didn't quite understand my complete bean aversion. Then we went to Seed Savers Exchange during one of their customer days. They had a bean tasting in the corner. My husband tried EVERY one and told me he thought there were a few I would like too. Trusting him, although still leery, I tried. Yes, it was delicious. Since then, I've learned I like beans. Not all beans, but a lot of them. Since I try to garden most of what I eat, I planted a few varieties of beans: Black, Hutterite and Calypso. This past year they grew well and my daughter (2 years old) LOVED helping us harvest and to help shell

them. We put them in a mason jar up above the cabinets. But now, what to do with them? I have never made beans from dried and stored beans. My preliminary acceptance of beans allowed some canned beans into our recipes, but I still had not tried from dry. Guess it was time to start! Now that we have tried a few methods, I can say beans are easy (I assure you), but their "trouble" lies in the fact you have to plan ahead! Overnight soaking helps tremendously, it plumps up the beans, sometimes doubling in size which helps to create a more tender bean but it is not VITAL to making beans. If you do not soak them, or soak them for only 4 hours instead of overnight, you will just add more cooking time to your bean dish. So here is how we "make beans" - this method is only to prepare them enough to use in a recipe. This method gets them to close to the same state of grabbing a canned version.

1. Soak overnight with at least 1" of water over the beans
2. Drain the water and using fresh water, also 1" over the beans, bring it to a boil.
3. Once it has started to boil, shut the burner off and let it sit for 1 hour.

Now, you are ready to use it in something. These beans STILL need more cooking. Best to use in soups or stews! Typically we like pork and beans recipes where the beans end up cooking in a broth for at least another 1-2 hours.

If trying out for the bean recipe, *Refried Beans*, in this newsletter, let beans simmer for about another 45 minutes over low heat until tender. Beans are "done" when they are as tender as you want them to be. There is no right or wrong.

Crop	What's it look like?	Storage?	How do I use it?
Beans: Black	Bag of dry beans	Keep in your pantry or cabinets.	Check out the article "What the heck do I do with dry beans!?"
Beets: Red	Bulbs of a dark red/brown color 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	Beautiful bag of carrots	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
Parsnips	Looks like white roots that look like an albino carrot	Store in a plastic bag in the fridge for up to a month.	Sweet when caramelized or roasted.
Onions: Red/Yellow Mix	Look like onions: red and yellow bulbs	These are cured and can be stored on the counter.	Great base for almost all savory dishes!
Potatoes: Blue/Desiree Mix	Blue (inside and out) and Desiree: Pink skin with yellow flesh	Store in their paper bag in a cool, dry place out of direct light.	Soup, mashed potatoes, fries, or try the Potato and Carrot Tart in this week's newsletter.
Radish: Green 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!
Sweet Potato	Misshapen, reddish/pink tubers in your box.	Store in a cool, dark place (not in your fridge!)	Sweet potatoes are wonderful on a winter pizza either roasted ahead of time or sliced VERY thinly.
Turnip: 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.

Potato Carrot Tart

1 Large Baking Potato, thinly sliced *use a mandolin or food processor with a slicing blade to make uniform slices
 2 Tbsp melted butter
 ¾ tsp. thyme
 1 tsp Dijon mustard
 ½ tsp. Salt
 ¼ tsp fresh ground black pepper
 2 Tbsp Driftless Sunflower Oil
 1 onion, halved and thinly sliced
 2 carrots, shredded
 ½ - 1 c. shredded cheese: Swiss or Cheddar
 Preheat oven to 400 F. Lightly oil a 10 inch tart pan or pie pan. Combine the melted butter, thyme, mustard, salt and pepper. Toss in the potato slices. Once coated, take slices and arrange in pie pan to form a "crust". Bake for 20 min. While the tart shell bakes, heat oil in a skillet over medium heat. Add the onion and carrot and saute until the onion is limp and colored, about 10 min. When the tart shell comes out of the oven, top with onion mixture and sprinkle with cheese. Return to oven and bake until cheese is golden and melted, about 10-15 min. Let cool for about 5 min and serve. ***This is a great side dish for 4 people or a main course for 2.***

Refried Beans

1 Tbsp Driftless Sunflower Oil
 ½ c. finely chopped yellow or white onion
 3 cloves of garlic, minced or pressed
 2 tsp. Ground cumin
 3 c. cooked black beans
 ½ c. water
 ½ tsp. Salt + some for sprinkling
 Freshly ground black pepper
 1 tsp. Lime juice
 In a medium saucepan, warm the oil over medium heat until shimmering. Add onion and a sprinkle of salt. Cook until onions have softened and browned a little, about 5-8 min. Add the garlic and cumin. Cook, stirring constantly, until fragrant (about 30 sec). Pour in beans and water, stir, cover and cook about 5 min. Reduce the heat to low, uncovered and use a masher or the back of a fork to mash up at least half the beans. Continue to cook the beans, uncovered, stirring often for about 3 more min. Remove the pan from heat and stir in salt, black pepper and lime juice. Taste and add more if needed. If the beans seem dry, add a splash of water and combine. Cover until you are ready to eat.