



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 18: The last 3 newsletters I have talked about rain. Rain and Rain and more Rain. It seems we just keep getting it. It is Tuesday and I am in the office listening to a thunderstorm with.....MORE rain. As a farm, growing vegetables in the great outdoors, we are dependent on what mother nature gives us. For good or for bad. I try to convey all the comings and goings of the farm - letting you know mostly the joys, but some of the struggles that we face. Rain, in too high of quantity and too long of duration, is not good for crops. It causes all sorts of issues for different crops. Like I said in last week's farm update - mold and rot are the biggest concerns.

Happy Eating! ~Rachael

Did you know? We have HONEY?!

Ben Fassbinder came to Driftless Organics during the 2018 season. As most of us do on the farm, he wears many hats here. He helps with field work - planting and harvesting and does anything and everything in the packshed - washing, sorting, packing and cleaning. He also does some cool things when he's not working here: His passion is BEEKEEPING!

Growing up in Iowa, Ben's family has been keeping bees since 1975. He started his own business, "Ben's Bees" in 2000 near Amana Colony, IA. He moved to Wisconsin in 2005 and moved to the Driftless Region in 2010. He has 3 "plots" where he keeps his bees - near Viroqua, near Readstown and here at the farm. Although he is not certified organic, he follows organic practices with his bees. He says for all the years he has been producing honey, the Driftless Region has been his best honey. It has all the good stuff for the bees: wildflowers, basswood, apple trees (all the orchards), alfalfa, goldenrod

and clover! We now have it for sale alongside our Sunflower Oil and cookbooks - so check it out and get it with your next box!

What the heck do I do with Lemon Drop Peppers?

Lemon Drop Peppers are a HOT pepper. They originate from Peru, often called "Aji Limo". They are about 2-12 times hotter than a jalapeno. But the depth of flavor they can give is great! It can be a milder substitute for habanero or scotch bonnet peppers in recipes. It has a nice citrus tang to it. It is pretty hot, so wear gloves when working with it - and remove the seeds! So what should I do with it?

- 1) Add it to some fruit salsa recipe
- 2) Add it to your regular hot sauce recipe for a more citrus and tangy twist
- 3) Add to your Hot Pepper Jelly recipe
- 4) Add to a fish or chicken dish in lieu of a lemon. It will give you a bit of a kick.
- 5) Dry in your dehydrator: Once dry, powder it up either in a spice grinder or in your mortar & pestle. Again - wear gloves and try NOT to inhale. Once it's in powder form - you can use it like powdered cayenne for your meals. Soups. Chili. Sauces. Stir Fry. It can even be used as a topping for your popcorn!

Calling all WINTER VEGGIE LOVERS!

We are almost at the end of our season, but did you know, it DOES NOT have to stop!?! That's right - we have 2 options going into the cooler temps. We have a Winter Veggie Lover share that will start in November, get delivered every OTHER week until the end of January/February 2020. This Winter

Veggie Lover share is like a normal sized CSA box filled with all sorts of root vegetables and cold-hardy vegetables like cabbage or kale. We ALSO have Storage boxes, timed right before some major holidays - Thanksgiving AND Christmas. The November box will be delivered November 23rd and December box will be delivered December 21st. This is the mother load of root veggies and winter squashes. It is about 50 lbs of produce (So bring your Muscle when you pick up!) You will get your regular "newsletter" but it will have an entire page of recipes! You can get 1 box (Nov or Dec) or opt for both boxes! They are awesome if you are hosting your family's or friend's holiday get togethers.

WHAT'S IN THE BOX
Broccoli
Cauliflower OR Romanesco
Carrots
Eggplant
Garlic
Onions: Red
Peppers: Lemon Drop (HOT) & Roasters (Sweet)
Potatoes: Yellow
Radishes: Red
Sage
Salad Mix
Salad Turnips
Spinach
Winter Squash

Crop	What does it look like?	Storage?	How do I use it?
Broccoli	Looks like a miniature dark green tree.	Store in a bag in the crisper, try to use it up within 2 weeks.	Roasted then topped with some butter at parmesan cheese while still warm.
Cauliflower OR Romanesco	Cauliflower: A nice sized white or purple head with green wrapper leaves. Romanesco: lime green florets resembling an alien christmas tree.	Store in the crisper drawer of your fridge. You can remove some of the green leaves if it will make it fit better.	Great on a veggie tray. Stir fries. Roasted. Can even make "rice" by grating it up.
Carrots	Orange, finger shaped root...crunchy!	Store in a plastic bag in your fridge.	Great snacking -on the go, or just a veggie tray, try it plain or with dips!
Eggplant	Purple oval shaped eggplant.	Store on your counter for 2-3 days or in your fridge for 5-7 days.	Roasted. Eggplant Parmesan. Dips.
Garlic	1 garlic, Cured	Store on your countertop and use within a couple weeks.	Great base for recipes
Onion	Red: Beautiful purplish red onion	Store on counter	Great base for recipes
Peppers	Lemon Drop (HOT): little sunshine colored (yellow) peppers...about 2-3" long and skinny. Roaster (Sweet): large pointed pepper with thick walls	Store in your fridge.	Stuffed, Salads, Fajitas, or quick sautes
Potatoes	3 # of yellow potatoes	Store in a cool dry place	Boiled, Mashed, Fried, etc...
Radishes	Red radishes with green leaves in a bunch.	Store with the tops removed in a plastic bag in the fridge.	Great in salads, veggie trays, with Mexican Street tacos or sauteed up for a simple side.
Salad Mix	Mixed bag of salad greens.	Store in a plastic bag, place in the fridge for a week-10 days.	So many uses: try tossing some into a veggie wrap this week.
Salad Turnips	Look for a bunch of white roots that look like radishes.	Store with the tops removed in a plastic bag with your scallions.	Salad turnips are great in salads - just slice super thin and throw on top.
Spinach	Bag of smooth, dark green rounded leaves.	Store in the bag it comes in and try to use up in a week or less.	Chop up, saute and toss into a quiche recipe.
Winter Squash: Butternut	Butternut: Cream colored long squash with a big "butt" at one end.	Butternuts need to be eaten quickly, store in the fridge for up to 3 days.	Check out "Winter Squash Soup with Fresh Sage"

Cinnamon Carrot Pie

1 (9") unbaked pie shell
 ¾ c. sugar
 2 c. chopped carrots
 2 eggs
 1 tsp. Ground cinnamon
 Pinch of nutmeg
 1 tsp. Vanilla extract
 ¾ c. milk

Preheat the oven to 400 F. Press the pie crust into the bottom and up the sides of the 9" pie plate. Bake the pie shell for 3-5 minutes, just to firm it up, then remove from the oven and set aside to cool. Place carrots in a saucepan with enough water to cover it. Bring to a boil and cook until tender, about 10 minutes. Drain water and mash carrots until smooth using either a potato ricer or food processor. In a medium bowl, mix together the carrot puree, sugar and eggs. Mix in the cinnamon and vanilla. Gradually stir in the milk. Pour mixture into the partially baked pie shell. Bake for 10 minutes in the preheated oven, then reduce the heat to 350 F. Bake for an additional 40-45 min at the lower temp until firm. Cool completely before serving.

Winter Squash Soup with Fresh Sage

3 c. vegetable or chicken broth
 1 c. apple juice or cider
 8 c. Sweet winter squash - peeled, seeded and cubed
 1 onion, chopped
 2 cloves garlic, minced
 6 fresh sage leaves (whole) + more for garnish (minced)
 Creme Fraiche or Sour Cream
 Salt and Pepper, to taste
 Gorgonzola, crumbled (optional: garnish)
 Bring 2 c. broth and juice to boil in a large soup pot. Add squash, onion, garlic and whole sage leaves to pan - cover and return to boil. Reduce heat and simmer until squash is very tender, about 30 min. Puree with an immersion blender or food processor. If soup is thicker than you want, add more broth. Stir over medium heat until soup is hot. Remove from heat and add creme fraiche/sour cream and salt and pepper, to taste. Garnish with minced sage leaves and gorgonzola.