



DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • Issue 19 • Oct 9-12, 2019

Week 19: At last! We have some wonderful sunshine! We have a couple of sunny and windy days in the forecast this week. Yippe! We hopefully will have some dry out times. We started harvesting some of our sandier fields of roots - those are dry enough. We are hoping for more harvesting this week! This next month will be “crunch time” with harvesting. We will be thinking and dreaming and DOING harvesting ALL October long.

Happy Eating! ~Rachael

WHAT'S IN THE BOX
Beets: Gold
Brussels Sprouts
Cabbage: Red
Carrot, GT
Cauliflower: White
Chard
Garlic
Onions: Red (BONUS ITEM) -not in box
Parsley: Curly
Peppers: Roaster
Potatoes: Red
Radishes: Red
Rutabaga
Salad Mix
Shallots: Red
Sweet Potatoes

Did you know? Parsley

Did you know parsley started being added to plates to help freshen breath? Parsley is a natural breath freshener. It reduces the odor of garlic breath when chewed fresh. This is due to it's high chlorophyll levels.

Did you know, at one time it was made into wreaths to help ward off drunkenness?

Did you know that parsley takes longer to germinate than any other crop we grow? It is said that “parsley goes seven times to the Devil and back before it germinates due to the long time it takes to grow.” Well, we don't believe that here at Driftless - but Parsley does take up to FOUR weeks to germinate! Why?! Because parsley's seed coat contains chemicals called furanocoumarins (what a mouthful!) that are released during germination. These chemicals help to prevent weed seeds from growing around the newly developing parsley plants - pretty smart! Once the plants are established, we get to harvest super flavorful, nutrient-packed (Lots of Vitamin A & C) parsley all season long. Straight from our fields to your plate! You can eat your parsley raw or cooked; and you can eat both the leaves and stems. In fact, the stems are even more flavorful than the leaves. This week's box has Curly Parsley, which is milder than Italian (flat) Parsley. Enjoy your parsley bunch!

What the heck do I do with Gold Beets?

We like to refer to gold beets as the “gateway” beet to help you on your path to becoming completely addicted to the more pungent and earthy red beets. They are much sweeter and not as “dirt flavored” as most red beets, and are super beautiful as well. So what do you do

with them? Try this:

1. Roast 'em. Try the recipe on the next page, or simply roast them up with other root vegetables.

2. Grate them. Gold beets are sweet and tender enough to eat raw on salads. Just peel them and grate them up on top of your prepared salad.

3. Make Soup. We have a great recipe for carrot-ginger-gold beet soup on our recipe. It's amazing!

4. Steam them. Try steaming your beets, peeling them, chopping up and then drizzle balsamic vinegar and oil over them. Then add crumbled feta cheese and walnuts and you have an amazingly golden delicious salad.

Calling WINTER VEGGIE LOVERS!

Every Other Week A members - this is your last week. Every Week members, one more week - and it's the end of the season!

Don't forget to sign up for our Fall/Winter shares! Our Winter Veggie Lover share is like a regular share sized box delivered every other week AND we have Storage boxes, these are about 50 lbs of root veggies/winter squashes. These are timed right before some major holidays - Thanksgiving AND Christmas. The November box will be delivered November 20-23 and December box will be delivered December 18-21.

We have HONEY!!!

Ben Fassbinder is one of our employees with a passion - BEES! 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!

Crop	What does it look like?	Storage?	How do I use it?
Beets	Golden (inside) beets	Keep in your fridge in plastic for up to a week.	Check out this week's article "What the heck do I do with Gold Beets?"
Brussels Sprouts	A plastic bag of these bright green mini-cabbage looking things	Keep them in their plastic bag and use up in a couple of weeks	Roast in oven and coat with a honey mustard sauce
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	Orange, finger shaped root with pretty green tops!	Store in a plastic bag in your fridge.	Great snacking -on the go, or just a veggie tray, try it plain or with dips!
Cauliflower	A nice white head with green wrapper leaves.	Store in the crisper drawer of your fridge. You can remove some of the green leaves if it will make it fit better.	Roasted, steamed, boiled, put into stir fry, made into "rice", made into pizza crust, etc...
Chard	Rainbow: Leafy dark green with a sturdy stem (stems are all different colors!)	Store in a plastic bag in the refrigerator for up to a week.	Great Sautéed with some butter, salt and pepper. Cook/use like spinach.
Garlic	2 garlic, Cured	Store on your countertop and use within a couple weeks.	Great base for recipes
Peppers	Roasters (Sweet): large pointy	Store in your fridge.	Stuffed, Salads, Fajitas, or quick sautes
Potatoes	2 # of Red 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.
Rutabaga	Roundish beige roots with some purple color near the stem	Store in a plastic bag with your parsnips and/or carrots	Roasted with other root veggies
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.
Shallots	Slender, smaller looking onions. Shallots have a nutty, mellow onion flavor when cooked	In a dark, dry place at room temperature	. Roast these in the oven with a little oil and garlic until tender. Or grate and fry with your favorite herbs and spices
Sweet Potatoes	Misshapen, reddish/pink tubers in your box.	Store in a cool, dark place (not in your fridge!)	No need to peel, slice into fry shapes or cubes, coat in oil, season with salt, pepper, cinnamon or cayenne and back for some yummy fries!

Roasted Vegetables with Shallots & Apple Cider Reduction

1 qt. Pure apple cider
 6 c. mixed root vegetables - cut into uniform shapes of choice: long strips, wedges, cubes, etc....(parsnips, turnips, sweet potatoes, rutabagas, celeriac, carrots, potatoes, winter squash)
 3 Tbsp. Driftless Organics Sunflower Oil
 Salt and Pepper, to taste
 1 Tbsp. fresh OR 1 tsp. Dried Thyme
 ½ c. Shallots, diced
 Preheat oven to 400 F. Bring apple cider to a boil in a heavy bottomed pan over medium-high heat. Lower heat to maintain a rapid simmer & cook until reduced by about ¼ the original volume. Stir occasionally. Should take about 20-30 min. Be careful not to take it too far and burn it! Keep warm. Toss vegetables in oil to coat and spread in a single layer onto a rimmed baking sheet. Roast, turning occasionally until just starting to brown, but still au dente - about 20-30 min. Remove from oven and sprinkle with salt, pepper and thyme. Stir in shallots and Roast for another 10-15 minutes, until

veggies are getting softer and golden brown. Toss with apple cider reduction and serve.

Ginger Glazed Carrots & Golden Beets

1 bunch carrots, greens cut off 1" above root top
 1 bunch whole golden beets, greens cut of 1" above root top
 1 bottle/can of ginger ale
 1 whole star anise pod (optional)
 Zest & Juice of 1 lemon
 3 Tbsp. Butter
 Salt and Pepper, to taste
 Chives for garnish
 Bring a large pot of salted water to boil and boil whole beets for 20-25 min, until tender. Add whole carrots and boil another 10 minutes. Drain. Bring ginger ale and the star anise to a boil in a skillet large enough to hold all the beets and carrots. Boil Rapidly until reduced by half. Slip skins off beets, trim tail and stem and cut into 6-8 wedges. Cut bigger carrots in half lengthwise. Add to pan of reduced ginger ale, and stir until liquid is syrupy. Add lemon juice/zest, butter, salt & pepper. Stir for another minute or so. Remove from heat and serve with chives as garnish.