



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 20: This is our last week together and we just wanted to say - Thank you again for a great 2019 season! We love what we do and we would not be able to do it without your support and encouragement! At the farm this past and coming weeks, we are in FULL Harvest mode - getting all those roots (potatoes, carrots, celeriac, radishes, parsnips, sweet potatoes, rutabaga, etc...) and brassicas out of the fields and into our cooler for all winter long! **Calling WINTER VEGGIE LOVERS!** If you don't want to miss our delicious and nutritious vegetables, 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. We are starting Nov 6-9 with deliveries every other week. We also 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.

Happy Eating! ~Rachael

Did you know? Brussels Sprouts

Did you know...that brussels sprouts (yep it ends with an "s" - kind of hard to say, huh?) were likely first cultivated in Ancient Rome. They made their way up to Northern Europe and became super popular in countries like the Netherlands and Belgium beginning in the 16th century. In fact, those Belgians liked these mini-cabbages so much, they named them after the capital of their country! Brussels sprouts are a member of the "Brassica" family that includes broccoli, cauliflower, romanesco, cabbage, radishes and arugula (their pretty distant cousins...) Sprouts are super

delicious when cooked right (roasting them is best, in our opinion). Some of the sprouts may look brown upon first glance. Never fear - all you will need to do is peel a layer or two of leaves off of it and the rest should be ready to devour! We know brussels sprouts get a bad rap for being mushy and gross; but once you find a recipe you like, you won't be able to get enough of these! Try this recipe:

Lemon-Seared Brussels Sprouts

1 lb Brussels Sprouts, trimmed and shredded
1 Tbsp. Driftless Organics Sunflower Oil
Coarse Salt and Pepper, to taste
1 Tbsp. Fresh Lemon Juice
In a large skillet, heat oil over medium high. Add brussel sprouts, season with salt and pepper. Cook, stirring occasionally, until crisp-tender, 8-10 minutes. Remove from heat and stir in lemon juice.

OR try this recipe:

Roasted Brussels Sprouts with Honey Mustard

1 lb Brussels Sprouts, trimmed and shredded
1 Onion, coarsely chopped
1 Tbsp. Driftless Organics Sunflower Oil
Coarse Salt and Pepper, to taste
3 Tbsp. Whole Grain Mustard
3 Tbsp. Honey
Preheat oven to 425F. Place a baking sheet in the oven as it preheats. Cut the sprouts in half and toss with onion, oil, salt & pepper. Carefully remove pan from hot oven. Place sprouts and onions on baking sheet. Roast for 30 min, shaking halfway. Stir together honey and mustard. Remove sprouts and toss in honey mustard while still hot. Season with additional salt and pepper if needed.

What the heck do I do with Celeriac?

You are probably wondering what the heck that ugly, knobby root ball with celery-like stems and leaves is all about in your box. Welcome to the wonderful world of celeriac. Celeriac,

or celery root, is the great grandfather of our modern day celery. It's what celery was before plant breeders got to work. Both the root, the stems and the leaves are edible and all have a very rich, celery-like flavor. In this week's box, all you are getting is the root ball, but if you want to know what to do with everything, here are some ideas of what to do with the different parts:

Root ball: Chunk up into soups, mash with potatoes for intense celery-mashed potatoes. Roast with other root vegetables like sweet potatoes, radishes, beets, etc.

Stems: Use where you would celery in soups, potato salads, stuffings, etc.

Leaves: chop up thinly and use like you would parsley, garnish over a potato dish or eggs

WHAT'S IN THE BOX
Beets: Red
Brussels Sprouts
Cabbage: Green/Red Savoy
Carrot, Bulk
Cauliflower: Purple/White OR Broccoli
Celeriac
Garlic
Herb: Sage
Lacinato Tops
Peppers: Poblano & Roaster
Potatoes: Red
Radishes: Purple Daikon
Salad Turnips
Shallots: Red
Sweet Potatoes

Crop	What does it look like?	Storage?	How do I use it?
Beets	Red beets	Keep in your fridge in plastic for up to a week.	Boil, drain, serve with butter, salt and pepper.
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	Very wrinkly leaves, light lime green colored cabbage. Red savoy has a red tinge on the outer leaves.	Keep in refrigerator for a few days, if needing to keep longer, wrap tightly in plastic wrap right away.	Good in soups, sautes, stir fries. Make into sauerkraut, coleslaw, egg rolls or potstickers!
Carrots	Orange, finger shaped roots, bagged up.	Store in a plastic bag in your fridge.	Grate and use with cabbage for some egg rolls or potstickers!
Cauliflower or Broccoli	Cauliflower: A nice white or purple head with green wrapper leaves OR Broccoli: a mini green tree like shape	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", or made into pizza crust
Celeriac	Knobby misshapen ivory colored roots	Keep in your fridge in a bag for up to 3 weeks	Check out recipe: "Roasted Sweet Potato, Carrot & Celeriac Soup"
Garlic	1-2 garlic, Cured	Store on your countertop and use within a couple weeks.	Great base for recipes
Lacinato Tops	The tops of our Lacinato plants: looks like a mini palm tree	Place in a plastic bag and try to use it up in 7-10 days	Use as you would any kale. Lacinato is really easy to rib and work with. Use for soups, salads, pizza topping
Peppers	Chocolate Poblano (Mildly spicy): dark green/chocolate colored smaller pepper Roasters (Sweet): large, red/yellow with pointy end	Store in your fridge.	Stuffed, Salads, Fajitas, or quick sautes
Potatoes	About 2 # of red potatoes	Store in a cool dry place	Boiled, Mashed, Fried, etc...
Radishes	Purple Daikon: Light purple cylindrical bulb with purple radial patterned flesh	Store in a plastic bag with carrots	Roasted, pickled, grated or sliced
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.
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. About 2-3 lbs of small tubers.	These are fresh from the field, not fully cured and quite tender. Store in a cool place but USE THEM UP!	Check out the recipes: "Savory Sweet Potato Cakes" OR "Roasted Sweet Potato, Carrot & Celeriac Soup"

Savory Sweet Potato Pancakes

3 cloves garlic
 1" piece of ginger
 1 tsp. Whole coriander seeds
 1 medium onion, quartered
 1 large or 2 medium sweet potatoes
 4 eggs
 ¼ c. AP Flour
 1 Tbsp. Driftless Organics Sunflower Oil
 1 ½ Tsp. Salt
 Black Pepper, to taste
 Freshly grated Nutmeg, to taste
 ¼ c. Oil - for frying

In a food processor, mince up garlic, ginger and coriander seed. Add quartered onion and pulse until onion is minced. Take out chopping blade and insert grating attachment. Grate sweet potatoes into processor bowl with the onion mixture. In a separate bowl, whisk together eggs, flour, 1 Tbsp oil, salt, pepper and nutmeg. Stir in sweet potato mixture until well mixed. Heat about 1 Tbsp of oil in cast iron pan until a drop of water sizzles when flicked into the pan. Reduce heat to medium. Spoon 2 heaping TBSP of batter into the pan for each pancake. Fry about 2 min for each side until nicely browned and crispy. Drain on

paper towels. Keep warm until ready to serve. Serve with creme fraiche and apple chutney! Makes about 15 pancakes.

Roasted Sweet Potato, Carrot and Celeriac Soup

1 sweet potato, cut into chunks
 1 celeriac root, peeled and cut into chunks
 2 c. carrots, chopped
 1 large onion, chopped
 2 cloves garlic, minced
 5-6 c. broth: vegetable or chicken
 Salt and Pepper, to taste
 Driftless Organic Sunflower Oil
 Preheat oven to 450F. Place the sweet potatoes, carrots and celeriac in a roasting pan and drizzle with oil. Roast for about 45 minutes, flipping halfway through. Should end up with a nice golden color to them. In a stock pot, combine onions and garlic with a little oil and saute over medium heat for about 5 minutes, or until onions are soft and translucent. Season with salt and pepper. Add roasted veggies and mix everything together. Add 5 c. broth to pot and bring to a boil. Reduce heat and simmer for 25-30 minutes. Remove from heat and allow to cool for 15 minutes. Puree with a blender (immersion or upright). Add more broth if too thick. Taste and season with salt and pepper to taste.