



DRIFTLESS ORGANICS CSA NEWSLETTER

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Week 2: I still can't believe that Thanksgiving is next week! Since I've become a parent, I feel like I'm always "catching up" and I have a much harder time feeling on top of things, including what time of year it is (and their holiday preparations). So what are some of your favorite dishes for Thanksgiving? Do you try new recipes every year or have some tried-and-true recipes that will cause an uprising if they are not present?

Things are rolling right along here in Southwest Wisconsin. We are gearing down, some seasonal friends have left. Now we are washing and packing our bountiful harvest. Hope you all can enjoy the upcoming holiday festivities and enjoy a "slower" pace.

Happy Eating! ~Rachael

Did you know? Celeriac

Did you know that celeriac and carrots are related?! They're in the same plant family! Celeriac is also related to parsnips, parsley, dill and fennel. I know, I know, celeriac is sometimes an unappealing vegetable with its knobs and warts and creases; but slice it open and you'll find a smooth, soft ivory interior. It has a nutty and gentle celery-like flavor that is cherished in France where the traditional dish Celeriac Remoulade (*recipe on the backside!*) is made by grating celeriac, boiling it or marinating it in lemon water and covering it in a creamy mustard sauce (*recipe on the back of this newsletter*). In fact, it was in France that celeriac was first cultivated back in the early 1600's. Back then celeriac was not

only valued for its tasty flesh, but also for medicinal uses by the French... and the ancient Greeks, Romans and Egyptians too! We love celeriac because it's a delicious root vegetable that is full of fiber and vitamin K, which helps support blood and bone health. If you're into peeling your vegetables, or maybe just peeling the ugly off of your celeriac, I recommend using a paring knife to peel the root. If you're going to fry or bake the celeriac, try parboiling it first for a few minutes in water with a little lemon or vinegar to bring out more of the delicate flavors. Need some more ideas on what to do with celeriac?

Check these out:

1. Boil and mash celeriac along with your potatoes or sweet potatoes! Trust me, this is tasty!
2. Make some celeriac fries! Thought fries were only for potatoes? Think again. Cut your celeriac into strips, toss with a little oil and salt, and bake in a 425 degree oven until crisp, about 20 minutes.
3. Do you still have celeriac to spare?! Try fermenting it along with carrots or cabbage!

What the heck do I do with Black Spanish Radishes?

You can probably guess which root veggie the Black Spanish radish is in your box! It's a pretty cool looking radish with an impressively dull black skin. These radishes have been used for centuries both as food and as medicine. This pungent root vegetable is rich in vitamin C, potassium, iron and magnesium as

well as vitamins A, E and B. You might be thinking, "yeah, yeah, it's healthy. What can I do with it?". Here are some suggestions for ways to enjoy these black beauties:

- 1) Try chopping Black Spanish radishes up and roasting with a little oil, salt and red pepper flakes! Sure to be a hit.
- 2) Make Black Spanish radish chips! Finely slice the radishes, coat with oil and salt to taste. Cook in a 400 degree oven for around 20 minutes, or until the chips are crisp.
- 3) Peel the skin and boil along with potatoes. Then mash 'em up and pile on the butter!
- 4) Enjoy them raw. Their crisp, spiciness is delicious all on its own
- 5) Use as a garnish: Cut thinly and check out youtube for instructions on how to make a rose!

WHAT'S IN THE BOX
Beets, Red
Brussels Sprouts
Cabbage: Green
Carrots
Celeriac
Garlic
Leeks
Potatoes: Desiree
Radishes: Black Spanish
Shallots
Spinach
Sweet Potatoes
Winter Squash: Butternut

Crop	What does it look like?	Storage?	How do I use it?
Beets	Dark colored bulb when cut reveals a striking red flesh!	Keep in your fridge in plastic for up to a week.	Roasted, boiled or raw (grated) on salads.
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	So good ROASTED...sugars caramelize and get a nutty sweet flavor
Cabbage	The head of green 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 roots, bagged up.	Store in a plastic bag in your fridge.	Great snack! Raw, carrot fries or even made into some sweet quick bread or pie!
Celeriac	Knobby misshapen ivory colored roots	Keep in your fridge in a bag for up to 3 weeks	Check out the article, "Did You Know? Celeriac" for some tidbits and ideas!
Garlic	Little white bulbous "pumpkin" with a hard stem in the middle.	Store on your countertop and use within a couple weeks.	Great base for recipes
Leeks	Looks like a GIANT scallion	Store in the fridge for up to a week.	Treat like an onion.
Potatoes	Desiree: Look for the brown paper bag with 3 pounds of pink spuds.	Store in their paper bag in a cool, dry place out of direct light.	These waxy potatoes are best for salads, scalloped or roasted and not super good for mashing.
Radishes	Black Spanish: Look for 1-2 of these charcoal colored round roots floating around your box.	Store in a plastic bag in your fridge.	Check out the article, "What the heck do I do with Black Radishes" for ideas!
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
Spinach	A bag of dark green, wrinkled 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.
Sweet Potatoes	Misshapen, reddish/pink tubers in your box. About 2-3 lbs of small tubers.	These are nice and cured, so they can stay in a cool dark place, same as where you keep your potatoes.	Try making a sweet potato pie OR some stuffed ravioli!
Winter Squash	Butternut: long, tan squashes with a big butt	Store on your counter	Roasted OR try in a soup!

Turkish Carrot Dip

¼ c. Driftless Sunflower Oil (or EVOO)
 3-4 Medium-Large carrots, shredded
 ⅓ c. pine nuts OR finely chopped walnuts
 ¾ tsp. Fine sea salt
 1-2 garlic cloves, minced
 2 c. plain GREEK Yogurt
 Veggies for dipping
 Heat the oil in a large skillet over medium-high heat until hot. Add the carrots and cook for 5 minutes. Add the nuts and salt. Reduce heat to medium and continue cooking, stirring occasionally for 5 minutes, or until carrots are completely soft and beginning to brown. Add garlic and cook, stirring until fragrant. Cool slightly. In a medium bowl, stir the warm carrot mixture into the yogurt. Drizzle with additional oil before serving.

Celeriac & Black Radish Remoulade

1 medium celeriac, peeled & grated
 1 tsp. Lemon juice
 1 medium black Spanish Radish, unpeeled & grated
 3 Tbsp. Dijon-style mustard
 4 Tbsp. Driftless Sunflower Oil
 1 tsp. White Wine Vinegar
 Salt & pepper, to taste
 ¼ c. minced parsley leaves (optional)
 Immediately after grating, soak celeriac in lemon juice and 1 c. cold water. Meanwhile, whisk the mustard with 3 Tbsp of hot water. Add the oil in a slow steam, whisking until dressing is emulsified. Whisk in vinegar, salt and pepper (to taste). Drain the celeriac & blot dry with paper towels. Add the celeriac, radish & parsley (if using) and toss mixture well.