



# DRIFTLESS ORGANICS CSA NEWSLETTER

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**December:** December festivities have definitely been all around us here in the Driftless. There is the Canadian Pacific Holiday Train that comes to the area. We have a beautiful light festival in LaCrosse. Christmas decor is up in full force: lights on houses and trees, funny decorations on the lampposts in the local towns and Christmas trees in the windows of many houses. What we seem to be lacking is the white backdrop that makes things really pop!

I know we say it, but we truly are so thankful for all of your support! We take this job of growing nutritious, organic vegetables with all of it's ups and downs very seriously. It is how our world makes sense. Having members who appreciate those efforts and who enjoy the product is so gratifying, so thank you!

Happy Eating! ~Rachael

## Did you know? Rutabagas

Did you know that Rutabagas are a totally delicious root vegetable that are a cross between a turnip and wild cabbage? They've also been known to be called "Swedish Turnip" or "Swede". They apparently originated in Northern and Eastern Europe and are eaten by us humans, but also by domesticated animals as well!

In Scotland, rutabagas are pretty popular and are often referred to as "Neeps". They have a dish called "Neeps & Tatties", which is rutabagas and Potatoes, both mashed and served with Haggis. In England, rutabagas are served with a "Sunday Roast" of roast beef, roasted potatoes & carrots, yorkshire pudding, gravy and mashed rutabagas. They're also baked with other veggies inside of a pastry called a "pasty" (you can also find these in

the U.P. - they're so tasty).

Rutabagas are most definitely an "old world" vegetable that keep in the fridge or root cellar for a super long time, provide sustenance during those cold winter months and are a very versatile ingredient in lots of different dishes. Don't fear the Neep - they are delicious!!! We have a number of recipes on our website: <http://driftlessorganics.com/rutabaga/>

## What the heck do I do with Cabbage?

I don't know about you, but I always have a hard time with cabbages. They are lovely. They are tasty. They are healthy. They are BIG. Unless I have some massive project: potstickers or egg rolls, I have historically stayed away from cabbages. Working on the farm though, cabbages have come into my refrigerator much more often. While my creativity is still waning a bit, I am growing in my love of cabbages. I have yet to try fermentation of any kind, so my need of cabbages is still limited. But I have to say, the last cabbage I got in my box was a life saver. I had some homemade potato sausage, compliments of my mother, and needed something quick and HOT, with little time or effort for lunch. I boiled the sausage and decided to pair it with sauteed cabbage. I chopped and browned an onion, then added some chopped cabbage with some Driftless Sunflower oil, a little butter and salt. It was done in about 10 minutes. It was delicious. It was easy. It was gone. It was repeated a few hours later for our supper (it was that good).

With that positive and delicious experience still in my recent memories, I want to encourage you to try something different from your

normal food routine! This week, we have a beautiful Red cabbage. Cabbage can be used for these things

- 1) Sauerkraut
- 2) Kimchi
- 3) Other Fermentation
- 4) Potstickers
- 5) Eggrolls
- 6) Coleslaw
- 7) Salad
- 8) Side
- 9) Stuffed or Rolled
- 10) Chopped or grated on a salad

WHAT'S IN THE BOX
Beets: Red
Cabbage: Red
Carrots
Celeriac
Garlic
Leeks
Onion: Cippolini, Red, Shallots and Yellow
Parsnips
Potatoes: Blue, Desiree & German Butterball
Radishes: Black Spanish, Green & Purple Daikon
Rutabaga
Spinach
Sweet Potatoes
Turnips: Purple Top
Winter Squash

Crop	What does it look like?	Storage?	How do I use it?
Beets: Red	Dark burgundy dusty outside and vibrant burgundy 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	Store in your fridge, in plastic.	Check out the article, “ What the heck do I do with Cabbage?”
Carrots	Beautiful bag of carrots	Keep them in their plastic bag and use up in a couple of weeks.	Raw, roasted, creamed, made into soups or pies
Celeriac	Knobby misshapen ivory colored roots	Keep in your fridge in a bag for up to 3 weeks	Use for mashed potatoes, roasted veggies, and a portion in this week’s recipe: <i>Braised Stuffed Cabbage!</i>
Garlic	2-3 heads of garlic.	Store on your countertop and use within a couple weeks.	Pair with onions and butter and you can’t go wrong!
Leeks	Looks like a GIANT scallion	Store in the fridge for up to a week.	Treat like an onion.
Onions: Cippolini, Red, Shallots & Yellow	Cippolini: The squat, disc-shaped smaller onions Red: red, dark and bulbous Shallots: Slender, smaller looking onions Yellow: yellow, light and bulbous	Store on the counter.	Great base for MOST recipes.
Parsnips	Looks like white roots that look like an albino carrot	Store in a plastic bag in the fridge for up to a month.	Roasted brings out the sugars to caramelizing
Potatoes: Blue, Desiree & German Butterball	Blue: dark blue/purple color, knobby Desiree: Pink spuds German Butterball: Golden skin, round tuber with yellow flesh that is firm and dense.	Set in a cool dark place.	Blue: a little drier, but delicious and colorful! Desirees are a waxy potato: good for salads, roasting, etc. Not good for mashing German Butterball: BEST for Mashing...so creamy and buttery.
Radishes: Black Spanish, Green & Purple Daikon	Black Spanish: Charcoal colored round roots floating around your box Green Daikon: green long tuber with beige at the top with a lime flesh Purple Daikon: Purple oval shaped radish with purple radial flesh	Store in the fridge for up to 2 weeks	Black Spanish: Beautiful when carved/peeled into garnish All radishes: Roasted, pickled, grated or sliced, sauteed in butter, salt and pepper.
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
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, pizza topping or use with onions and garlic to put on a piece of toast with a fried egg on top for a hearty healthy breakfast.
Sweet Potato	Misshapen, reddish/pink tubers in your box.	Store in a cool, dark place (not in your fridge!) These are cured!	Sweet Potato Pie, Sweet Potato Fries, soups, roasted, pizza topping
Turnips	Purple Top: White roots with purple tops.	Store in a plastic bag in the fridge.	Great for stocks, soups, stews or check out recipes included for more ideas.
Winter Squash: Butternut & Carnival	Butternut: long tan squashes with a big butt Carnival: colorful looking “acorn” squash	Store on your counter	Make into soup or use it to fill your homemade raviolis.

## Braised Stuffed Cabbage

1 cabbage (Savoy is best): 8 leaves  
1 Tbsp unsalted butter  
2 Tbsp Driftless Sunflower Oil (or EVOO)  
1-2 Onions, finely chopped (approx 2/3 c.)  
2 tsp dried Rosemary, coarsely chopped OR ground smaller if you have a mortar & pestle.  
2 large cloves Garlic, minced  
1 celery stick, chopped OR 1-2 Tbsp of Celeriac, minced  
Approx 1 c. toasted pecan pieces  
1-1 1/2 c. cooked rice  
1/2 c. raisins OR cranberries (fresh or frozen)  
Salt and Pepper, to taste  
2 c. vegetable or chicken stock  
2 Tbsp balsamic vinegar  
2 tsp honey

Bring large pot of salted water to boil. While it is heating up, remove the central core of the cabbage. Take off any “icky” outer leaves. When water is boiling, put whole cabbage in for 1-2 minutes, flip if needed for full water contact half way through. When it’s wilted, then it’s done. Drain and refresh until

cold water. Drain well. Take each leaf and pat dry before stuffing.

Preheat oven to 350F.

Heat butter & oil in a medium sized pan, add onion. Brown onions, about 5 minutes. Add rosemary and celery/celeriac/. Lightly salt the mix. Cook for another 5 minutes. Add minced garlic. 2-3 more minutes. When it is fragrant, add cooked rice and toasted pecans until everything is well incorporated and rice has a “glistening” appearance. Take off of heat and add raisins/cranberries.

Spoon the stuffing into the cabbage leaf, roll up/fold to enclose the filling. Use between 1/4-1/3 c of filling per cabbage leaf. It varies based on how big the leaf is. Put in an oiled, shallow baking dish. \*\* A 9x13 pan is a little big, but perfect if you are doing a 1 1/2 batch (12 cabbage rolls)\*\*\* Make sure the seam is facing down on the pan. Fill up your pan with remaining cabbage rolls. Mix 2 c. stock, 2 Tbsp balsamic vinegar & 2 tsp. Honey together and pour into the pan. Cover with foil. Bake at 350F for 1 hour. Take foil off, bake for an additional 15 minutes.

## Shredded Parsnips with Walnuts

2 Tbsp Driftless Sunflower Oil  
1 lb grated parsnips  
Kosher Salt  
1/4 c. Walnuts  
1/4 c. Golden Raisins (regular ones work too!)  
1 tsp. Chopped fresh sage  
Fresh Lemon Juice

Heat the oil in a large skillet over medium heat. Add the grated parsnips and a pinch of salt. Cook, stirring often, until the parsnips are tender, about 5 minutes. Stir in

walnuts, sage and a splash of lemon juice. Cook until walnuts are slightly toasty. Serve.

## Cranberry & Roasted Beet Salad with Goat Cheese & Pecans

5 medium beets, tops & tails trimmed, cut into wedges (don’t peel)

2 cloves garlic, minced

1 Tbsp. Driftless Sunflower Oil

1 pint fresh cranberries

Juice & Zest from 1 Orange

2 Tbsp Honey

1 oz. soft goat cheese, crumbled

1/4 c. pecans, coarsely chopped & *toasted*

Salt and Pepper, to taste

Preheat oven to 400 F. Toss the beet wedges with oil, salt & pepper. Spread on baking sheet & roast, stirring occasionally, until just tender & starting to caramelize on the outside, about 45 minutes. Let cool. In a small saucepan, combine cranberries, orange juice/zest & honey. Bring to a boil over medium heat. Reduce heat to low-medium & cook until just saucy but cranberries remain whole, about 15 minutes. Let cool. Combine beets with cranberry sauce and season to taste. Top with goat cheese & pecans.

## Winter Vegetable Fried Rice

1 cipolini onion, minced

1 carrot, cut into small dice

1 parsnip, cut into small dice

1/2 daikon radish, cut into small dice

1 Tbsp. each garlic & ginger, minced

2 c. Spinach or Kale, finely chopped

3 Tbsp. Peanut or Sesame Oil

3 c. cooked rice

Salt & Pepper, to taste

2 eggs, lightly beaten

2 Tbsp Tamari/Soy Sauce

1/2 tsp. Chinese 5-spice powder (optional)

Heat the oil in a large cast iron pan or wok over medium high heat. Add Onions, carrots, parsnips & radish. Stir Fry until starting to brown, then add garlic, ginger and greens. Stir fry for another minute, then add rice, a bit of salt & pepper. Stir fry until rice is hot and just starting to brown. Lower heat a bit and make a well in the middle. Add the egg and season with salt and pepper. Stir until egg just starts to set and then stir and scrape it into the rest of the stir fry until cooked. Add soy sauce and 5 spice powder, if using. Serve! Garnish with chopped roasted peanuts and cilantro, if desired. You can eat by itself or add to cooked chicken, pork, tofu, egg rolls or potstickers!

## Sweet Potato Bisque with Blue Cheese Croutons

### BISQUE:

4 medium sweet potatoes, peeled and cut into 1" chunks  
1 Tbsp. Driftless Sunflower Oil  
1/8-1/4 tsp cayenne pepper  
2 Tbsp butter  
1 large onion, diced  
2 cloves garlic, minced  
1 tsp. Dried thyme  
6 c. chicken or vegetable stock  
1 c. half & half  
Freshly grated pepper & nutmeg, to taste

### CROUTONS:

1 c. stale French bread, cubed  
2 Tbsp Driftless Sunflower Oil  
1/4 c. crumbled blue cheese

*To make BISQUE:* Preheat oven to 400 F. Toss sweet potatoes with oil, salt & cayenne. Spread onto a baking sheet and roast for 40-45 minutes, until soft & caramelizing on the edges. Meanwhile, heat butter in a heavy bottomed soup pot and saute onions until translucent. Add garlic & thyme. Saute until golden. Add roasted sweet potatoes, stock and bring to a boil. Lower heat and simmer for about 10 minutes. Remove from heat and puree soup with an immersion blender or food processor (in batches) until smooth. Return to low heat, add half & half, stirring frequently until it returns to a gentle simmer. Do NOT allow to boil. Add freshly grated pepper and nutmeg to taste. Cover and keep warm while making croutons.

### *To make CROUTONS:*

Heat the oil in a skillet and add cubed bread. Stir until starting to brown. Turn off heat and sprinkle with blue cheese. Cover for a minute to melt cheese.

### *To SERVE:*

Ladle soup into bowls & carefully place some hot cheesy croutons on top.

## Fresh Winter Vegetables & French Onion Goat Cheese Dip

1 large onion, half of it cut into 1/2" rings, the other half finely chopped and separated  
1 clove garlic  
4 Tbsp Driftless Sunflower Oil  
2 tsp. White Wine Vinegar  
1/2 c. mayonnaise  
1/2 c. sour cream  
1/4 c. goat cheese, crumbled (about 2 oz)  
Juice and Zest from 1/2 lemon  
1 tsp each Worcestershire & Hot Sauce  
Salt & Pepper, to taste  
Raw Winter Veggies: carrots, radishes, turnips, rutabagas, beets - julienne/cut into sticks

In a small skillet, heat 1 Tbsp Oil over medium/high heat. Add the half onion RINGS. Saute until starting to brown, turn down heat to low. Stir occasionally, scraping up any browned bits, until richly browned and starting to caramelize, about 15 minutes. Add garlic and saute another few minutes. Deglaze pan with vinegar & transfer mix to food processor and cool. Meanwhile, heat remaining oil in the same skillet over medium/high heat. Add the chopped onion. Fry until golden, about 8 minutes. Reduce heat to low/medium & cook another 10 minutes until deep brown. Drain fried onions over a fine-mesh strainer inside a heat proof bowl. Reserve all the onion-infused oil for cooking with. Add mayo, sour cream, goat cheese, lemon juice/zest, worcestershire & hot sauce to the cooled caramelized onions in the food processor. Puree. Stir in the 1/2 of the fried onions and salt and pepper to taste. Serve topped with the remaining fried onions.

## Parsnip Hummus

1 lb parsnips, cubed into 1" pieces  
1/4 c. Driftless Sunflower Oil  
1-2 tsp. Cumin, ground  
3/4 tsp. Salt  
2 garlic cloves, chopped  
6 Tbsp Tahini  
4 Tbsp. Freshly squeezed lemon juice  
6 Tbsp Water, divided  
Freshly chopped parsley leaves for garnish/topping  
Bring the cubed parsnips along with 2 Tbsp Oil, all the cumin, salt and 1/4 c. of water to a simmer over medium/low heat in a medium pan, stirring to coat as necessary. Cover and reduce heat to low, cook for 10-15 minutes until the parsnips are tender and easily pierced. Puree cooked mix along with garlic, tahini, remaining 2 Tbsp Oil and lemon juice. Puree until smooth and thick, scraping down the sides a couple of time. Taste, add more salt or lemon juice to taste. With motor running slowly, drizzle in enough of the remaining water to create a fluffy consistency, about 2-3 minutes. Spoon into a bowl and cool to room temp or cover and refrigerate before serving. Serve drizzled with extra oil and chopped parsley on top.

## Chipotle Cheddar Mashed Potatoes

2 lbs German Butterball potatoes (peeled or unpeeled - your choice!), chopped  
1/2 c. Vegetable stock or milk  
2 Tbsp. Driftless Sunflower oil OR Butter  
1 c. grated cheddar cheese  
2 tsp. Pureed chipotle chilies in adobo sauce  
Place potatoes in a large pot, cover with cold water. Bring to a boil, reduce heat to medium and simmer until tender, about 20 minutes. Drain and mash the potatoes, place in a large saucepan. Over medium heat, dry out potatoes for about 2 minutes, stirring occasionally. Meanwhile, heat stock or milk in small saucepan until warm. Stir in oil/butter into potatoes. Add warm stock or milk and the pureed chipotle chilies. Stir

until completely absorbed. Salt to taste. Add cheddar and stir gently until just combined. Let the cheese melt, serve & enjoy!