



DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • Winter Veggie Lover • Issue 3 • Dec 5-7, 2019

Week 3: Thanksgiving was a huge rush and then a nice relaxing time afterwards...a good time to digest all that delicious (and semi-nutritious and HIGHLY caloric) food. Wisconsin is the land of dairy. At our home, cream cheese, butter, milk and cheese are always celebrated, but the enthusiasm is heightened during the holidays! Now it's time to work off those extra calories. We have a slight "warm up" and are capitalizing on it by mulching garlic and doing more field clean up. We also have our hoop house planted with spinach, which was in the last box and will be in this box too! Other than that, winter is our data entry, reflection on the past year, planning for the future year and of course, washing and packing nutritious roots.

Happy Eating! ~Rachael

WHAT'S IN THE BOX
Brussels Sprouts
Carrots
Garlic
Onion: Red
Parsnips
Potatoes: German Butterball
Radishes: Beauty Heart
Rutabaga
Spinach
Sweet Potatoes

What the heck do I do with Beauty Heart Radishes?

Beauty Heart Radishes are a "new" discovery for me. After completing a full year here at Driftless, I've encountered SO MANY vegetables that I had previously no clue or horrible misconceptions about. Last year, I had no idea what these little gems were and was NOT enthused about another radish. Radishes to me are primarily for garnish and the occasional "spicy" element for my Mexican tacos. However, some encouragement from fellow co-workers led me on a delightful journey. Cooking any radish brings out a more mellow flavor. For Beauty Hearts, cooking brings out a buttery/creamy flavor. I love how the flesh is SO bright, and cooking it turns a deeper and richer color. I still don't have many ways I have tried this vegetable, but how I have tried it - I enjoy immensely! So here are my recommendations:

- 1) Saute up in some butter, salt & pepper. Eat with your fingers or as a side.
- 2) Saute like the above and put on pizza
- 3) Radish chips: Cut thinly, toss in oil, salt (with coarse salt) and bake at 400 F until crisp OR Deep Fry until crisp.
- 4) Beauty Heart Risotto: recipe on the other side of the page! <https://www.driftlessorganics.com/beauty-heart-radish-risotto/>

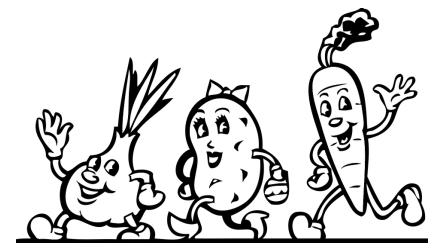
Did you know?

German Butterball Potatoes

Did you know that the variety of yellow potatoes in your box this week is called German Butterball? What a funny name, eh? German

Butterball potatoes are an heirloom potato variety that we've been growing for a number of years. They were recommended to us by a fellow potato grower and we decided to give them a go. After planting them out alongside our other varieties for that season, we quickly discovered that they grow really well in our soil types. And the best part? They taste amazing! They are by far the most flavorful variety of potatoes we have. They are really buttery (hence the name) and rich tasting. And they are super versatile to boot! German Butterballs are recommended to be used for steaming, baking, frying and mashing, but they really are an extremely versatile potato and can definitely be used for soups or side dishes where you usually use a waxy potato.

No one is really sure where exactly German Butterball potatoes originated (Germany, perhaps?), but from the research we've done, it seems like they are a relatively new variety (introduced in the late 80s) and were developed for the fresh market. This variety won first place in Rodale's Organic Gardening Magazine, "Taste-Off Contest". We constantly get many questions at market asking when these little guys will be available. We continue to love these guys and will grow them for as long as we can!



Don't forget you can still sign up for our December Storage Box! Sign up online or email Rachael at csainfo@driftlessorganics.com!

Crop	What does it look like?	Storage?	How do I use it?
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	Roasted is my favorite, but you can also eat them raw or boil them.
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!
Garlic	Little white bulbous "pumpkin" with a hard stem in the middle.	Store on your countertop and use within a couple weeks.	Use a microplane and take 1-2 cloves, grate them into 1 Tbsp of mayo + a splash of lemon juice + crack of black pepper = Garlic Aioli!
Onion	Beautiful purplish red onion	Store on counter	Roasted. Sauteed. Raw. Even deep fried!
Parsnips	Looks like white roots that look like an albino carrot	Store in a plastic bag in the fridge for up to a month.	Sliced on an angle and roast with other veggies...serve with garlic aioli!
Potatoes	German Butterball: Look for the brown paper bag with 3 pounds of tan spud and yellow flesh	Store in their paper bag in a cool, dry place out of direct light.	These potatoes are divine: buttery flavor and a creamy texture! Check out the article "Did You Know?" for the best ways to cook these taters!
Radishes	Beauty Heart: pale looking root veggie with lime green coloring at the top. Bright Pink flesh!	Store in the fridge for up to 2 weeks	Check out the article, "What the heck do I do with Beauty Heart Radishes" for ideas!
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 raw for a salad.
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 some sweet potato dinner rolls!

Beauty Heart Risotto

2 Tbsp unsalted butter
 2 Tbsp Driftless Sunflower Oil (or EVOO)
 1-2 Onions, finely chopped (approx 2/3 c.)
 1 1/2 tsp Fresh Thyme OR 3/4 tsp. Dried Thyme
 2 large cloves Garlic, minced
 All your Beauty Hearts (about 1 lb), finely chopped
 1 1/2 tsp Sea Salt
 1 c. short grain rice (risotto OR sushi rice works well!)
 1/3 c. white wine (dry is best)
 4-4 1/2 c WARM Vegetable Broth
 1/2 c. Asiago Cheese, freshly grated
 1/2 tsp Black Pepper
 Cracked Black Pepper (for garnish)
 Heat the butter and oil in a large, heavy bottomed saucepan over medium-heat. When the butter has melted, add the onions and cook for about 5 minutes, until golden. Add thyme and garlic. Cook for another 2 minutes, then add radishes and salt, stirring to incorporate. Cook for about 3 minutes, until lightly browned, then add the rice. Cook for another minute or so, stirring so the rice is evenly coated and toasts slightly. Stir in the wine and cook for a few minutes.

Begin adding warm broth, a ladleful at a time, stirring after each addition, until it is mostly absorbed. This should take about 20 minutes. The rice should be creamy and tender. Stir in cheese and black pepper. Remove from heat and let the risotto rest for 2 minutes. Serve warm (and with cracked pepper) and enjoy!

Garlic Parmesan Carrots & Parsnips

1 lb carrots and/or parsnips, chopped into 1" pieces
 3 Tbsp butter, melted
 3 cloves garlic, minced
 1/2 c. grated Parmesan cheese
 Salt & Pepper, to taste
 Preheat oven to 400F. Mix the melted butter and garlic together. Coat the carrots/parsnips well with butter mixture. Arrange the carrots on a baking sheet lined with parchment paper. Drizzle the extra butter garlic mix on top. Roast for 15 minutes, then top the carrots with parmesan cheese. Roast for another 10 minutes or until the cheese melts and is slightly browned. Remove from the oven and sprinkle with salt and pepper. Taste. Try to save some for the meal!