



DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • Winter Veggie Lover • Issue 4 • Dec 19-21, 2019

Week 4: Christmas is coming, quite soon! To our Twin Cities Members, this is your last box. Thank you for a wonderful 2019 season and we wish you the Happiest of Holidays! For our Madison and Local members ...we still have 3 more boxes ahead of us! 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

WHAT'S IN THE BOX
Beets: Chioggia & Red
Cabbage: Red Savoy
Carrots
Celeriac
Garlic
Onion: Red
Potatoes: Desiree
Radishes: Green Daikon
Spinach
Sweet Potatoes
Winter Squash

Did you know? Winter Squash

Did you know that the word "Squash"

comes from the Narragansett Native American word askutasquash, which means "eaten raw or uncooked"? Squashes are one of the oldest known crops--10,000 years by some estimates of sites in Mexico. Since squashes are gourds, they most likely served as containers or utensils because of their hard shells. The seeds and flesh later became an important part of the pre-Columbian Indian diet in both South and North America. De Soto, Coronado, and Cartier all saw "melons" (probably squash) in the Americas.

Northeastern Native American tribes grew pumpkins, yellow crookneck, patty pans, Boston marrows (perhaps the oldest squash in America still sold), and turbans. Southern tribes raised winter crookneck, cushaws, and green and white striped sweet potato squashes. Native Americans roasted or boiled the squashes and pumpkins and preserved the flesh as conserves in syrup. They also ate the young shoots, leaves, flowers, and seeds.

Did you know, butternut squash is the squash used in those commercial cans of "pumpkin pie" filling. No fooling. We've got a ton of awesome winter squash recipes on the recipe page of our website at:

www.driftlessorganics.com/winter-squash

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 onions, then added some chopped cabbage with some Driftless Sunflower oil, a little butter (this makes a big difference) 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 Savoy cabbage. Savoy cabbages have a bunch of wrinkled leaves. This texture gives it a little more elasticity, which makes it great for stuffing or cabbage rolls. The red savoy gives such a pretty presentation, with the additional coloring.. It also can be used for any of your cabbage recipes: slaw, sauerkraut, soups, stews, salads, eggrolls, etc. But it REALLY shines in the stuffed or rolled scenario. Check out this week's recipe: *Braised Stuffed Cabbage* and consider it for your holiday festivities! I tested out the recipe this past week and it was a huge hit. So much, that I will be making it again today. My 3 year old asked for another "cabbage wrapper" and ate ALL the stuffing. My 1 year old too also loved this recipe and asked for another. My husband and I were eating their leftovers because it was just too good to let anything go to waste! It was such a beautiful dish (green with cabbage and red with craisins) and great presentation, we are considering it as a part of our Christmas meal.

Crop	What does it look like?	Storage?	How do I use it?
Beets	Chioggia: Firm, dark colored bulb with “candy cane” stripping flesh. Looks like a target when bucked. Red: dark almost black looking outside with deep red flesh	Keep in your fridge in plastic for up to a week.	Roasted, boiled or raw (grated) on salads.
Cabbage	Red Savoy: a mix of red and green coloring with wrinkled leaves.	Keep in the fridge in a plastic bag for up to a week.	Check out this week’s recipe: <i>Braised Stuffed Cabbage!</i>
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	Use for mashed potatoes, roasted veggies, and a portion in this week’s recipe: <i>Braised Stuffed Cabbage!</i>
Garlic	Little white bulbous “pumpkin” with a hard stem in the middle.	Store on your countertop and use within a couple weeks.	Check out this week’s recipe: <i>Braised Stuffed Cabbage!</i>
Onion	Beautiful purplish red onion	Store on counter	Check out this week’s recipe: <i>Braised Stuffed Cabbage!</i>
Potatoes	Desiree: pink potatoes	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	Green Daikon: green long tuber with beige at the top with a lime flesh	Store in the fridge for up to 2 weeks	Good for stir fries or an added crunch in your egg rolls!
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!
Winter Squash	Butternut: Long tan squashes with a big butt	Store on your counter	Make into soup or use it to fill your homemade raviolis, or if roasted, great as a topping for your pizzas with it!

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.