



DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • **Winter Veggie Lover** • Issue 5 • January 3 & 4, 2020

WEEK 5: Happy NEW YEAR! We love to try for a purple box each year for a special treat in our Winter Veggie Lover boxes. So this week is "it" - our "Purple Pop" box! It has lots of wonderful purple varieties with a few veggies that color really POPs with purple ;). Hopefully your year is starting off with it's own POP!

Happy Eating! ~Rachael

WHAT THE HECK DO I DO WITH DRY BEANS!?

We're so excited to be offering you all a food staple that you wouldn't typically think of as being grown on a Midwestern vegetable farm like ours. Enter: Black Turtle Beans! Farmer Josh, who is responsible for growing the sunflowers for our signature sunflower oil has been experimenting with some other non-vegetable crops like dry beans. These little beans are from last year's harvest and have been sorted and cleaned by us this winter. Like any DRY bean, you will need to do some sort of pre-soak. First, be sure to rinse your beans in a colander. Look for any stones or dirt we might have missed. Then soak overnight (at least 8 hours), then drain and add fresh water and boil for a couple

minutes. Then simmer for 2 + hours (or until tender).

****Don't add salt until the very end, salt makes them tough if you add it too early!****

There is a pound and a half of beans in your box - which should make about 5-6 cups of cooked beans. Try some beans and rice? Nachos? Huevos Rancheros? The possibilities are endless! Have a favorite recipe using black beans? Be sure to share it with us on our Facebook page!

sugars we were telling you about. Parsnips are packed with vitamins and minerals too, especially potassium. We like putting parsnips in soups, casseroles and hashes. Roasting them with oil and herbs in the oven is another favorite. Check out our Parsnip Hummus recipe or our Root Veggie Fritter recipe! For those of you who are new to our website, we have hundreds of incredible recipes, including over 20 parsnip recipes!

www.driftlessorganics.com/recipes

DID YOU KNOW? PARSNIPS

Did you know that in Europe parsnips were used as a source of sugar before sugarcane and beets? Yep - parsnips may be sweeter than you think. Once parsnips have been exposed to colder, near freezing temperatures, their starches begin to convert to sweet, sweet sugar. Which is why you'll find them in your boxes in the late fall and winter months. Parsnips have been around since the ancient times of the Romans, and were a popular root vegetable back then - so popular, they were even given as gifts. Can you imagine?? Nowadays, it seems that these white relatives of carrots are often under appreciated. While parsnips can be eaten raw, we think they taste best cooked. They can be roasted, baked, boiled, steamed, fried or sautéed. Cooking brings out those tasty

WHAT'S IN THE BOX

BEANS: BLACK TURTLE
BEETS: RED
CABBAGE: RED
CARROTS
GARLIC
ONION: RED
PARSNIPS
POTATOES: BLUE
RADISHES: PURPLE DAIKON
SPINACH
SWEET POTATOES: PURPLE
TURNIP: PURPLE TOP

CROP	WHAT DOES IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
BEANS	Black Turtle (Dry Bean): Paper bag bag with black beans	Keep in your pantry or cabinet.	Check out the article, "What the heck do I do with?" for tips on how to cook these dry beans!
BEETS	Red: dark almost black looking outside with deep red flesh	Keep in your fridge in plastic for up to a week.	Try in this week's recipe, "Vietnamese Root Slaw"
CABBAGE	The head of red cabbage with pretty wrinkled leaves	Keep in the fridge in a plastic bag for up to a week.	Try in this week's recipe, "Vietnamese Root Slaw"
CARROTS	Orange, finger shaped roots, bagged up.	Store in a plastic bag in your fridge.	Try in this week's recipe, "Vietnamese Root Slaw"
GARLIC	Little white bulbous "pumpkin" with a hard stem in the middle.	Store on your countertop and use it within a couple weeks.	I love garlic aioli though on fresh sourdough, as a dip or added to my grilled sandwiches!
ONION	Beautiful purplish red onion	Store on counter	Try in this week's recipe, "Vietnamese Root Slaw"
PARSNIPS	About 1 lb of "White" carrots	Store in a plastic bag in the fridge for up to a month.	Try in this week's recipe, "Parsnip Hummus"
POTATOES	Blue: Look for the brown paper bag of dark purple potatoes	Store in their paper bag in a cool, dry place out of direct light.	These potatoes are great for roasting or grilling in a foil packet. Stay away from mashed potatoes or soups.
RADISHES	Light purple cylindrical bulb with purple radial patterned flesh	Store in the fridge for up to 2 weeks	Try in this week's recipe, "Vietnamese Root Slaw"
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	Murasaki: Purple on the outside and a whitish flesh. Little sweeter than other sweet potatoes.	These are nice and cured, so they can stay in a cool dark place, same as where you keep your potatoes.	Baked, Boiled, Roasted, Sauteed or made into fries!
TURNIPS	Purple Top: White roots with purple "shoulders"	Store in a plastic bag in the fridge.	Try in this week's recipe, "Vietnamese Root Slaw"

PARSNIP HUMMUS

1 lb parsnips, cubed into 1" pieces
 ¼ c. Driftless Organics Sunflower Oil or EVOO
 1-2 tsp Cumin (ground fresh is best!)
 ¾ 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 of the oil, cumin, salt and ¼ c. 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 pieced with the tip of a knife.
 Puree the cooked parsnips along with the minced garlic, tahini and remaining 2 Tbsp of Sunflower Oil and lemon juice in a food processor until smooth and thick, scraping down the sides of the food processor as necessary (about 2 minutes). Add additional salt or lemon juice to taste. With the motor running slowly, drizzle in enough of the remaining water to create a

fluffy consistency (another 2-3 minutes). Spoon into a bowl and cool to room temperature or cover in the fridge before serving. Serve drizzled with Oil and chopped parsley on top. Enjoy with vegetables, crackers, or pita!

VIETNAMESE ROOT SLAW

4 ½ c. grated mixed veggies (daikon radish, cabbage, carrots, beets, turnips, etc...)
 ½ c. red onion, diced
 1 small hot or sweet pepper, seeded and minced
 ¼ c. fresh cilantro (optional), chopped
 4 Tbsp. Rice Vinegar
 1 Tbsp. Soy Sauce
 1 Tbsp. Sugar
 Salt & Pepper, to taste
 Pinch of Cayenne (optional)
 Place grated veggies, onions, peppers & cilantro in a serving bowl. Whisk together remaining ingredients and pour over the veggies. Toss thoroughly, taste, add salt and/or pepper as needed. Serve immediately.