



DRIFTLESS ORGANICS CSA NEWSLETTER

News from the Fields of Driftless Organics • Winter Veggie Lover • Issue 6 • January 17 & 18, 2020

WEEK 6: It is finally looking like winter here in the Driftless. We got a few inches of snow overnight and it does make the drive to work a little slower...but a lot more beautiful! Our packshed is still humming: washing, sorting and packing all those delicious root vegetables each week. Here in the office we are still in data entry mode from this past year's work...and dreaming of the time when we start the greenhouse. It is truly soul healing to walk from the cold and blustery winter winds up to the greenhouse where you are greeted by warmth, humidity and a vibrant green color. It slaps you in the face and awakens you to LIFE!

Happy Eating! ~Rachael

WHAT'S IN THE BOX
CABBAGE
CARROTS
CELERIAC
GARLIC
ONION: RED
POTATOES: PURPLE VIKING
RADISH: BEAUTY HEART
RUTABAGA
SWEET POTATOES
WINTER SQUASH

WHAT THE HECK DO I DO WITH RUTABAGA!?

Rutabaga doesn't have to be one of those dreaded veggies that sits in the back of the fridge, drawing social security. They are actually quite delicious! Here are some ideas of what to do with them:

- 1) Mash 'em: Try flavoring the mashed root with maple syrup and bourbon.
- 2) Add fruit: With its slightly sweet, slightly earthy flavor, rutabaga does well with apples and pears, especially. Try roasting rutabaga cubes with cubed pears or apples and big chunks of onions.
- 3) Go Cheesy: Substitute rutabagas for potatoes in your favorite gratin dish.
- 4) Put it in a soup: There are all sorts of amazing soup recipes on the interwebs, like creamy rutabaga chipotle soup and rutabaga bisque.
- 5) Make fries: I've heard of sweet potato fries and carrot fries. Apparently you can make rutabaga fries, too. Try rutabaga oven "fries" baked with rosemary, garlic and olive oil, or other flavors (the garam masala version sounds particularly good).
- 6) Roast 'em: Combine them with other root vegetables like carrots, parsnips and beets, toss with oil, salt & pepper and roast at 400 until soft.

DID YOU KNOW? PURPLE VIKING POTATOES

Did you know that the most nutritionally concentrated part of your purple viking potatoes are their skin?! The striking purple and pink skin is full of vitamins and minerals. It's also loaded with anthocyanin, the antioxidant that gives it the dazzling purple hue, these babies are thought to protect against age-related memory loss, help lower blood pressure, reduce the risk of heart disease, and to boost your immune system. With the cold and flu season looming over us, these potatoes may just be your secret weapon this winter! So trust us when we say, don't peel those potatoes. They are organic, after all. On top of being a healthy choice this winter, purple viking potatoes are also super tasty. They have a rich, creamy and slightly sweet flesh, making them great for some of the best mashed potatoes you've ever tasted, in gratins, or in stews and soups. They are one of our favorite potatoes around here. We recommend storing your purple viking potatoes in a cool, dark place and using them within a couple of weeks. These potatoes will taste best fresh!

*****No spinach in the box....sorry! The winter blast got to it before we did!*****

CROP	WHAT DOES IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
CABBAGE	Green orb made up of densely packed leaves	Keep in the refrigerator for a few days, if needing to keep longer, wrap tightly in plastic wrap right away.	Cabbage is good in egg rolls, stir fry or simply sauteed with butter, salt, pepper and pairs well with pork.
CARROTS	Orange, finger shaped roots, bagged up.	Store in a plastic bag in your fridge.	In this week's recipe, "Winter Wild Rice Soup"
CELERIAC	Knobby misshapen ivory colored roots	Keep in your fridge in a bag for up to 3 weeks	You can use 1-2 Tbsp of minced up celeriac (peeled) for a substitute of celery in this week's recipe!
GARLIC	Little white bulbous "pumpkin" with a hard stem in the middle.	Store on your countertop and use it within a couple weeks.	In this week's recipe, "Winter Wild Rice Soup"
ONION	Beautiful purplish red onion	Store on counter	In this week's recipe, "Winter Wild Rice Soup"
POTATOES	Purple Viking: Look for the brown paper bag of dark purple potatoes	Store in their paper bag in a cool, dry place out of direct light.	'Tis the season for soup....or fries, mashed, or hash browns. These potatoes can do it all.
RADISHES	Beauty Heart: cream colored outside with a slight lime green tone. Bright PINK Flesh	Store in the fridge for up to 2 weeks	Try this week's recipe "Pickled Beauty Heart Radish"
RUTABAGA	Roundish beige roots with some purple color near the stem	Store in a plastic bag with your carrots	Roasted with other root veggies
SWEET POTATOES	Misshapen, reddish/pink tubers in your box.	These are nice and cured, so they can stay in a cool dark place, same as where you keep your potatoes.	In this week's recipe, "Winter Wild Rice Soup"
WINTER SQUASH	Buttercup: Dark green squash with a lighter "turban"-shaped cap	Store in a cool, dry place for up to a month.	A little drier flesh, so try steaming, simmering, stewing or baking. Pairs well with lentils and hard cheeses.

WINTER WILD RICE SOUP

1 Tbsp Driftless Organics Sunflower Oil
 1 small-medium onion, diced
 1-2 celery ribs, diced
 4 garlic cloves, crushed and then chopped
 6 c. vegetable or chicken stock
 1-2 sweet potatoes, diced (about 1 c.)
 2 carrots, diced
 1 c. mushrooms, sliced
 1 c. wild rice
 1 bay leaf
 1 ½ Tbsp Old Bay Seasoning (you can make your own!)
 3 Tbsp Butter
 ¼ c. flour
 1 ½ c. milk
 1-2 Handfuls of Kale OR Spinach, coarsely chopped
 Salt and Pepper, to taste
 *Optional: add diced OR shredded cooked chicken
 Let oil heat up in a dutch oven. Add onions and celery, saute until translucent, about 3-5 minutes. Now add garlic, saute until fragrant, about 1-2 minutes. Add stock, sweet potatoes, carrots, mushrooms, wild rice, bay leaf & Old Bay Seasoning. Stir to combine. Continue cooking until the soup reaches a simmer. Reduce heat to medium-low, cover and simmer for 45 minutes, or until rice is tender, stirring occasionally. In Take a small saucepan and melt the butter. Whisk in flour and let cook for about 1 minute. Slowly, whisk in milk, until combined.

Continue cooking, stirring OFTEN, until the mixture nearly comes to a simmer and has thickened. When your veggies and rice are tender, Add the cream sauce and kale/spinach. Stir until combined. Taste and season with salt, pepper or more old bay seasoning. Serve warm.

PICKLED BEAUTY HEART RADISH

2 lbs Beauty Hearts (what's in your box!), julienned
 1 ½ c. Apple Cider Vinegar
 1 ½ c. Water
 ¾ c. sugar
 ½ tsp. Salt
 1 tsp fresh ginger, grated
 3 whole star anise
 6 cardamom pods
 9 whole black peppercorns
 1 ½ tsp. Whole coriander seed
 ¾ tsp. Red pepper flakes
 3 Pint sized canning jars and lids : Sterilize
 In a medium saucepan, bring ACV, Water, sugar, salt and ginger to a boil. Add julienned radishes and stir for 1 minute. Remove from heat and pack into sterilized jars with evenly distributed spices. Fill with pickling liquid to within ½" of the rim. Wipe the rim and apply the lid tightly. Now you have two options: can - process in hot water bath for 10 minutes OR put in fridge for a few months.