

Lil' Sprouts Newsletter

Potatoes

Did you know?

The Winter Solstice is coming up on December 21. The solstice happens when the Earth's poles reach their maximum tilt away from the Sun. This day will have the shortest period of daylight of any day throughout the year because the sun will be at its lowest daily maximum elevation in the sky. However, the good news is that every day after will get a little bit more sunlight until we reach the summer solstice, which is the day with the most sunlight! In Michigan, we live in the Northern Hemisphere. This means the winter solstice coincides with cold, winter weather. However, for people who live in the Southern Hemisphere, the winter solstice is in June because the seasons are reversed below the equator!

Celeriac & Garlic Mashed Potatoes

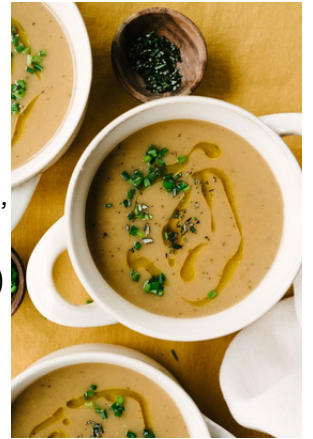
Veggie Box potatoes, cubed
Veggie Box celeriac, peeled and chopped
3 Veggie Box garlic cloves, peeled
2 tablespoons butter
1 1/2 tablespoons 2% milk
1/2 teaspoon salt
1/4 teaspoon pepper
1 tablespoon minced chives

Place the potatoes, celeriac, and garlic in a pot; cover with water. Bring to a boil. Reduce heat; cover and cook just until tender, 15 minutes. Drain; cool slightly. Mash vegetables with butter, milk, salt, and pepper. Stir in chives.

Cook Me!

Potato and Onion Soup

2 Tbsp butter or olive oil
1 large Veggie Box onion, thinly sliced
2 cloves Veggie Box garlic, minced
1.5 lbs (all from this week) Veggie Box potatoes, cubed; optional: mix and match potatoes (cubed), Veggie Box carrots (sliced), and Veggie Box turnips (diced/cubed) for the 1.5lbs of root vegetables!
4-5 cups broth or stock
1 tsp each salt and black pepper
1 sprig (1 Tbsp) fresh rosemary, minced or 1 tsp dried rosemary
1 bay leaf
1 Tbsp lemon juice (1/2 a lemon)
4 Tbsp minced chives
Olive oil and balsamic vinegar (for garnish)



Heat butter or oil a dutch oven or large pot over medium heat, add onions plus pinch of salt, stir. Cook onions over medium heating, stirring every 5 min, until they are soft, brown, and caramelized. This might take up to 30 minutes. If the pot gets too dry and onions are burning and sticking, add a splash of broth. Add garlic and cook 30 seconds, add potatoes (or other veg), broth, salt, and pepper and stir. Add rosemary and bay leaf. Increase heat to high to bring to a boil, then reduce to simmer 20 min. Pull out bay leaf, then add lemon juice. Transfer to a blender in batches, or use an immersion blender to blend soup to desired smoothness. Add more seasoning to taste. Top bowls of soup with olive oil, balsamic, chives, more freshly minced herbs, grated cheese, or other toppings!

Unscramble Me!

Can you unscramble these potato-themed words?

otoatp _____

hahsw nrbo _____

saedmh opttao _____

twese _____

samoethd teaop _____

uspd _____

Color Me!

