



Winter Green Community Farm

Week of August 7th

2007

New Potatoes

This Week's Harvest

(Subject to variations)

New Potatoes

Lettuce
Green Beans
Broccoli
Tomatoes
Tomatoes
Green Onions
Cucumbers
Summer Squash
Parsley

Some Sites Only

Cherry Tomatoes
Strawberries

- ♣ Wash your *Potatoes* just before you use them. Store them in a dark, dry place (exposure to the sun causes the creation of solanine, a naturally occurring toxin). Don't refrigerate. Store them separately from onions, which give off a gas that accelerates the rate of decay. No need to peel organic potatoes! Most nutrients are close to the skin. You can boil them in water for 20-30 min., add butter, salt, & pepper. Add to soups 20-30 min. before finished.
- ♣ Fresh *green beans* taste best when eaten soon after harvesting. They will stay fresh for up to one week refrigerated in a plastic bag. Remove stem end and cook whole; beans will retain more nutrients if uncut. To cook beans, simmer in boiling water for 5-10 minutes. Watch for the beans to brighten in color and become tender but not soft. Cook less for chilled bean salads to maintain crispness.

Broccoli & Potato Frittata

6 T butter, divided
2 T olive oil
3/4 C potato, diced
1/2 C onion, chopped
1/2 tsp red pepper flakes
1 clove garlic, minced
2 C broccoli florets
2 1/2 tsp salt, divided
6 LG eggs
1/2 C grated Parmesan
1/2 tsp black pepper

Fill a LG pot w/water & bring to a boil. Combine 1/4 C of butter & the olive oil over MED heat in a heavy, 10" non-stick skillet w/ovenproof handle. Heat over MED heat until butter is melted. Add the potatoes, onion, & red pepper flakes: saute until potatoes are soft & brown & onions are golden, 12-15 min. Add garlic: cook, stirring, for 2 min. Transfer to a plate to cool. Add Broccoli & 2 tsp salt to pot of boiling water. Cook until broccoli is barely tender, 3-5 min. Drain & cool. Beat eggs in LG bowl. Add cooled potato mixture, broccoli, 6 T of Parmesan cheese, the remaining 1/2 tsp salt, & pepper. Stir to combine. Preheat broiler. Melt remaining 2 T butter in skillet over MED heat. Pour in egg mix & immediately reduce heat to low. Cook, without stirring, until edges of eggs are well set, about 10 min. The top will look "eggy" and undone. Sprinkle remaining Parmesan cheese & transfer frittata to broiler. Broil until puffy & slightly browned, check, every 30 sec. Cooking time will depend on how cooked the egg already is & how hot your broiler gets. Let stand a few min. before serving.

Serves 4-6

from "Real Dirt on Vegetables" cookbook

Potato Feta Salad

Dressing

1/3 C olive oil
2 T dill weed
2 T parsley
1 small red onion, sliced thin
2 T lemon juice
2 tsp garlic powder

1 1/2 lbs. potatoes
1 C feta, crumbled
4 green onions, sliced
1 red pepper, diced
1 C diced tomato

1 cucumber, sliced thin
2 C romaine strips
1/2 C black kalamata olives
salt & pepper to taste

Mix ingredients for dressing together. Steam potatoes until tender. Drain and cool slightly. Cut into bite sized pieces. Transfer to a large bowl. Pour dressing over potatoes and toss gently. When cool, add rest of ingredients. Toss gently. Add salt and pepper to taste. Serves 6 from "Debra's Natural Gourmet" cookbook

Simple Potato Bake

10-12 potatoes, unpeeled, cooked, drained & mashed
8 oz. pkg. cream cheese
1 small tub sour cream

1 tsp salt
1-2 cloves garlic, crushed
1 MED onion, sauteed
1/2 lb. Broccoli, zucchini, and other veggies

In a skillet, saute an onion, garlic & other veggies. Mix together cream cheese, sour cream, salt & mashed potatoes until well blended. Mix potato mixture & veggies in a 9 X 13" pan. Bake at 350 degrees until veggies are soft.

From "One United Harvest" cookbook

News from the Field

Hello Winter Green Farm members!

This morning's harvest brings us to mid way though the CSA season. Although we know that the warm weather will return, it sure feels as though fall is nipping at our heels today. The sky is overcast, the air is cool, and rain intermittently sprinkled on us while in the fields.

The warmer weather crops seem to be a bit confused! While the plants are lush and healthy, and the fruit abundant, they are taking their time in sizing up for harvest. Meanwhile, the green beans are in their prime, and we are happily plucking them off the bushes in prolific numbers. We are also happy to be putting lettuce in your boxes this week once again.

We are finished harvesting the blueberries for this season. We were able to supply all of the bulk flats that were ordered and for that we are grateful. We are also pleased to announce the date for member gleaning!

If you would like to come to the farm and pick blueberries, we are opening the patch for gleaning this weekend on Saturday, August 11th, from 9am to 7pm. We will have signs posted directing you to the area to be gleaned, and Jack Gray will be on hand if you have any questions. Please bring your own containers, as well as water to drink and sunscreen, as there isn't much shade available in that area. Please don't bring any animals with you.

*Our feature vegetable this week is the **New Potato**. **New Potatoes** (*Solanum tuberosum*) are exactly that...a young potato. They have very tender skin, as it is not cured in the ground, like a storage potato. It is best to keep it in the refrigerator until ready to use. I have included some fun recipes for you, but these potatoes are so delicious, all you really need to add once they are cooked is a little butter, and some salt and pepper!*

We have just harvested these potatoes, and washed them only this morning, so we will need to deliver them in plastic bags. Be sure to take them out of the plastic bag, and dry them off before storing, as they will keep much better that way.

Potatoes are native to the Andean mountain regions of South America, where they have been cultivated since 3,000 BC. Early cultivation is credited to Peruvian cultures. Found to easily grow where crops of wheat and corn could not, the potato was a key part of the primarily vegetarian diet of early cultures such as the

Mochia, Chimea, & Inca Indians. The Inca, who called the potato "papas", even developed frost resistant varieties, that were more resilient to the harsh climate.

The Incas, who worshipped the potato, developed a system of regular crop rotation, to keep the fields fertile. They performed rituals to insure the success of the crop, as well as over 1,000 words to describe the vegetable. It was used as a theme for their artwork, and many pieces were made to resemble potatoes with human characteristics. They made a beer-like beverage called chicha from it and buried it with their dead.

The potato was "rediscovered" by the Spaniards, and introduced in Europe, and then to North America in the early 1,700's. The Europeans were slow to trust the potato, a member of the potentially "poisonous" nightshade family. This useful food was slowly adopted, however, in order to protect against famine wrought by grain crop failure.

In Ireland, the potato became established as a major field crop around 1663. It is believed that potatoes washed ashore after the Spanish Armada was destroyed off the coast in 1588. Because of constant warfare in the country, the potato survived well due to the fact that when soldiers came and destroyed crops and livestock, the potato was safely underground, to be harvested after the soldiers departed. The climate was perfect, and it soon became the national food. Unfortunately, the potato blight in 1845 created a widespread famine in the county, with over a million people dying of starvation and a million more leaving the country.

The simple potato is the leading vegetable grown worldwide, produced in 130 of the world's 167 independent countries. There are varieties of potatoes that thrive below sea level, those that are adapted to 14,000 feet above, and everything in between.

Unfortunately, most potatoes are consumed in the high-fat, high-sodium form of French fries and potato chips. Alone, the potato is an excellent source of complex carbohydrates and minerals, particularly potassium - providing the skin is consumed - and a fairly good source of vegetable protein. They form a complete protein when eaten with meat, dairy, or grains. A tasty treat, no matter how you prepare it. Hope you all enjoy your veggies this week!

Linda and all of the Winter Green Farm farmers