



Week 4

Farm News:

Every year we plan on getting our deer fencing up early in the season, but life and farming gets busy quickly and we end up rushing around to prevent further damage. This year is no different. We have been keeping an eye on all of the greens and all was fine up until this week when we lost some cabbage, head lettuce, and eggplant in three different fields. All this week, our big project will be working on fencing out deer, rabbits and groundhogs. In the meantime, summer squash and zucchini are starting to really come in and the cucumbers should be not too far behind.

This Week's Share (probably):

Escarole & Frisee
New Potatoes
Lettuce
Summer Squash
Zucchini
Swiss Chard
Kale
Beets

Vegetable of the Week:

New Potatoes

New potatoes are potatoes of any variety harvested at a young or immature age. They have a much thinner and more delicate skin than regular season and storage potatoes. For this reason, new potatoes are rarely peeled before cooking. New potatoes have not had as much time to convert their sugar into starch, so they tend to be sweeter. In addition, their high moisture content makes them very waxy so they are great boiled, steamed, sautéed, and grilled. New potatoes don't store as well as mature potatoes, so store them in a paper bag or loosely wrapped plastic in the fridge. We are growing 15 different varieties of potatoes. Several of these varieties are "early" potatoes and really good for eating as new potatoes. This week, we will have some Dark Red Norland (red with white center), Augusta (yellow with yellow center), and maybe some red gold (red with yellow flesh).

Recipes of the week:

Herbed New Potatoes

Ingredients:

2 Pounds new potatoes (not peeled)
1 tsp salt
¼ tsp black pepper
¼ cup butter
3 tbs chopped mixed fresh herbs, such as parsley, chives, and dill. (optional)

Preparation:

1. Put potatoes, salt and enough water to cover the potatoes in a pot. Bring to a simmer. When fully cooked, a slender fork or knife will encounter little resistance when used to prod the potatoes.
2. Drain off all but 2 Tbs of water. Add butter and pepper, and cook another 2 minutes.
3. Stir in the optional herbs and taste again for salt and pepper