



What to find in your share:

Potatoes
Scallions
Melons
Tomatoes
Eggplant
Peppers
Beans
Kale
Lettuce
Cabbage
Swiss Chard
Parsley
Basil
Cilantro
Dill
Beets
Carrots
Cucumbers
Summer Squash

Don't Forget!
CSA Farm
Potluck,
Saturday, August
18 from 12 – 4

Spud Time!

It's always exciting when it comes time to harvest potatoes. Last week we began digging and were quite happy with our first harvest. We are growing 7 varieties of potatoes this season, ranging from classic yellow and white to red and even blue potatoes! This week we are distributing the variety "All Red." This is a great roasting or skillet potato. We also have plenty of other veggies to offer you as well as our first distribution of scallions.

Scallions- Also known as green onions, spring onions, gibbons, or eschallots, scallions are a mild, yet tasty relative of onions. Scallions may be used fresh or steamed in salads, added to soups, or stir-fried. Both the green tops and the small white bottoms may be used. Scallions originated in Asia but their name is derived from the Greek word askalonion, referring to the ancient town of Ascalon, now Ashkelon, Israel. Jamaican cuisine relies heavily on a variety of scallions referred to as escallions. Scallions pair well with garlic and ginger.

Colcannon- This classic Irish dish is fairly quick to prepare and always delicious. Put 3 medium potatoes and 1 bunch of kale in a large pot and cover with water. Bring to a boil. Add 2 tsp of salt and boil 15-20 minutes. Drain and mash the potatoes and finely chop the kale. Place 1 cup of chopped scallions in a small pot, cover with 1 cup of half-and-half or milk, and cook over low heat 15-20 minutes. Add the kale to the potatoes and mix well. Add the milk and scallions. Add ½ tsp. of freshly ground black pepper and salt to taste. Melt ½ cup of butter and spoon over each serving. Serves 6. *From Angelic Organics Kitchen*

News and Highlights

Farm Stand Note- If you happen to want any extra items, let us know at pickup or stop out during the week. Please also let your friends know that we have the farm stand open daily from 9-6. Thanks!

Bitter Veggies- We are currently finishing up our first planting of cucumbers. If you get one that is bitter, all apologies. The bitterest sections are always on the ends and the skin. You may want to cut the ends off and try peeling it. By next week we'll have plenty of fresh new cukes to enjoy.

Irish Potatoes???

While most of us eat many potatoes, few of us know much about their origin or history. Potatoes did not originate from Ireland or anywhere near Europe, but rather from the high plateaus of the Andes Mountains of South America. While we only find 4 or 5 varieties in our supermarkets, the Andes today boast an amazing 3,000 cultivated varieties of potatoes falling under 9 different species as well as about 200 wild varieties. Today potatoes are the most widely grown root crop and the 4th most widely grown produce item in the world (following rice, wheat, and maize).

Potatoes have always been extremely important for the people of the Andes. Incan units of time correlated to the length of time it took for a potato to cook to various consistencies. Potatoes became a standard supply item on the Spanish ships in the 16-18th Centuries. The Spanish noticed that the sailors who ate potatoes did not suffer from scurvy. Amid fears of black magic and poisoning, it is thought that the first Europeans to cultivate potatoes were probably sailor's families in southern Spain in 1565. After Spanish Armada shipwrecks in 1585, potatoes were recovered and planted in England.

European immigrants introduced potatoes to North America several times throughout the 1600s, but they were not widely grown for almost a century. Not until 1719, when Irish immigrants brought the potato to Londonderry, New Hampshire, were potatoes grown on a large scale.

By the 1800s, Irish peasants were eating a daily average of 10 potatoes per person, and they used potatoes to feed their animals. This dependence on one food crop was very dangerous, but no other crop had ever proved to be as reliable. In the 1840s, blight, a fungal disease, and heavy rains rotted the single variety of potato crops in the ground. Disease easily spread amongst the single variety. Spaniards and other Europeans previously mocked the Incas for planting so many varieties of a crop, now to their dismay. Without potatoes, both the peasants and animals went hungry. Scarily, in the U.S. very few varieties of potatoes are cultivated today, most are in large single variety monocultures, and all our varieties are from the same species. You'd think farmers would learn from past mistakes in history! By growing more varieties and more diverse varieties, farmers limit the risk of both disease and pest issues.



Eugene and Kate Harvesting

