



“Without the potato, the balance of European power might never have tilted north.”

Michael Pollan

News from the Farm

Welcome to Week 12! Potatoes! The big dig is taking place this week. Half Monday and half today. I take an old John Deere Potato Digger through the patch and we pick up after it. The yield was down this year because of the slow start to the season, which meant for slower early growth, which allowed for the potatoes beetles to ravage the crop sooner. CSA yield shouldn't be affected because of a motto I adopted early as an organic grower: Plant More! It is the last week of cucumbers. There was diminishing returns in the hoop house and I'm starting to renovate for fall crops. I'll be filling the hoops with fall greens like salad mix, kale, mizuna, spinach and arugula. The mushrooms had a pop this week with the unexpectedly big rain on Monday so we got a bonus for the box. When folks ask me what to do with oysters I always say they have a naturally buttery inclination. They love good fat! As a side to pork chops, lamb chops, or steak; in veggie stir fries with good olive oil, in bisque type soups with good cream. They want to soak up those rich fatty flavors and express them with their pleasurable meaty mouth feel. The fair went well. I received a blue ribbon for garlic but missed out on tomato placement because I had the wrong number of entries on the plate. Lesson: read directions! We danced our way through town as super foods in our parade float on Sunday, and I'm already planning next year's float which involves more specific dancing lessons. **Have a delicious week- Tony, Riley, Ted and Maple**

In Your

Box

Broccoli
potatoes
beets
cilantro
kohlrabi
Cucumbers
Salad mix (a little gritty from the rain; rinse)
Zucchini fulls
Heirloom Tomatoes
Oyster mushrooms

Next Week's best Guess:

greens, onions, , carrots ,
basil, swiss chard,
cabbage, celery, zucs
peppers

Pizza specials of the week – Bluegreen

Veggie – onions, blue cheese, swiss chard, peppers, basil pesto, **Kim Chi and Steak**- Kim Chi, Grass-fed steak, Sharpe Cheddar
Stoney Supreme – Stoney Sausage, oyster mushrooms, Peppers, onions, garlic scape Pesto; **Pizza Midwest** – Bacon, garlic scape pesto, chevre goat cheese

Farm to Table Recipes Gleaned By Ingrid ClarkZavadoski

French Potato Salad - Bon Appetit

1/4 c chicken broth, 1/4 c white wine, 1/4 c olive oil, 4 green onions, chopped, 2 T Dijon mustard, 2 T white wine vinegar, 2 T drained capers, 3 1/4 # potatoes

Whisk first 7 ingredients in large bowl. Season to taste with salt and pepper.

Cook potatoes in large pot of boiling salted water until just tender, about 35 minutes. Drain. Return potatoes to pot. Place pot over low heat until liquid evaporates, about 2 minutes. Cut warm potatoes into 1/3-inch-thick slices. Add to dressing. Toss gently to coat. Let stand 30 minutes at room temperature. Toss again and serve.

Bread & Garlic Soup with Cilantro - Saveur

2 cups roughly chopped cilantro leaves and stems, 3 cloves garlic, peeled, 1/2 large green bell pepper, stemmed, seeded, & chopped, 1/2 serrano pepper, stemmed, seeded, and chopped, salt and black pepper, to taste, .25 cup olive oil, 1 kaiser roll, cut into 1" cubes and toasted, 4 c chicken stock, 2 eggs, lightly beaten Pulse cilantro, garlic, bell pepper, serrano, salt, and pepper in a food processor until roughly chopped. Add oil; purée until a smooth paste. Place 1/4 cup of paste in a bowl. Add bread and toss to coat; set aside. Heat remaining paste in saucepan over med heat; cook until fragrant, 2–3 minutes. Add stock & bring to a boil. While stirring, slowly drizzle in eggs; cook until eggs are just set, about 1 minute. Remove from heat and stir in bread mixture; serve hot.

A couple Kohlrabi Ideas from Martha Stewart .com *What to do With Kohlrabi? 8 Delicious Ideas*. These are simpler recipes but all of Martha's ideas are delicious. I swear she was rejuvenated by prison.

Shaved Kohlrabi and Arugula Salad with Chunky Garlic and Pimenton Dressing

When using raw kohlrabi in a salad, it's important to use a mandoline to slice it wafer-thin. This allows you to make the most of its delicate, crunchy texture. The dressing's creamy roasted garlic is an ideal counterpart to the crisp kohlrabi.

INGREDIENTS

- 2 medium heads garlic
- 1 teaspoon finely grated lemon zest, plus 3 tablespoons fresh lemon juice
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- 1/2 teaspoon pimenton picante (hot Spanish smoked paprika)
- 1 teaspoon Dijon mustard
- Coarse salt
- 3 tablespoons extra-virgin olive oil
- 2 medium or 1 large kohlrabi (1 pound), trimmed
- 1 1/2 cups arugula, trimmed
- 1 ounce toasted sliced almonds (1/4 cup)

DIRECTIONS

1. Preheat oven to 400 degrees. Remove 1 garlic clove from 1 head, and very finely grate, setting aside 1/8 teaspoon. Wrap remaining heads of garlic in foil, and roast until very soft and golden inside, about 1 hour. Unwrap; let cool.
2. Meanwhile, whisk together grated garlic, lemon zest and juice, paprika, mustard, 1/2 teaspoon salt, and 1 teaspoon water in a small bowl. Squeeze roasted garlic from skins, and add 2 tablespoons to bowl, reserving remainder for another use. Stir to combine but leave very chunky. Stir in oil (do not completely incorporate).
3. Shave kohlrabi very thinly on a mandoline. Divide among 4 plates; season with 1/2 teaspoon salt. Spoon dressing over kohlrabi, then top with arugula leaves and almonds.

Sautéed Kohlrabi with Onions and Cream

Ingredients

- Cubes of peeled kohlrabi
- Thinly sliced white onion
- Unsalted butter
- Finely shredded kohlrabi leaves
- Heavy cream
- Salt and pepper
- Grated nutmeg

DIRECTIONS

1. Cook kohlrabi and onion in butter over medium-high heat until almost tender. Stir in kohlrabi leaves, and cook until wilted. Add a generous splash of heavy cream, and cook for a few seconds to reduce. Season with salt, pepper, and nutmeg. Serve with chicken, pork chops, or steak.

Cook's Notes

To store fresh kohlrabi, cut off leaves, wrap them in a damp paper towel, and place in a plastic bag. Leaves can be refrigerated for three to four days; the bulb for several weeks.