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Box #16
**Even Week**
13 October 2021

**Contents**
Dill
Broccoli
Brussels Sprout Stalk
Garlic
Lettuce
Peppers: Carmen, FlavorBurst, Red Ace
Potatoes: Superior
Tomatoes: Heirloom, Slicers
Winter Squash: Butternut

**New Stuff:** potatoes
**Choice Box:** peppers, tomatoes, and ??

**Potatoes** are one of the leading vegetables grown worldwide. They come in all shapes, sizes and colors, and thrive in areas below sea level, and those 14,000 feet above. Native to the Andean mountains of South America, they were brought to Europe by the Spaniards.
Potatoes are an excellent source of complex carbohydrates and minerals, especially potassium, providing you eat the skin since most of these nutrients are in or near the peel. Because you're getting organic potatoes, you don't have to worry about anything sprayed on them to prevent sprouting or greening.
Your potatoes have been minimally washed and have some soil on them. Even tho these potatoes were dug in October, treat them as NEW potatoes: their skins are very thin. To wash, cup a few in your hands under running water, and rub them lightly together. If you have a very soft brush and use it very gently, you can keep most of the skin intact.
Altho we sort thru our potatoes when we bag them, you may find one we missed with a green spot. This is due to exposure to sunlight: potatoes trying to make chlorophyll (so keep them away from sunlight, or any strong light). The green spot will taste bitter, so cut that off.
To keep potatoes fresh for the longest time, store them someplace that's between 45-55 degrees and has rather high humidity. Since few of us have such a specialized place, storing them in the refrigerator is a good choice. There is some research that says refrigerator storage encourages some of the starch to change to sugar resulting in browner potatoes when you bake or fry them. That doesn't sound so bad to me. There is some research that says onions and potatoes should not be stored close to each other or they spoil quicker.
Roast potatoes using the same method we recommend for beets.
Superior is a popular potato for growers as it produces high yields. Superior is white-skinned, white-fleshed and comes from the University of Wisconsin potato breeding program. And, it's supposed to make terrific potato chips.
Member Jim Melberg sent me this recipe last year. It's especially appropriate as it contains both broccoli and potatoes:

**Roasted Broccoli and Potato Tacos With Fried Eggs**

1 pound broccoli, florets plus peeled stems cut into 1/4 inch slices
1 pound baby white potatoes, sliced crosswise 1/4-inch thick
1 bunch scallions, cut into 1-inch pieces
3 large garlic cloves, thinly sliced
2 teaspoons smoked paprika
10 tablespoons extra-virgin olive oil
Kosher salt and black pepper
8 (6-inch) corn tortillas
8 large eggs
2 avocados, cut into wedges
Salsa, sour cream, cilantro sprigs and lime wedges, for serving

**Step One**: Heat oven to 450 degrees. On a large rimmed baking sheet, combine broccoli, potatoes, scallions and garlic with the paprika and 6 tablespoons oil. Season with salt and pepper, toss to coat, then spread in an even layer. Roast, undisturbed, until tender and charred in spots, 30 minutes.
**Step Two**: Stack tortillas and wrap tightly in aluminum foil. Five minutes before the vegetables are done, transfer foil-wrapped tortillas to the oven to warm up.
**Step Three**: Just before serving, heat 2 tablespoons oil over medium heat in a 12-inch nonstick or cast-iron skillet. Crack in 4 eggs and fry until whites are set and yolks are still runny, about 5 minutes. Transfer to a large plate. Repeat with remaining oil and eggs.
**Step Four:** Divide vegetable filling and avocado among the tortillas and top each with an egg. Spoon over some salsa and sour cream and garnish with cilantro sprigs. Fold over tortillas to form tacos or enjoy with forks and knives. Serve with lime wedges. *Serves four.*
This week, everyone is getting slicing tomatoes. We've tried to mix the types in most everyone's quart so you get red Mountain Merit and a pink heirloom or 2.



Harvesting dill Photo by Amy Seay

We were introduced to this recipe last year, and fell in love with it.

**Cheesy Winter Squash Pasta**

In a large pan or medium pot, put:

**4 cups chicken or vegetable stock**
**1 ½ cups peeled and cubed butternut squash**

-Bring to a boil, turn down to a simmer, and cook the squash until it is very soft. Puree with a hand blender.

Add: **1 medium onion, minced**
**3 garlic cloves, minced**
**¼ tsp. red pepper flakes, *optional***
**¼ tsp. salt**
**¼ tsp. freshly ground pepper**
**1/8 tsp. nutmeg**
**1 lb. pasta, such as farfalle, penne,etc.**

Put pan back on the stove, bring to a boil, stir to mix ingredients thoroughly, turn down to a simmer, and cook, covered, until pasta is *al dente* (check package directions for cooking times).

Now Add: **2 Tbsp. butter**
**4 oz. cream cheese, cubed**

-Stir until cream cheese is melted. Add salt and pepper to taste.

Top with: **chopped parsley, chives, etc.**

**NOTE**: You can use any kind of winter squash to make this sauce: each will give it a different flavor. To save time, open a can of pumpkin puree (NOT pumpkin pie filling) and measure out 1 cup to replace the cubed, raw squash. Cooking the pasta in the sauce enables the pasta to absorb the flavors of the sauce, making an even better dish. And, no grated cheese necessary.

**Field Notes**

Enough with the rain already!

Powdery mildew is spreading rapidly among the beets, dill and chard. The morning dews are heavy, and with all this rain, the plants never get a chance to really dry out. Chuck has been able to spray with an OMRI-approved fungicide, but can't get around to everything. So, we just hope for the best.

But everything is so GREEN. The grass, the plants—it's amazing. And beautiful. Peppers are maturing from green to red or orange, and producing flowers that would become more peppers if we don't get a frost for another month (tell me another one). We've never harvested dill or cilantro or chard in mid-October before. This long stretch of warm weather has allowed plants to keep growing weeks beyond their normal life in this zone. We'll take it!

The tomatoes are swelling with the extra water, and split easily. So, we have a LOT of canning tomatoes. A sale is called for. We'll be lowering the price of 10 lb. boxes of canning tomatoes to $15/box. You can choose between slicers or paste tomatoes, because the San Marzano, Blue Beech, and other paste types are going nuts. The webstore opens Thursday. Look for some other new items, like peppers and tomatillos.

We have 2 more CSA boxes after this week. That means it's time to bring any wax boxes you may have collected back to your pickup site so I can get them next week or the week after. We're trying to pick up the majority of wax boxes now, so your site manager doesn't have a huge pile to deal with on the 27th.




I'll leave you with this fun picture of Brian, part of our field crew, giving Chris, one of our Worker Shares, a ride back to the barn.

Have a great week!

Terry & Chuck