

Summer 4
July 31 & August 3, 2013

The Worm's Voice

Red Wiggler's CSA Newsletter



In your share:

Potatoes- Red
Norland or Magic
Molly
Garlic
Cherry Tomatoes
Red & Heirloom
Tomatoes
Eggplant/ Sweet
Peppers
Chard/Beets
Squash/ Zucchini

In the PYO:

Basil
Dill
Cilantro
Parsley
Mint
Cosmos
Bachelors Buttons
Wildflowers

Getting to know: Potatoes

Potatoes are planted early in the spring, the chunks of seed potato placed in rows and hilled with earth as they grow to keep the edible root well covered. As the green leafy part of the plant begins to brown and wither, we know that the potatoes below are mature and can be harvested when conditions are right.

This week we'll see the Red Norlands, a medium sized potato with deep red skin and white flesh, and the Magic Molly variety, boasting firm purple hued flesh and a particularly earthy flavor. German Butterballs will come along next with their golden skin and deep yellow flesh, an all around favorite for baking, frying and steaming. Rounding out the harvest is the Purple Viking variety. Their bright-white flesh is wrapped in a deep purple skin with deep pink splashes and stripes. They are great for mashing or crushing.

All potatoes should be stored in a dark, dry place, away from onions, which will cause them to spoil. Wash just before you are ready to use them, and do leave the peels on- they are full of nutrients and add great texture.

Calling all bakers!

If you enjoy baking and have a dessert or two up your sleeve, we can use your help. One of the highlights of the Harvest Celebration is our impressive spread of desserts, generously provided by our wonderful CSA customers.

If you would like to bake a finger-friendly dessert for 15 or more guests for our Harvest Celebration on Saturday, September 7th, please email Liz at auction@redwiggler.org to sign up or ask questions. Thanks!

Roasted Potato & Pepper Salad With Cilantro Salsa

- 2 lbs Fingerling potatoes or small boiling potatoes; quartered lengthwise
 - 1/4 cup Olive Oil
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
 - 2 small Poblano chiles(spicy) or Bell Peppers; cut into 1 inch slice
 - 1 small jalepeno chile; seeds and ribs removed
 - 1 clove garlic
 - 1 cup cilantro; packed
 - 2 tablespoons cider vinegar
1. Heat the oven to 400. Place potatoes on a baking sheet with 1 tablespoon of the olive oil and the s and p and toss to coat. Spread the potatoes out on the pan so that they cook evenly, and roast for 20 minutes. Add the poblanos and roast until the potatoes are tender and browned about 20 minutes more
 2. While the potatoes roast, pules the jalepeno and garlic in a food processor. Add the remaining olive oil, the cilantro, and the vinegar, with a pinch of salt and pepper and pulse to combine. Taste and add vinegar, olive oil, salt, or pepper, if needed.
 3. Transfer the hot potatoes to a shallow bowl and toss with the salsa. Serve warm or at room temp.

Grated Beet Salad

From New York Times Martha Rose Schulman

- 1/2 pound beets
 - 3 tablespoons freshly squeezed orange juice
 - 1 tablespoon freshly squeezed lemon juice
 - 1 tablespoon extra virgin olive oil
 - 2 tablespoon minced chives, mint or parsley (or a combination)
 - Salt to taste
 - Leaves of 1 romaine heart
1. Peel the beets with a vegetable peeler, and grate in a food processor fitted with the shredding blade.
 2. Combine the orange juice, lemon juice and olive oil. Toss with the beets and herbs. Season to taste with salt. Line a salad bowl or platter with romaine lettuce leaves, top with the grated beets and serve.