



HIGH ALTITUDE HARVEST

Community Supported Agriculture

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Crazy for Potatoes

by Sarah Johnstone, BloomStone Farm

You can fry'um, mash'um, hash'um, roast'um, bake'um and boil'um... potatoes—it's what's for dinner!

For at least half of you potatoes are on the menu this week, and there are plenty more for the weeks to come. Here at BloomStone Farm we're crazy for potatoes! In fact I've often considered being just a potato farmer. Could you image going to market and having dozens of varieties of beautiful gold, red, purple, yellow, brown and black potatoes to choose from. Like little jewels you just can't resist.

In fact there are actually over 5,000 varieties of potatoes and most of them can be found in the potato birthplace, high in the South American Andes Mountains. For more than 6,000 years South American Indians have been cultivating potatoes. Once the Europeans got a taste of these tasty tubers their popularity spread across the world. Now potatoes are the 4th largest food crop in the world, they contain most of the vitamins needed for sustenance and they were the first crop to be grown in space. Potatoes are doing pretty well for themselves.

Potatoes are the first field crop to be planted at BloomStone Farm. On March 19th the potato seed arrived. Just a few days later the seeds were sorted, cut and laid to cure for 24-48 hours. This curing process is important, if you do not allow a scab to form over the open flesh you risk exposing the seed to fungus and bacteria found in the soil. Once fully

cured the digging starts...and then the digging continues. We dug sixteen 55' trenches for those beautiful tubers. If the potato-farming dream comes true I think we'll buy a trencher.

Just a few weeks later we found little leaves pushing through the soil, coming up for their first glance at the sun. At about the time we recovered from all the digging it was time to start hilling. When the plants are about 16" tall you rake or shovel dirt up around the plant until just the very tip is showing. The tubers grow from the stem of the plant so the more times you hill the plants the larger the yield.

Next we waited for the flowers. Like bright little purple stars scattered across the field. The flower lets us know that the tubers are forming and that we are one step closer to unearthing the jewels. As the greens start to die we cut back on watering. This allows the tubers to start their curing process, as they dry the skin toughens and then they are ready for harvest.

We've harvested over 500# of potatoes this year and we have about 300 more waiting for their big debut. Farming potatoes by hand is a lot of work but there is so much satisfaction in digging up the treasures, enjoying them in all the wonderful ways they can be prepared and most importantly in seeing the excitement from all of you as they fly off the tables and counters.

From the rich soils of BloomStone Farm to the bountiful tables of your homes, enjoy your potatoes! They come to you with great love.

Full Share

- Basil
- Carrots
- Cucumbers, Green & Lemon
- Asian Pears
- Garlic
- Green Bell Pepper
- Summer Squash
- Tomatoes
- Royal Gala Apples

Half Share

- Blackberries
- Potatoes
- Swiss Chard
- Eggplant
- Garlic
- Asian Pears

What Grows Where

BLOOMSTONE FARM

potatoes

DAWN GARDENS

garlic, blackberries, basil

FIVE FOOT FARM

carrots, eggplant, summer squash, Swiss chard, basil

GREEN CEDAR FARM

apples, Asian pears

GREENVILLE HIGH SCHOOL

lemon & green cucumbers, green peppers

SHOOFLY FARM

tomatoes

All of our produce is fresh off the farm. Please wash before using!

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Bread Share Flavor

Potatoes, chives & asiago

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Swiss Chard with Lentils and Feta

"Adding lentils to sautéed chard makes a filling, healthy side dish. First cook the lentils with onion and garlic for a little extra flavor, then stir them into the sautéed chard. Add a dash of red wine vinegar and a few crumbles of feta cheese and serve with baked salmon or lamb. (Look for brown or green lentils. If you substitute French green (or Puy) lentils, you'll need to add a bit more water and allow for a longer lentil-cooking time.)"



INGREDIENTS

2 tablespoons olive oil	12 ounces Swiss chard (about 1 bunch)
1/2 cup small-dice yellow onion	1/2 teaspoon kosher salt, plus more for seasoning
2 medium garlic cloves, finely chopped	1/4 teaspoon freshly ground black pepper, plus more for seasoning
1 cup brown or green lentils	4 teaspoons red wine vinegar
2 cups water	1/2 cup crumbled feta cheese (about 2 1/2 ounces)

DIRECTIONS

1. Heat 1 tablespoon oil in a medium saucepan over medium heat until shimmering. Add the onion and garlic, season with salt and pepper, and cook, stirring occasionally, until softened, about 5 minutes.
2. Add the lentils, stir to combine, and add the water. Increase the heat to high and bring to a simmer. Reduce the heat to low and simmer, stirring occasionally, until the lentils are just tender and the water has evaporated, about 30 minutes. Remove from the heat and set aside.
3. Meanwhile, trim the ends from the chard stems and discard. Cut off the stems at the base of the leaves and slice the stems crosswise into 1/4-inch pieces. Place in a small bowl and set aside. Stack the leaves, cut them in half lengthwise, then coarsely chop into bite-sized pieces; set aside.
4. Heat the remaining tablespoon of oil in a large frying or straight-sided pan over medium-high heat until shimmering. Add the reserved chard stems and cook until softened, about 5 minutes.
5. Add the chopped chard leaves, salt and pepper and cook until wilted, about 2 minutes. Stir in the red wine vinegar and reserved lentil mixture until evenly combined. Remove from the heat and allow to cool slightly, about 3 minutes.

Source: www.chow.com

CUCUMBER LEMONADE

This is a refreshing use for those beautiful cucumbers from the Greenville High School garden.

Ingredients

- 1 cup water
- 1/2 cup sugar
- 1 cucumber
- 6 lemons



Make a simple syrup by stirring the water and sugar together in a saucepan over medium heat; heat until just about to boil and the sugar has dissolved. Place in refrigerator 30 minutes, or until cool.

Place the cucumber slices in a blender or food processor; blend until mashed into a pulp. Pour the cucumber pulp into a fine mesh strainer placed over a bowl to catch the liquid; allow to sit until you have about 2/3 cup of liquid from the cucumber, about 15 minutes.

Stir the simple syrup, cucumber liquid, and lemon juice together in a pitcher. Serve cold.

Source: www.allrecipes.com

Crop Updates

Blackberries: It must really be summer now that sweet blackberries are coming off the vines at the Dawn Gardens. Enjoy these juicy morsels!

Cherry Tomatoes: Thank goodness Shoofly Farm's hoop house tomatoes have been such a success this year, because the cherry tomatoes at Five Foot Farm are lagging far behind their expected harvest date. We still have hopes that they'll come through though!

Japanese Eggplant: These beautiful slender eggplant are delicious and easy to cook—add a generous amount of olive oil to a wok or large skillet on medium heat. Slice the eggplant into rounds or cubes (no need to peel them) and add to the pan with chopped garlic. Cook for a few minutes until the eggplant has absorbed the oil, then add a little water and cover with a lid. Cook for a few more minutes until the eggplant pieces are shiny and soft. Add salt and pepper. These also go great sautéed with peppers or summer squash—all those classic summer flavors!