



# Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

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## VEGETABLE FEATURE: New Potatoes

By: Chef Andrea Yoder

**Description:** Potatoes are a vegetable everyone's familiar with, but not all are created equally and this week's potatoes are, in our opinion, very special. If you've been with us for previous CSA seasons you know we draw attention to this point every year because frankly, we just don't want you to miss out on this experience! There is a short period of time early in the summer when we have the opportunity to eat "New Potatoes." New potatoes are not a variety, but rather a term used to describe potatoes that are harvested off of a plant that still has green leaves on it. Our usual practice is to mow down the potato vines about a week in advance of harvest. In the week between mowing down the vines and actually harvesting the potatoes, changes take place in the plant that help to set the skins and make them easier to handle without damaging the skin. It also gives them a more durable skin to protect the flesh and make them better for storage. These potatoes were dug earlier this week from plants with green vines. Freshly dug new potatoes have a flavor and texture unlike other potatoes throughout the season. It is a fresh, pure potato flavor and the skin is tender and delicate. When you cut them you'll notice they are very crispy and sometimes a little brittle because they have retained all their juiciness! Once cooked, the flesh is moist, creamy and smooth with a distinctive flavor that's hard to describe. Trust me, when you taste it you'll know what I mean!

**Preparation & Use:** The new potatoes in your box this week are a variety called Red Norland. They are an early red-skinned potato with creamy white flesh. They need to be handled with care so as not to disturb the skin and expose the flesh. We've given them the "white glove treatment" through the harvest and washing processes, but we encourage you to handle them with care as well. Wash them just before use and just give them a gentle scrub if needed. There is no need to peel them, so my recommendation is to just skip that step.

## What's In The Box?

**FRESH PORCELAIN GARLIC:** The garlic is drying down nicely in the greenhouses and we're going to start topping it and putting it into storage later this week! A simple way to enjoy this fresh garlic is to add a few cloves to the pan when boiling new potatoes. Once the potatoes are cooked, drain off the cooking water, add a few pats of butter, salt and pepper and smash the potatoes just enough to break them up. It's simple but delicious!

**SIERRA BLANCA ONIONS:** These onions are best when sliced thinly. They are full-flavored, yet mild and sweet. They are a key ingredient in taking a sandwich from "good" to "excellent!"

**ZUCCHINI AND/OR SUNBURST SCALLOPINI SQUASH:** Our first planting of zucchini and scallopin squash are still producing, but production is starting to taper off. We do have another planting coming, so get ready! Check out this week's **Cooking With the Box** article on the blog where you'll find a link to a blog with **35 Recipes Using Zucchini!**

**GREEN AND/OR SILVER SLICER CUCUMBERS:** As with the zucchini, cucumber production on this first crop is also tapering off, but we'll have another planting coming soon! Use this week's cucumbers to make a simple cucumber sandwich along with herbed cream cheese and smoked salmon if you wish.

**BROCCOLI:** Our spring-planted broccoli crops continue to produce well and right now we're harvesting from three different fields! Use this week's broccoli to make the featured recipe!

**WHITE CAULIFLOWER:** Cauliflower is a versatile vegetable that may be used in stir-fries, soups, vegetable gratins and casseroles or simply steamed and topped with butter! The stems that connect the florets to the core of the head are also edible, so make sure you use them!

**GREEN TOP CARROTS:** The first carrots we plant in the spring are a "Nantes" variety characterized by tender, sweet carrots. They are delicious simply steamed or roasted. The green tops are also edible and packed with nutrients! Use them to make **Carrot Top Pesto**, **Green Top Carrot Soup** or prepare them in **Tempura!**

**NEW RED POTATOES:** Check out this week's **vegetable feature** and find out how "new" potatoes differ from potatoes we eat at other times of the year. The flavor on these potatoes is so good, you really don't need to do much with them for them to be spectacular! Check out this week's featured recipes, or just boil them and eat them with butter and salt!

**ITALIAN BASIL:** Making pizza this week? Tear pieces of fresh basil and add it to the pizza after it comes out of the oven and just before you eat it. You can also make pesto and use it as the base for a pizza in place of tomato sauce.

**RAINBOW CHARD:** It's time to make **Summer Farmer Skillet Dinner!** If you haven't tried this recipe, consider adding it to your menu plan this week. It's a great main dish using just one skillet along with a lot of different vegetables! One of the key components is putting some kind of "green" on top. Both Rainbow Chard and Cabbage are great options.

**TIARA OR SWEETHEART CABBAGE:** Our first planting of spring cabbage yielded quite well as you may have noticed over the past few deliveries! This week's boxes included either a round variety called "Tiara" or the pointy "Sweetheart" variety. Both are "salad" cabbages intended for fresh eating, but may also be cooked. Last week in our private **Facebook Group** members generated quite a list of recommendations for how to use cabbage! If you haven't joined the group yet, we encourage you to do so!

I encourage you to slow down and really savor the flavor of these new potatoes as these first few weeks will be the only time during the season you'll be able to have this taste experience of freshly dug potatoes. You really don't need to do much to them and, in fact, I'd encourage you to do as little as possible! Honestly, most often I simply boil or roast them with fresh garlic and top them off with butter, salt, pepper and sometimes fresh herbs. This week's featured recipes are also good options. These recipes are a little more involved, but the flavors and ingredients are still very simple so the potatoes will still shine in all of their fresh-flavor glory!

**Storage:** Potatoes should be stored in a cool, dark place, but not in the refrigerator. We store our potatoes in a warmer cooler at about 48-50°F which is most ideal. If potatoes are stored in colder temperatures (such as your home refrigerator), the starches will convert to sugars which is not what we want in a potato (save that characteristic for sweet potatoes!) So in a home setting, it's best to store them in a cool, dry location outside of the refrigerator where they will not be exposed to light which can cause the potatoes to turn green and bitter. If the potatoes have set their skins, in general they will store for a few weeks at room temperature in a brown paper bag (never in a plastic bag). However, because new potatoes are so fresh and we have not allowed them to set their skins, they will not store as well and are best eaten within one week.

**Additional Information:** As we progress through the season, you will be receiving more varieties of potatoes. It's important to know that some potatoes are classified as "waxy" while others are classified as "starchy," or possibly a mix of the two classifications which we label "all-purpose." These classifications are assigned based on the type of starch that comprises the flesh of the potato and it's important to choose the appropriate cooking method for each type. Waxy potatoes are generally more moist and hold together better. They are best used for roasting, boiling or steaming, and are a good choice for soups and potato salad. I do not recommend mashing them because they usually become sticky and pasty. This week's variety is a waxy potato. Starchy potatoes tend to be more dry and fluffy. This is a variety of potato appropriate for mashing as well as for making roasted potatoes, pan frying, etc. Starchy potatoes are also useful in soups, but they'll likely fall apart which is actually good for thickening. As we progress throughout the season, make sure you read the "What's In the Box" portion of the newsletter each week as we'll give you information about the specific potato varieties as we deliver them so you'll know the best ways to prepare and enjoy them. In the meantime, enjoy the fresh flavor and creamy texture of these freshly dug new potatoes!

### Frittata with New Potatoes & Summer Vegetables

Yield: 8 servings

2 Tbsp extra-virgin olive oil or melted clarified butter, plus more for drizzling	2 shallots, chopped	10 large eggs, well beaten
2 small onions, chopped	Fine-grain sea salt, to taste	¼ cup crumbled goat or feta cheese
8 oz new potatoes, unpeeled, sliced into paper thin rounds	8 oz seasonal vegetables, such as summer squash or broccoli, cut into ½-inch pieces	Small bunch of chives, chopped

1. Heat the oil in a heavy ovenproof 12-inch skillet over medium-high heat. Stir in the onions, potatoes, half of the shallots, and two big pinches of salt. Cover and cook, stirring occasionally, until the potatoes are just cooked through, about 5 minutes. Stir in the seasonal vegetables and cook for another minute or two, until they soften up a bit. Set aside half of this mixture on a plate.
2. Whisk ½ tsp salt into the eggs and pour the eggs into the skillet. Cook over medium-low heat until the eggs are just set and there isn't a lot of liquid in the pan, about 5 minutes. To facilitate this, run a spatula underneath the perimeter of the frittata and tilt the pan so the uncooked eggs run to the underside. The key is to avoid browning on the bottom. Top with the reserved vegetable mixture and sprinkle with the cheese and the remaining shallot.
3. Place under a broiler (a low setting will give you more control, if you have that option) for a couple minutes, or just until the top of the frittata is puffed up and set. Resist the urge to walk away---the frittata can go from perfect to burned in just a few seconds. Remove from the broiler and let sit for a minute or two. Sprinkle with the chives, drizzle with a bit of olive oil, and serve warm or at room temperature, right out of the pan.

Recipe borrowed from Heidi Swanson's book, *Super Natural Every Day*.

**Note from Heidi Swanson:** "Frittatas. For years I started them on the stovetop, then finished in a hot oven—a perfectly acceptable approach. But it wasn't until I began to finish my frittatas under the broiler that they became exceptional. The eggs puff up and stay light and the toppings brown and crisp perfectly, while the frittata bottom escapes scorching. A added bonus is this approach takes less time."

**Visit our Blog where you'll find one more recipe for Broccoli & New Potato Gribiche as well as links to recipe ideas for all of the items in this week's share box!!**