

AJO COMMUNITY SUPPORTED AGRICULTURE



Spring 2009 / Week 13 of 13 – End of the Spring Session – Potato Issue #2

Editor: Nina Altshul

Planned harvest: Tomatoes, Sweet Corn, Zucchini, Grapefruit, Red LaSoda Potatoes, Yellow Onions, Dried Chiles, Basil.

Nina's Roasted Beet and Potato Soup

4 medium LaSoda potatoes, cubed
1 CSA Chioggia beet share (2-3 beets), scrubbed clean, halved or quartered
2 Tbsp dried dill (or substitute fresh dill or fennel fronds)
2 Tbsp veggie broth powder (or substitute bouillon)
1 Tbsp white wine vinegar
½ tsp agave syrup, or to taste
2 Tbsp sour cream, or more to taste
salt and pepper to taste

Arrange the beets on a baking tray or pan, put some salt and olive oil on top, and bake in an oven at 375 °F for about 30-45 min, or until soft. Let cool, then peel the skin off. Boil the potatoes with enough water to cover and cook till soft, then add the beets, salt, veggie broth powder or bouillon and dill, and cook for about 10 more minutes. Mash in the pot with a potato masher to break the bigger chunks, add the wine vinegar, a touch of agave syrup, and the sour cream, adjust the seasoning, and reheat gently. Serve hot or lukewarm.



Fran, Nina and Ana prepping food donated by Crooked Sky Farms for the food demo at Bud Walker Park during National Women's Health Week.

The Quains' Creamy Potato Soup (submitted by CSA member Stephanie Doerries)

3 Tbsp olive oil
5 medium potatoes, peeled and diced
1 medium onion, diced
2 cups water
1 tsp salt
1/8 tsp pepper
1/2 tsp dill weed
1 cube of vegetable bouillon
1-2 cups soy milk

In a 5-quart Dutch oven or saucepan over medium-high heat, in hot olive oil, cook onions and potatoes until golden, about 10 minutes, stirring frequently. Add water, salt, pepper, dill weed, and bouillon. Heat to boiling over high heat. Reduce heat to low, cover, and simmer 15 minutes or until potatoes are fork tender. Remove from heat. Mash/blend potatoes to desired smoothness. Add soy milk until desired thickness. Reheat mixture thoroughly over medium-low heat or chill before serving.

Potato Burrito (submitted by Mary Cooley-Davis)

Cook 4 small red potatoes. Then cube them and place some of the cubed potatoes in the center of a tortilla. Add diced onion, a dash of garlic, diced avocado, a dollop of sour cream, and a tablespoon of hot salsa. Roll up and enjoy!

Roasted Potatoes (submitted by CSA member Chris Dimitrakopoulos)

Peel either Idaho or Red potatoes. Cut potatoes in quarters lengthwise. Depending on the amount of potatoes you are making, in a bowl mix salt, oil, lemon, oregano and garlic powder (not very much – just enough to “brush” each potato slice). Add potatoes and mix well. Put in roasting pan, add the potatoes and whatever mixture is left (there shouldn't be too much), and roast in a 350 degree oven until done. If you want to, you can add a little bit of chicken broth in the pan. The bigger the size of the potato slices, the longer it takes. If you have smaller pieces, you can roast at 375 or 400 (each oven is different).

Oven Fries (submitted by Laura Altshul)

Nonstick cooking spray
1 ½ pounds scrubbed potatoes (Yukon Gold, sweet potatoes are good)
2 tsp olive oil
½ tsp salt
¼ tsp paprika
freshly ground black pepper to taste

Place oven rack in upper third of oven and preheat oven to 450 degrees. Coat a baking sheet lightly with nonstick spray. Cut each potato lengthwise into 8 wedges. In a large bowl (I use a large plastic bag) combine oil, salt, paprika, and pepper. Add potato slices and toss to coat.

RECIPES ETC.

(It's easy to do in a bag). Spread slices on prepared sheet and roast for 20 minutes. Loosen and turn. Roast for 10 to 15 minutes longer, or until golden brown.

Stove-top Fried Potatoes (submitted by Tania of Crooked Sky Farms)

Slice the potatoes and fry them in small batches in olive oil, with salt and fresh rosemary.

Pesto Potatoes (submitted by CSA member Christine Johnson)

In order to make pesto (which is raw), prepare 2 cups of basil with juice of 1 big or 2 small lemons, approx. ½ cup olive oil, ½ to ¾ cup of pepitas (pumpkin seeds) and 1 Tbsp miso paste. Blend or chop in the food processor, and adjust the salt to taste. Cube and boil potatoes, drain and let cool for a while, mix with pesto and serve. For a more elaborate dish, you can add chopped tomatoes, sun-dried tomatoes, olives, pine nuts, or feta cheese.

Potato Salad with Mustard Vinaigrette

(submitted by Laura Altshul)

4 pounds fingerling or small boiling potatoes

2 tsp sugar

4 Tbsp white wine vinegar

1/3 cup finely chopped shallots (or red onion or chives)

2 Tbsp coarse-grained Dijon mustard (not whole grain)

2 Tbsp canola oil

Cover potatoes with salted cold water by 2 inches in 5 to 6 quart pot and simmer uncovered until just tender, 20 to 25 minutes. Drain in a colander and cool slightly. While potatoes are simmering, whisk together sugar and 3 Tbsp of the vinegar in a large bowl until sugar is dissolved. When potatoes are just cool enough to handle, peel and cut diagonally into ½ inch thick slices, adding to vinegar mixture as sliced and tossing gently to combine. Whisk together shallots, mustard, and remaining Tbsp of vinegar in a small bowl, then add oil in a slow stream, whisking until emulsified. Add dressing to potatoes, then season with salt and pepper and stir gently with a rubber spatula. Potato salad can be made one day ahead and chilled, covered. Bring to room temperature, then stir and season before serving.

Lazy (Potato) Pancakes (submitted by CSA member and new mother Mara Branson)

Boil potatoes with skin, drain and mash with a bit of milk and some butter. Add sliced green onions (or sautéed regular onions), and some salt and pepper. You can also add fresh dill or any other herb. Using a spoon, take a spoonful and arrange little cakes on a foil covered tray. If the cakes are smaller, they will cook quicker and

be crispier. Preheat a non-stick skillet and brown the pancakes on both sides. Serve and enjoy.

Easy Shepherd's Pie (submitted by CSA member Fran Driver)

One of the easy fall-back one-pot meals I have used a few times is a modified Shepherd's pie. Instead of mashed potatoes, I used sliced raw potatoes that cook while in the pan. I use whatever meat we have and brown it in the bottom of a sauce pan, usually with salt, pepper, garlic, and onions. Once it is cooked I add sliced potatoes on top. Then depending on the vegetable and/or meat I am using, I usually add a can of either mushroom soup or a can of tomato sauce and add a few spices to compliment the dish. On top of that I add a veggie (broccoli or green beans work great for this). Then I cover with a lid and place the pan (I have pans that can be used in the oven, for those who do not they can brown the meat and place it in a casserole dish, then add all the other stuff) in the oven at 425 °F for 45 to 60 minutes. When the potatoes are cooked, then the dish is done. It is not the prettiest dish I make, but it does taste very good!

French Chocolate Cake (submitted by Connie Mortensen)

5 squares (one-ounce size) unsweetened chocolate

1 ½ cups sugar

1 tsp instant coffee

2 egg yolks

½ cup butter at room temp.

2 tsp vanilla

2 cups potatoes, puréed and heated

Cover the bottom of a 4-cup oblong dish with a piece of kitchen parchment or waxed paper. Set aside. Combine the chocolate with the instant coffee in the top of a double boiler and melt over simmering water. Cut butter into chunks, put in a bowl and beat with an electric beater until soft and creamy. Add sugar and egg yolks and beat until the mixture makes ribbons. Stir in the melted chocolate and vanilla. Finally, beat the hot potatoes thoroughly. Spoon into the prepared dish, smooth the surface and place a piece of kitchen parchment flat on top. Refrigerate until firm. To serve, turn over onto a platter and cut into very thin slices. Extremely rich, this cake will keep almost indefinitely in the refrigerator. Might just do on a hot day. Enjoy.

Thank you all for a great season!