



2010 Community Supported Agriculture Week Five --- Thursday July 1

Happy Independence Day!

To celebrate, there are red, white and blue potatoes in your boxes this week. They're new potatoes, with very tender skins, so no peeling necessary. We have many weeks of potatoes ahead to look forward to!

The tomatoes are just beginning to come on, so we're excited to have those for your boxes in the next couple weeks as well. The sunshine is helping things get going finally—squash, cucumbers, tomatoes, peppers, basil...everyone's favorites. Come September you'll be so full of those crops that you'll be craving kale again!

Reminder:

Email Barb with your order for pecans and black walnuts by TODAY. They are \$11/lb., available in 1 pound increments. They are from the Heartland Nuts coop, and normally retail around \$13/lb.

Many of you have joined, but in case you meant to but forgot, there's a discussion forum for members at <http://forum.communitycrops.org/>

After signing up, you're welcome to add comments or questions. There are many great recipes and cooking suggestions already posted.

Recipes...

Borscht

4-5 Beets	1 t. black pepper, freshly ground
1 1/2 c. Chicken stock	1 T. salt
1 c. vanilla (yes, vanilla) yogurt	1/3 c. chopped green onion
1/2 c. heavy whipping cream	1 T. chopped chives, plus more for garnish
1 T. white wine vinegar	2 c. chopped cucumber, plus more for garnish
1 t. fresh lemon juice	

In large stock pan cook beets in boiling, salted water for about 30 minutes. Remove beets from pan using slotted spoon. Strain cooking liquid and reserve 1 1/2 c. for soup. In large bowl whisk stock, cooking liquid from beets, yogurt and heavy cream. Add lemon juice, vinegar, pepper and salt. Remove skins from beets using your fingers and chop. Add beets, cucumber, chives and onion. Chill for at least 4 hours. Garnish with chives and cucumber. Serve cold. Source: CSA member Sherri



In your box:

Red, White and Blue POTATOES

Carrots

Cabbage

Swiss Chard

Garlic

Beets

Spring Onions

Basil

Cucumber

Kohlrabi

Veggie Lovers box:

Chioggia Beets

Napa Cabbage

Zucchini

Broccoli

Turnip

Shredded Beet-Carrot Salad

Combine equal portions of shredded carrots and shredded beets with a handful of chopped fresh parsley. Dress with oil and vinegar, let stand 2-3 hours. ...OR...

Shredded Beet-Cabbage Salad

Steam separately until barely tender, about 5 mins, 1 medium shredded beet, 2 shredded carrots and 1 C shredded cabbage. Let cool to room temperature. Arrange in small piles on salad plates. Dress with favorite dressing and sprinkle with sesame seeds. Recipes source: Simply in Season

Sautéed Beet and Potato Hash

3 Tbsp vegetable oil	2 tsp fresh thyme leaves or 1 tsp dried thyme
2 small onions, diced	1 tsp minced garlic (about 2 medium cloves)
4 med red/white potatoes, peeled, grated	salt
2 med beets, peeled, grated (2-3 cups)	1/2 tsp freshly ground black pepper

1. Heat the oil in a large skillet over medium heat. Add the onions; cook and stir until soft and translucent, 5 to 7 minutes.

2. Stir in the potatoes, beets, thyme and garlic. Season with salt to taste. Cook, turning occasionally, until the potatoes and beets are tender and slightly crispy, 15 to 20 minutes.

3. Remove the skillet from heat. Season generously with pepper, and more salt if desired, to taste.

Suggestions: Eat with steamed greens and seasoned, baked or broiled tofu.

Source: Farmer John's Cookbook

Cole Slaw

2 cups purple cabbage, shredded	3 1/2 Tbsp. lemon juice
1 large unpeeled cucumber, diced	1/4 cup diced tomatoes
1 large shredded carrot	3 Tbsp. Nama Shoyu or 1 tsp. Celtic sea salt
1/4 cup shredded onion	1/3 cup olive oil
1 1/2 Tbsp. cumin seeds	1 Tbsp. minced garlic
1 1/2 tsp. ground cumin	

Combine the above ingredients in a serving bowl. Mix and Serve. Source: Raw, The UNcook Book

Rosemary Roasted Blue Potatoes (or any color potato)

1 pound small blue potatoes, unpeeled, washed whole, any sprouts or bruises removed

1/4 cup olive oil

2 tablespoons dried rosemary leaves, slightly crushed

1 tablespoon sea salt, slightly crushed

Pre-heat oven to 400 degrees F. Cover bottom of natural finish skillet with heat-resistant handle (cast iron works best) with the oil. Cut potatoes into quarters, add to skillet and toss to coat with oil. Position skillet on middle rack of oven. Roast potatoes for 20 minutes. Turn off oven heat.

Stir potatoes and keep them in oven another 10 minutes. Stir potatoes one last time, then transfer to a serving bowl, tossing the rosemary and salt mixture over them. Serves 4. Source: www.thewellseasonedcook.blogspot.com

Next Week: Potatoes, Garlic, Cucumbers, Head Lettuce, Carrots

