

THIS WEEK'S HARVEST

- Basil
- Broccoli
- Cabbage – ½ head
- Cucumbers
- Garlic
- Greens →
 Swiss Chard
 Tatsoi
- Potatoes
- Sage
- Tomatoes

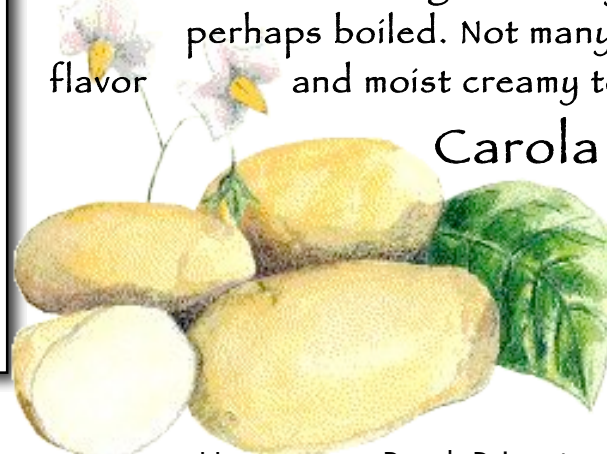
ANNOUNCEMENTS

• Thank you to everyone for helping Boerson Farm Reduce waste by Recycling the produce boxes, as well as the green pint and quart containers. We Reuse them all and eventually they make it to the Compost bin when they are tired and tattered. If you have any containers stored up, please pass them back this way before the end of the season!

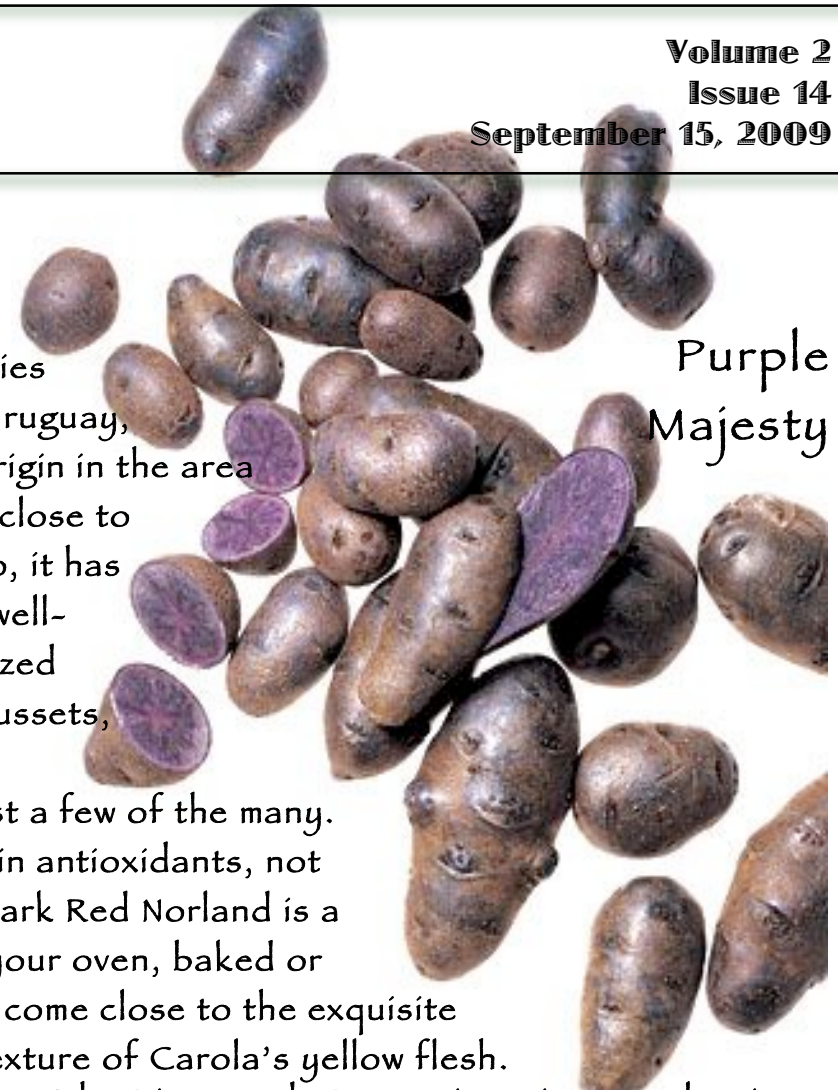
P A P A S

Potatoes are the world's fourth largest food crop, following rice, wheat, and corn. Wild potato species occur from the United States to Uruguay, however the potato has a single origin in the area of southern Peru. While there are close to 4000 different varieties of potato, it has been bred into many standard or well-known varieties generally categorized into a few main groups—such as russets, reds, whites, yellows and purples.

Gracing your box this week are just a few of the many. There is her Purple Majesty, high in antioxidants, not to be left on the shelf for long. Dark Red Norland is a treasure to find in the ground or your oven, baked or perhaps boiled. Not many come close to the exquisite flavor and moist creamy texture of Carola's yellow flesh.



Carola



Purple Majesty

The Rio Grande Russet is an instant classic, baked for sure. Many consider the white flesh of Green Mountain, a buff 1885 heirloom, to be the most flavorful of all. You will have to decide for yourself, or put them all together and let your plate be your canvas.

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Sage and Onion Mashed Potatoes

Source: ChefTomCooks.com

6 medium baking potatoes, peeled and cut into eighths
2 medium onions
1/2 cup water
6 Tbs olive oil
2 tsp snipped fresh sage
1 tsp salt
1/2 tsp pepper
1/2 cup buttermilk, dairy sour cream, plain yogurt, or milk

1. In a greased 3-quart casserole, combine potatoes and onions. In a 2-cup measure combine water, oil, sage, salt, and pepper; drizzle over potatoes and onions.
2. Bake, uncovered, in a 450 degree F. oven for 40 to 50 minutes or until the vegetables are tender, stirring twice.
3. Transfer to a medium mixing bowl. Mash with a potato masher or beat with an electric mixer on low speed. Gradually beat in enough buttermilk, yogurt, sour cream, or milk to make light and fluffy.

Servings: 10

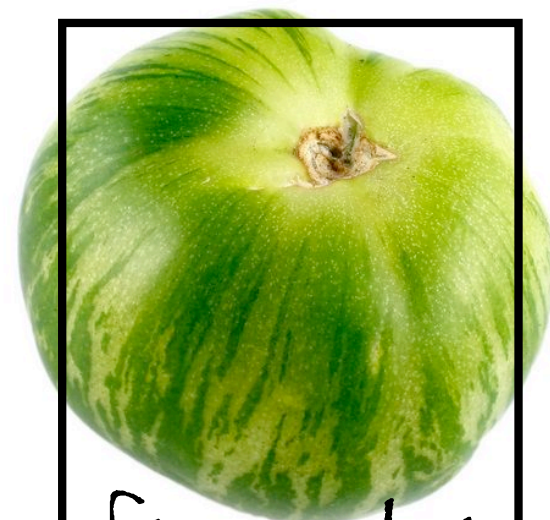
Breakfast Kale!

There aren't many more nutritious ways to start your day than with kale.

Try a sauté of garlic or onion with cherry tomatoes and kale. Save this to the side while you are scrambling up a batch of eggs. Serve the eggs with the kale mix on top and prepare to have a good morning.

Potato Chips!

Preheat oven to 400 degree F.
Slice potatoes as thin as possible, with a mandolin cutter if possible.
Oil 1 or 2 baking sheets.
Spread the sliced potatoes on baking sheet into a single layer.
Sprinkle the desired seasonings (garlic salt, pepper, sage(!), or whatever sounds good)
Bake for 10 minutes, rotating pans as necessary.
Take out and flip each one and bake for 10 more minutes until they start turning golden brown.



Green Zebra

The Tomatoes are Ripe!
Though they may look odd, these heirloom varieties are ready to eat. Enjoy!

Garden Peach

