



Cal Poly Organic Farm Community Supported Agriculture Newsletter

Welcome to Week 7!



After Earth Day, here are some tips from the EPA:
Save energy

- Use the Energy Star program to find energy efficient products for your home. The right choices can save families about 30% (\$400 a year) while reducing our emissions of greenhouse gases. Whether you are looking to replace old appliances, remodel, or buy a new house, the can help. ENERGY STAR is the government's backed symbol for energy efficiency. The ENERGY STAR label makes it easy to know which products to buy without sacrificing features, style or comfort that today's consumers expect.
- Turn off appliances and lights when you leave the room.
- Use the microwave to cook small meals. (It uses less power than an oven.)
- Purchase "Green Power" for your home's electricity. (Contact your power supplier to see where and if it is available.)
- Have leaky air conditioning and refrigeration systems repaired.
- Cut back on air conditioning and heating use if you can.
- Insulate your home, water heater and pipes.
- Keep in mind that every trip adds to air pollution.
- Replace incandescent light bulbs with Energy Star qualified Compact Fluorescent Light bulbs (CFL). If every household in the U.S. replaced one light bulb with a CFL, it would prevent enough pollution to equal removing one million cars from the road.

Week 7 Produce

14 May - 18 May



*Blue Potatoes - Swift
*Feta Goat Cheese -
4Elements - CPFO (full)
Bunched Onions - CPOF
Parsnips - CPOF
Cabbage - CPOF
Bok Choy - CPOF
Spinach - CPOF
*Thyme - CPOF
Cilantro - CPOF
Parsley - CPOF (full)
White Turnips or Swiss
Chard - CPOF (full)
Head Lettuce - CPOF

*Certified Organic

VEGETABLE OF THE WEEK: The BLUE POTATO

ALL BLUE POTATO

The All Blue potato is a [deep blue] skinned, with consistently blue flesh, almost purple. Smooth skinned, shallow eyes and excellent flavor. Makes very interesting [F]rench fries and mashed potatoes, and a must for the all-American red, white and blue (and yellow too) potato salad.



(Photo by Chef James, organic potatoes courtesy of Purcell Mountain Farms)
The above from: <http://www.foodreference.com/html/fallbluepotato.html>

NUTRITION

Red potato, blue potato: are colored potatoes better for you than white ones?

VIBRANTLY COLORED VEGETABLES ARE often more nutrient-packed than ones with tamer hues, and that holds true for potatoes as well. Red- and blue-fleshed potatoes, found in the produce section or in potato chip bags, get their

color from pigments called anthocyanins*. In other foods, like grapes and berries, these anthocyanins have been shown to protect cells against oxidative damage, which is responsible for many age-related diseases.

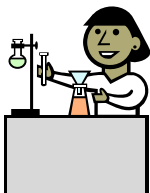
The antioxidant powers of the colored potatoes now on the market haven't been measured, says Charles Brown, a research geneticist with the U.S. Department of Agriculture. But Brown has crossbred naturally colored potatoes to produce a red specimen as vibrant as a red beet and a variety that's grape-juice purple. In a standard test of antioxidant capacity, called the ORAC test, his super-colorful spuds rated right up there with kale, spinach, and Brussels sprouts. Brown cautions that no studies have been done on the health benefits of eating these colored potatoes, but he will say that when cooked, they retain 75 percent of their antioxidant capacity. Brown's antioxidant-rich potatoes are beginning to hit the market: Kettle Foods' Garden Chips are made with bright red-fleshed potatoes.



Article taken from Natural Health, August, 2002 - Accessed online at http://findarticles.com/p/articles/mi_m0NAH/is_6_32/ai_89812960

* MORE GOOD NEWS –

Anthocyanins are also gaining in popularity as a natural food dye. For years, food manufacturers have used synthetic substances to pump color into conventional foods. Think bright yellow butter and green ketchup. Organic companies can only use natural substances to dye food items. Now, with a heightened interest in organic, natural, and healthful foods, manufacturers are increasingly turning to natural pigments to produce foods with a twisted color.



Scientists are only beginning to study anthocyanin-rich fruits and vegetables. Early research has yielded positive findings. Studies have shown that the more reds and blues in a potato, the higher its antioxidant level. A study published last month in the British Journal of Nutrition found that laboratory rats fed anthocyanin-rich purple potato flakes showed significantly higher antioxidant activity than rats fed cornstarch.

Above from <http://www4.wittenberg.edu/administration/hollow/2006-07issues/march16/health.html>

HISTORY & TRIVIA ON THE POTATO IN GENERAL

White or Irish potatoes originated in the Peruvian Andes. These primitive potatoes were peanut to plum size. Incas used them to make chuño, an early sort of instant potatoes. To prepare chuño, potatoes were frozen, thawed, repeatedly stomped on to form a dark dried mass, then rehydrated before use.

Spanish conquistadores introduced potatoes to Spain in the 1500's and potato usage spread from Spain to Italy and France. Potato cuisine nearly failed in the court of England's Queen Elizabeth I. The queen's cooks prepared the tops instead of the tubers, making the diners deathly ill due to solanine and chaconine, two poisonous alkaloids found in high concentrations in the foliage.



Ireland was more receptive to the humble tuber. Due to ideal weather and soil, potatoes had become an important crop in Ireland by the late 1700's. Tenant farmers raised high value grain to pay their rent and grew low value potatoes to feed themselves. They became dependent on potatoes for sustenance. In 1845-46 a fungal disease caused by *Phytophthora infestans* ravaged the Irish potato crop resulting in the Irish Potato Famine. Anywhere from one to two and one half million Irish died during the famine (out of a population of nine million) and an estimated one and one half million Irish emigrated.

The potato is a relative of tobacco and the tomato.

Up until the late 18th century, the French believed that potatoes caused leprosy.

Antoine-Auguste Parmentier was a 18th century agronomist who convinced the common French people to accept the potato as a safe food. He used reverse psychology by posting guards around potato fields during the day to prevent people from stealing them. He left them unguarded at night. So, every night, the thieves would sneak into the fields and leave with sacks of these precious potatoes!

Marie Antoinette wife of Louis XV was known to wear potato blossoms as a hair decoration.



It is most likely that all of Europe's potato crop in the 1800s originated from only 2 plants brought back to Europe by the Spaniards. This lack of genetic diversity is one of the probable causes of the devastating potato blight of the late 19th century.

The first permanent potato patches in North America were established in 1719, most likely near Londonderry (Derry), New Hampshire.

The 'Idaho' potato or 'Russet Burbank' potato was developed by Luther Burbank (1849-1926) in 1871.

During the Alaskan Klondike gold rush, (1897-1898) potatoes were practically worth their weight in gold. Potatoes were so valued for their vitamin C content that miners traded gold for potatoes.



In 1952, **Mr. Potato Head** was born, and was also the first toy to be advertised on television.



Harvest potatoes for overwinter storage after their tops have died. Storage potatoes have thicker skin than new potatoes that were dug before the tops died. If you rub your thumb on a potato and the skin sloughs off easily, it is not ready for storage. Potatoes with thick skins store best.

Use a spading fork to dig the hills. Leave potatoes outside in a shady spot for a few hours to dry. Don't wash them. As soon as the surfaces have dried, store the potatoes for a week or two in a dark area with temperature of 55° to 60°F and high relative humidity. This storage will "cure" the potatoes and seal any harvest injury.

STORAGE

Once potatoes have been cured, move them into winter storage. Choose a dark location with moderate to high humidity, good air circulation and temperatures between 40° and 55°F. Store the tubers no more than six to eight inches deep. Mature tubers should keep up to eight months when stored at 40°F. They'll sprout sooner at warmer temperatures.

If potatoes are stored at temperatures near freezing, the starch converts to sugar and potatoes will have an unusually sweet flavor. If this happens, move the potatoes to a room with temperatures in the 55° to 65°F range, and the normal flavor should return in a day or two.

Store potatoes away from apples and pears as these fruits release ethylene which hastens sprouting. Potatoes may rot more quickly when stored with onions, but that is because onions store well at warmer temperatures than potatoes. Potato tubers stored at temperatures warmer than 55°F will shrivel and the eyes will sprout. Discard these potatoes.

Above from (and site has more info on how to cultivate):

<http://www.extension.umn.edu/yardandgarden/ygbriefs/H212potatoes.html>

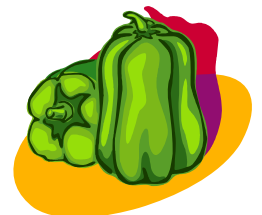


RECIPES

Blue Potato Honey Mustard Salad

Ingredients

3 pounds blue potatoes, quartered, then halved
 1 green bell pepper, diced
 1 red bell pepper, diced
 1/2 large red onion, diced
 1/2 teaspoon garlic powder
 1/2 teaspoon salt
 1/4 teaspoon black pepper
 1/3 cup honey
 1/3 cup mustard



- 1 tablespoon cider vinegar, for dressing
- 2 tablespoons water, for saute
- 1 tablespoon balsamic vinegar, for saute

Instructions

Prepare potatoes by quartering length wise, then halving the quarters. Boil for approximately 15 minutes. Drain and return pan to stove to dry cooked potatoes. While potatoes are cooking, saute until tender onions and peppers. Combine honey, mustard, cider vinegar, and spices, mix thoroughly. Mix potatoes, veggies, and dressing together, serve hot or chill for a summer salad.

Yield: 10 to 12 servings

Red White & Blue Potato Salad

The beautiful colors of this red, white, and blue potato salad come from the potatoes themselves. If you cannot find blue potatoes, purple ones will do, or simply use all red and white. This recipe is obviously perfect for the 4th of July due to the coloring, but you can enjoy it year-round. Red, White & Blue Potato Salad is even better at room temperature than cold.



Blue Potato Strudel with Brown Butter Herb Sauce

From: Roxsand's Restaurant and Bar, Phoenix AZ

Yield: Serves 6

2 lbs. blue potatoes, peeled and cut into 1/8 inch slices (if necessary, substitute Yukon Gold)

1 3/4 tsp. salt

2 onions chopped

2 large eggs, beaten to mix

3 Tbsp. flat leaf parsley chopped

12 sheets phyllo dough

6 Tbsp. olive oil

Fresh ground black pepper

3/4 lb. butter

3/4 C. Ricotta cheese

3 Tbsp. fresh chives, chopped

3 Tbsp. mixed herbs, chopped (chervil, tarragon, chives, parsley)

In a large deep frying pan, heat the oil over moderate heat. Add potatoes, 1 1/2 tsp. salt and 3/4 tsp. pepper and cook, stirring frequently, until the potatoes are tender and golden brown (20 to 25 minutes). Transfer to a large bowl.

In same pan, melt 4 Tbsp. butter over moderate low heat. Add onions and cook, stirring occasionally, until very soft (about 8 minutes). Add to potatoes and cool slightly. In a food processor pulse potato mixture in batches until chopped coarse. Return to the bowl, stir in the eggs, ricotta, chives, and parsley until just combined.

Melt 8 Tbsp. butter. Lay one sheet of phyllo dough on work surface, a short end toward you. Keep the remaining phyllo covered with a damp towel. Brush the phyllo sheet lightly with some of the melted butter and top with another sheet. Put 1/2 cup potato filling in the bottom left hand corner. Fold up like a flag, maintaining the triangular shape. Brush once more with butter. Put the triangle, seam side down, on a baking sheet.

Repeat with the remaining phyllo sheets and filling.

Heat the oven to 350 degrees. Bake the triangles until crisp and golden brown, about 35 minutes.

Melt remaining 1 1/2 Tbsp butter in large frying pan over moderate heat. Add remaining 1/4 tsp. salt. Cook until butter turns golden brown, about 4 minutes. Remove from heat and cool slightly. Stir in herbs and a pinch of

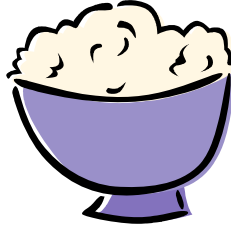


pepper. With a serrated knife, cut the triangles in half. Put one-half in the center of the plate and lean the other half against it so that you see the filling. Drizzle the butter sauce around each serving.

Note: Make it a day ahead and cook right before serving.

“Too Blue for You” Mashed Potatoes

2 T butter
1/3 c chopped green onion
Dash of sea salt and white pepper



Instructions:

Cook the potatoes in saucepan of boiling salted water until tender, or about 15 to 20 minutes. But don't overcook, or they will lose their blue color! Poke them with a fork to see if they're done. If the potato piece slides right off, you're ready to mash away. Drain the potatoes and mash them with an electric mixer (or a wooden spoon, if you need the workout). Melt butter in small saucepan with milk. Add milk mixture to potatoes and fold in onion and cheese. Season with salt and pepper, if desired.

Cornell develops potatoes with a patriotic twist

by Samantha Wickham '08 (from: <http://www.cals.cornell.edu/cals/public/comm/pubs/ecalsconnect/vol13-1/features/potatoes.cfm>)

What's red, white and blue, developed by the CIA, and absolutely delicious? The potato salad that was served at the Cornell University booth at New York Farm Day [. . .] on September 19:

New York State Red, White, and Blue Potato Salad

Makes 8 servings

3/4 lbs. white potatoes
3/4 lbs. Adirondack Red potatoes
3/4 lbs. Adirondack Blue potatoes
4 slices bacon
2 1/2 cups chicken broth
1/4 cup white wine vinegar
1 cup onions, diced
1 tsp. salt, or to taste
1 tsp. sugar, or to taste
1/4 tsp. ground white pepper
1/4 cup vegetable oil
2 Tbsp. mild brown mustard
1/2 bunch chives, chopped

Cook the potatoes in simmering salted water until just tender, about 15-18 minutes. Drain and dry. While the potatoes are still hot, remove the skins and slice the potatoes 1/2 inch thick.

While the potatoes are cooking, prepare the dressing. Cook the bacon over medium-high heat until the fat has rendered and the bacon is crisp. Remove the bacon to a plate with a slotted spoon, reserving the bacon fat in the pan; crumble the bacon into small pieces, and reserve.

Bring the chicken broth, vinegar, onions, salt, sugar, and pepper to a boil.

Combine the oil, rendered bacon fat, and mustard with the warm potatoes. Pour the boiling broth-vinegar mixture over the potatoes. Toss in the crumbled bacon and chives.

The salad may be served warm, or at room temperature, or chilled.

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