

Message Center

Save That Box!

Please return empty—flattened carefully, please—boxes to your pickup location or transfer your share(s) into another container upon pickup. We need to re-use all boxes.

Come & Get It!

Mondays:

Grass Valley: 100 Cornish Court
5-9 p.m.

San Juan Ridge: 15203 Tyler Foote Road
5 pm till late

Thursdays:

Nevada City: 575 E. Broad Street
5-9 p.m.

Truckee-Downtown: The Pourhouse
5:30 – 9 p.m.

Truckee-Glenshire: 15389 Crown Circle
5:30 – 8 p.m.

Free Choice!

Certain items are distributed as “Free Choice” almost every week to give Vegetable share members more variety. Feel free to help yourself to as much as your family will use. See the white board for this week’s items in the Free Choice area.

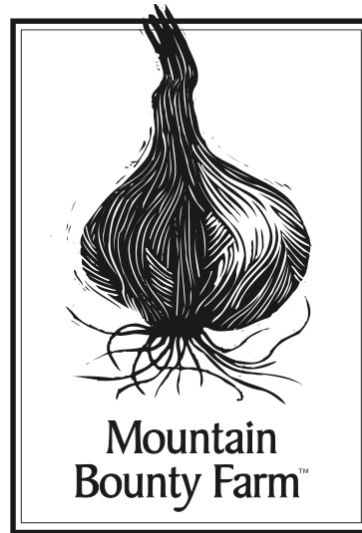
Need Extra or Old Newsletters?

Find all this year’s issues of the newsletter on our website! Navigate to “newsletters”.



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FARM NEWS

July 28 - 31, 2008

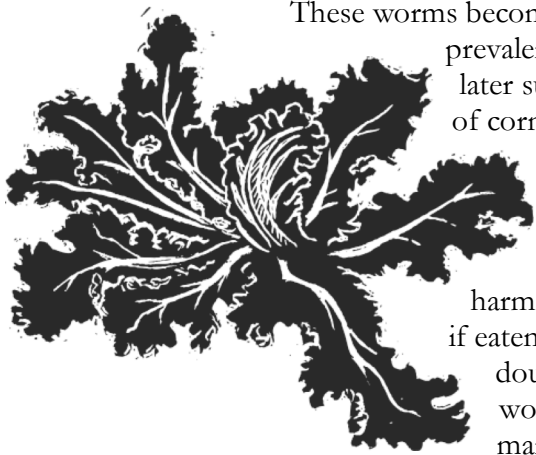
Around the Farm

Alas we have unearthed the first of the luscious potatoes! Before all the tubers are completely sized up but after most of the vegetative growth is over, we harvest some tender “new” potatoes for fresh eating—just to give us a preview of the hearty goodness to come. John tried out his new version of the potato digger, an implement that he built and attached to one of our tractors. It acts like a shovel and runs below the alleged pile of potatoes that are resting below the soil. This preliminary loosening of the soil makes for a much easier harvest. After the tractor ran through the bed, we sorted through the loose soil, gathering the fragile potatoes into boxes. We only harvested a small portion of our total potato crop and we chose a red skinned, white-fleshed variety called Desoree.

New potatoes are a delicacy due to their tenderness and superb flavor. You don’t find actual new potatoes in the stores very much because they are, in essence, so delicate. Most potatoes that you find in the stores are from more mature plants and thus the skins become harder, which is what protects them from spoiling and makes them a great storer. New potatoes however, do not have this protective skin, and in fact their skins sometimes look unattractive but they are the most incredible manifestation of their potatoeness. Because they don’t have this protective skin, new potatoes are more fragile and more perishable so make sure to keep them in the fridge, in a bag. Because they’ve had less time to develop their starches, new potatoes cook faster and taste a bit more refined than your average starchy tuber.

We’re also in the midst of our first corn harvest—yipee! There’s nothing quite like fresh sweet corn

which is demonstrated by the fact that most of us working in the field devour at least a couple ears while we're harvesting—they're that good! This corn that you're getting is from our first seeding and we have many more successions to come as well. One aspect of organically grown corn that you will become intimate with, like it or not, is the corn ear worm.



These worms become more prevalent in the later successions of corn but I even found a few in this first batch. They're harmless to you if eaten—though I doubt you would ever manage to miss

one of these succulent worms; but they're very annoying to us and are quite damaging to a previously pristine ear of corn. They are usually only found on the tip of the corn and they make deep trails wherever they eat—don't worry, you can't miss them. So, acceptance seems to be the best mode of operation regarding the corn ear worm. Maybe we could start gathering recipes for these creatures—just kidding.

Enjoy the new potato goodness and all the other tasty summer treats.



Cooking the Harvest

Roasted New Potatoes with Garlic and Thyme

From *Chez Panisse Vegetables* by Alice Waters

Preheat the oven to 400 degrees. Scrub the new potatoes well in water. Choose a shallow baking dish or pan just large enough to hold the potatoes in a single layer. Toss the potatoes in the pan with olive oil, heads of garlic separated into cloves, peeled or not, as you prefer; sprigs of thyme; and a splash of water. Season with salt and pepper.

Tightly cover the baking pan with aluminum foil and put in the middle of the oven. After 40 minutes, carefully lift one corner of the foil and check the

potatoes for doneness. They should pierce easily with a knife. If not tender, replace the foil and continue cooking. Once done and removed from the oven, loosen the foil to let the steam escape.

Corn and Green Beans

From *Chez Panisse Vegetables* by Alice Waters

Slice corn kernels off the cob with a sharp knife. Top and tail some green beans. Put a pot of water on to boil and once boiling, add the beans and after a minute or two when they are just about cooked, add the corn. After another minute or two, drain the two and put them in a warm bowl with a little butter, salt, pepper and some chopped basil or parsley.



Cucumber Raita

From *Chez Panisse Vegetables* by Alice Waters

Serve with something spicy like spicy braised chicken or lamb or curried vegetables and rice. Also great with Beets.

2 cucumbers
Salt
2 cups yogurt
1 pinch cayenne.

Cut the cucumbers in half lengthwise, scrape out the seeds (if they're large) and cut into thin slices. Salt them and fold them into the yogurt. Add the cayenne and more salt if needed.

