

Potatoes

Nutrition Notes

Originating in South America, the Incas grew, ate and even worshipped potatoes. The Spaniards discovered them while in South America and brought them back to Europe, especially once they figured out that the sailors who ate potatoes did not suffer from scurvy.

As to be expected, potatoes are mineral-rich but also have many vitamins as well. With 45% of the RDA for vitamin C, 620 mg of potassium (twice as much as a banana) and trace amounts of thiamin, riboflavin, folate, magnesium, phosphorous, iron and zinc, potatoes nourish us in many ways.

Antioxidant-rich as well, yellow potatoes such as the Peanut fingerlings and Yukon Golds you will get from the farm have carotenoids while purple and red varieties (such as the Purple Viking) contain anthocyanins. ~Martha Berkesch

No matter which way you store spuds, carrots and beets do not wash them. Washing them will promote dampness and you want to put them away dry. Leaving the soil on them accomplishes this. Keep them from freezing. Store in a garage or crawl space which ideally stays between 35°-45°. Check on them regularly and remove any ones which start to rot. Store in total darkness; put a blanket on them if you have to. Light encourages sprouting. Keep them in a cardboard box. They do not like plastic, because they need to “breathe”. You may have spuds until March!

OR you can keep them in your refrigerator. In the fridge, you should keep them in a plastic bag; this prevents the fridge from drying them out.

Leek Potato Soup

1 ¾ c butter

1 onion finely chopped

3 leeks, white part only chopped

1 stalk celery chopped

1 garlic clove minced

1c potatoes peeled & chopped

3c chicken stock

7 ¾ FL Oz heavy cream

2TBS chives chopped

Melt the butter in a large soup pot; add the onion, leek, celery & garlic. Let the vegetable sweat over a low heat until they are softened but not browned. This will take about 12-15 minutes. Add the potato & stock & bring to a boil. Reduce the heat & leave to simmer, cover for 20 minutes. Allow to cool a little before pureeing in a blender or food processor. Return to a clean saucepan. Bring the soup gently back to the boil and stir in the cream. Season with salt & pepper. Serve hot or well chilled, garnish with chives.

Oven Roasted Beets & Potatoes

8 medium beets peeled

6 medium potatoes peeled

4TBS butter

2TBS thyme leaves chopped

2TBS rosemary leaves chopped

Salt & pepper

Preheat oven to 400 degrees, use a 9 inch skillet. Using a mandolin, slice the vegetables into rounds about 1/8 inch thick, set aside. In a small pot melt the butter over medium heat. Stir in the thyme & rosemary. Brush half the herbed butter into the base of the skillet and up the sides. Stack 16-20 beet slices, & then lay the stack on its side along the edge of the

skillet. Follow by a stack of 10-12 potato sliced. Continue this pattern until you have formed a ring around the skillet. Repeat the process to fill the center. Brush the remaining herbed butter on top of the vegetables, then season with salt & pepper. Roast until the surface of the vegetables is golden & crisp & the interior is tender 25-30 minutes.

Tex-Mex Potato Cake

10 medium potatoes (about 3 lbs.), peeled and grated

2 onions, grated

1 can (4 oz.) diced roasted chiles, drained

2 Tbls flour

2 large eggs, lightly beaten

1/4 lb. cheddar, grated

Salt and pepper

Preheat the oven to 350. Grease a 9 x 13 inch baking dish with butter or oil. Combine the potatoes, onions, chiles, flour, eggs, and cheese in a large bowl. Season with a generous pinch of salt and a few grinds of pepper. Mix well. Spoon into the prepared baking dish. Bake for 1 to 1 1/4 hours, until golden and firm. Cut into squares and serve. *Serving Up The Harvest

Potato Leek Frittata

1 Tbls extra-virgin olive oil

1 leek (white and light-green parts only), halved lengthwise, rinsed well, and thinly sliced (1 cup)

2 cups cooked, cubed, peeled potato

Salt and ground pepper

8 large eggs, lightly beaten

1/2 cup part-skim ricotta

Preheat oven to 425 degrees. In a 10-inch ovenproof nonstick skillet, heat oil over medium high. Add leek and potato, season with salt and pepper, and cook until leek is translucent, about 5 minutes. Add eggs and ricotta, season with salt and pepper, and stir to combine. Cook, undisturbed, until edges are set, about 2 minutes. Transfer skillet to oven and bake until top of frittata is just set, 10 to 13 minutes. Invert or slide frittata onto a plate and cut into 6 wedges. Serve warm or at room temperature. *marthastewart.com

Leek and Potato Gratin

2 lbs. russet or Yukon gold potatoes, peeled and thinly sliced

2 garlic cloves, thinly sliced

2 cups milk

1 Tbls fresh thyme leaves

Salt and fresh ground pepper

4 slices thick-cut bacon

4 large leeks, white parts only, thinly sliced

1 cup grated Gruyere

Combine the potatoes, garlic, milk, thyme, and salt and pepper to taste in a medium size, heavy-bottom saucepan. Simmer over medium heat, stirring occasionally until the potatoes are tender, about 20 minutes. Preheat the oven to 350°F. Grease a 2- quart gratin dish with butter. Cook the bacon in a large cast-iron skillet over medium heat until well browned, about 8 minutes. Drain on paper towels and reserve. Pour off all but 2 tablespoons of the bacon fat. Return the skillet to medium heat. Add the leeks and sauté until tender, about 5 minutes. Crumble in the bacon. *Serving Up the Harvest

Potato Crust Quiche

Crust:

4 cups uncooked cosmic potatoes, shredded

1/2 tsp sea salt

1/3 cup shredded parmesan cheese

1 large organic egg

Filling:

6 large eggs

1/2 cup ricotta cheese

1/2 cup water

Salt and pepper to taste

1/3 cup shredded raw cheese of choice

6 pieces of cooked bacon, cut into 1 inch pieces

6-8 oz. fresh mushrooms (sautéed)

Preheat oven to 400 F. In a food processor, shred potatoes and transfer to a large bowl. Salt potatoes and allow to sit for 10 minutes. Squeeze the water out of the potatoes and place in another dry bowl. Add salt, parmesan cheese, and egg and mix until well blended. Press firmly into a greased 9" pie dish or individual greased ramekins. Bake for 20 minutes. For filling mix together eggs, ricotta, water, salt and pepper into the food processor. Pulse several times allowing the mixture to become well blended. Transfer mixture to a bowl. Remove potato crust from oven (after 20 minutes is up), and add the bacon, mushrooms and cheese. Pour egg mixture over the top and return back to oven for another 40 minutes, or until eggs are set. *<http://wholelifestylenutrition.com/recipes/maindish/potato-crust-quiche-gluten-grainfree/>

Carrots, Potatoes Roasted with Onions & Garlic

5 large carrots cut diagonally in 1.2" slices

2 med potatoes cut in bite-size chunks

4 turnips cut in bite-size chunks

1 med. onion, cut into eighths

2 cloves garlic, diced

6 T butter, melted

Salt & pepper

Preheat oven to 425 degrees. Combine carrots, potatoes, turnips, onions & garlic with melted butter in 8x8 square glass pan. Season generously with salt & pepper, toss. Cover pan with aluminum foil and bake for 45 min. Uncover, stir and continue baking for another 30 min, stirring occasionally to lift bottom portions to top to allow to brown and crisp.

Potato Salad with Champagne Vinaigrette

1lb. potatoes

2 T Champagne vinegar

2 t Dijon mustard

1/4 cup plus 2 tablespoons canola oil

2 scallions, sliced

1 leek, minced

Salt and freshly ground white pepper

In a medium saucepan, cover the potatoes with water and bring to a boil. Simmer over moderate heat until tender, about 15 minutes. Drain and peel the potatoes, then dice them into 1/4-inch cubes. In a bowl, whisk the Champagne vinegar with the mustard. Gradually add the oil, whisking until smooth. Add the scallions and the leek and season the

dressing with salt and white pepper. Add the potatoes and toss to coat. Let stand at room temperature for 10 minutes before serving. -Food & Wine

Roasted Root Vegetable Medley Make this recipe & use the vegetables in salads, eggs, served with quinoa, the options are endless.

8-12 slender carrots, peeled and trimmed

4-6 turnips, peeled

6-8 fingerling potatoes, scrubbed and cut lengthwise in halves

1-2 medium onions, trimmed, peeled and halved, each 1/2 cut into quarters

2-4 small beets, peeled and cut into thick wedges

1 whole head garlic, separated into cloves, unpeeled

2-3 sprigs fresh rosemary, sage, or thyme

Salt & freshly ground black pepper

Extra-virgin olive oil

Preheat the oven to 400. Put all the vegetables and the herb sprigs in a large baking dish. Season well with salt and black pepper, drizzle generously with olive oil, and toss them with your hands to coat them evenly. Bake until they are tender and golden brown, about 45 minutes. -Food Network

Potato Leek Soup

2 T butter

1 lb. potatoes, roughly chopped

1 lb. leeks, cleaned, and thinly sliced

6 cups stock

1 t kosher salt, or more to taste

1-2 T freshly squeezed lemon juice

1 cup milk

1/3 cup minced parsley or chives

Heat butter in a large stockpot over medium heat. Add the leek and potato. Cook, stirring occasionally, until the vegetables have begun to soften and brown slightly, about 8-12 min. Add stock, and bring to a boil. Reduce the heat to low, and simmer for 30-40 min, or until the vegetables are tender. Blend until smooth either using an immersion blender. Add the milk, and season to taste with salt and lemon juice. Ladle into bowls and a healthy sprinkling of minced parsley. -Adapted from Julia Childs

Dale's Oven Fries (Farm Family Favorite)

3 med potatoes

1 T olive oil

Salt or other seasoning

Cut each spud lengthwise into 1/4" thick wedges. Put in a large bowl and cover with water. Soak 30 min. Preheat oven to 475. Thoroughly drain spuds and pat dry with a towel. Return to a dry bowl and sprinkle with oil. Spread fries on baking sheet in one layer. Bake 15 min. Turnover and bake another 15 min. until golden and tender. Sprinkle with salt, or other choice flavorings

Scallop Potatoes and Carrots

2 ½ lbs. potatoes (about 9 med), peeled and sliced

5 med. carrots, cut into ¼ " slices

1 ½ c. sliced onions

2 c. boiling water

1 t. salt

CHEESE SAUCE: 3 T. butter

2 T all-purpose flour

1 t. salt

1/8 t. pepper

1 ½ c. milk

1 ½ c. (6 oz.) shredded Lifeline cheddar cheese, divided

In a large Dutch oven, combine potatoes, carrots, onions, water and salt. Bring to a boil. Reduce heat; cover and cook for 10 min. Meanwhile, in a saucepan, melt butter. Remove from the heat; stir in flour, salt and pepper until smooth.

Gradually stir in milk. Bring to a boil over medium heat, stirring constantly. Cook and stir for 2 min. Stir in 1 c. cheese.

Reduce heat; stir until cheese is melted. Drain the vegetables; layer half in a greased 13-in. x 9-in. baking dish. Top with half of the cheese sauce. Repeat layers. Sprinkle with remaining cheese. Cover and bake at 375° for 20 min. Uncover and bake 10 min. longer or until potatoes are tender. Yield: 6-8 servings.

Honey Roasted Potatoes

1 lb. Potatoes, quartered

2 T. diced onion

2 T. butter, melted

1 T. honey

1 t. dry mustard

1 pinch salt

1 pinch ground black pepper

Preheat oven to 375°. Lightly coat an 11x7 inch baking dish with butter or olive oil. Place potatoes in a single layer in prepared dish, and top with onion. In a small bowl, combine melted butter, honey, mustard, salt and pepper; drizzle over potatoes and onion. Bake 35 minutes or until tender, stirring halfway through the cooking time.

Butter Dill Potatoes

8 med. potatoes, cubed

3 T butter, melted

1 T. chopped fresh dill

2 t. minced garlic

¼ t. salt

Place the potatoes in a steamer basket, and set in a pan over an inch of boiling water. Cover, and steam for about 10 min., until potatoes are tender but not mushy. In a small bowl, stir together the butter, dill, garlic, and salt. Transfer the potatoes to a serving bowl, and pour the seasoned butter over them. Toss gently until they are well-coated.

Colcannon (Shareholder Favorite)

4 potatoes (2lbs.), peeled and cut into large chunks

Salt

5-6 T. Cosmic butter (with more butter for serving)

3 lightly packed cups of chopped kale, cabbage, chard, or other leafy green

½ c. minced onion

1 cup milk or cream

Put the potatoes in a med pot and cover with cold water by at least an inch. Add 2 T of salt, and bring to a boil. Boil until the potatoes are fork tender (15 to 20 min). Drain in a colander. Return the pot to the stove and set over med-high heat.

Melt the butter in the pot and once it's hot, add the greens. Cook the greens for 3-4 min., or until they are wilted and have given off some of their water. Add the onions and cook 1 min. more. Pour in the milk or cream, mix well, and add the potatoes. Reduce the heat to med. Use a fork or potato masher and mash the potatoes, mixing them up with the greens. Add salt to taste and serve hot, with a knob of butter in the center.

Indian Potatoes

1 T olive oil
3 garlic cloves, pressed
2 t. minced peeled fresh ginger
¼ t. turmeric
¼ t. ground coriander
¼ t. paprika
2 small t potatoes, peeled, cut into ½" cubes
1 1/3 c. chicken broth
1 T. fresh lemon juice
Chopped fresh cilantro or Parsley

Heat oil in heavy large skillet over med heat. Add garlic, ginger, turmeric, coriander and paprika and sauté 1 min. Mix in potatoes, then broth. Cover and cook 5 min. Uncover, increase heat to med-high and cook until potatoes are tender and liquid is reduced to glaze, stirring gently, about 8 min more. Season generously with salt and pepper. Drizzle lemon juice over. Sprinkle with chopped cilantro or parsley and serve.

Potatoes and Kale

1 lb. medium potatoes
4 c. shredded kale (see procedure below)
2 T. olive oil
1 large onion, chopped
Salt to taste

Cover the potatoes with water and boil them until tender. Peel while hot, then cool in cold water and drain. Cut into thick slices. Refrigerate if you are cooking the potatoes in advance. Just before serving, wash the kale, drain, and remove the stems and midribs. Stack leaves, roll up lengthwise, and shred crosswise. In a large skillet, heat the olive oil and add the onion. Sauté over med-high heat, stirring, until onion just begins to brown. Add kale, tossing it about until it all wilts. Reduce heat to med. and stir-fry kale for 5 minutes. Add the potatoes and cook until they are heated through. Season to taste (with parsley!) and serve.

Potato Leek Gratin

2 leeks
3 Tbsp. butter, divided
3 lbs. Potatoes
Salt and black pepper
6 oz. gruyere or Swiss cheese, grated

Preheat oven to 375°F. Clean and chop the leeks. In a med frying pan over med heat, melt 2 Tbsp. Of the butter. Add the leeks and cook, stirring frequently, until tender, about 3 min. set the leeks aside. Rub a 2-qt. baking dish or gratin pan with the remaining butter. Set the prepared pan aside. Cut potatoes into 1/4-in. slices. Cover the bottom of the dish with 1/4 of the potato slices. Spread 1/2 of the cooked leeks on the potatoes and sprinkle with salt and pepper. Layer another 1/4 of the potatoes. Sprinkle with 1/2 of the cheese. Repeat potato, leek, potato, cheese layers, sprinkling with

salt and pepper at each layer. Cover the dish and bake 20 min. Uncover the dish and continue baking until the potatoes are tender when pierced with a fork and the whole thing is a lovely bubbling brown on top, about 25 min. (depending on how fresh the potatoes are cooking time may take as long as 90 min.—cover the dish if the potatoes and cheese become too brown). Serve hot.

Fennel and Potato Gratin (Farm Family Favorite)

This is one of my ALL TIME FAVORITE RECIPES. So important is this recipe to my palate, I feel like I am letting you in on a big secret. This recipe has the potential to convert non-fennel lovers to the other side. It is from Farmer John's Cookbook. Serves 4-6

Butter, for greasing the baking dish

2 cups half and half

2T. Butter

1 medium fennel bulb, cut crosswise into 1/8" slices (about 2 cups)

2 cups thinly sliced Yukon gold potatoes

Salt and Pepper to taste

Preheat oven to 350°. Lightly coat a shallow 2 qt. baking dish with butter. Cover bottom of dish with a layer of fennel. Cover fennel with ½ the spuds. Sprinkle with salt and pepper. Repeat until all layers are used up. Bring ½ and ½ to boil on stovetop. (I use mostly cream, but you could use milk, any will work, just depends on how rich you want it) Pour boiled dairy over fennel and spuds. Using a large spatula, press down on top layer to submerge it. Dot with butter. Bake for 1 hour, until top is golden. I like to sprinkle chopped up fennel leaves on top for the last 10 min. of baking.

Butter Lake Root Bake! (Workshare Lunch)

We think this is what Homer Simpson would have named this dish. This is a meal I make for the workshares after the CSA is over for the year. The workshares will be working in the garden until the end of October, cleaning up and getting the garlic planted.

Potatoes

Leeks

Garlic

Fennel

Onions

Carrots

Butter (options: beets, shitakes, parsnips, rosemary)

Cut all veggies into 1" chunks. Leave garlic cloves whole. Quarter the onions. Put in a baking dish or Dutch oven. Put a lot of butter on top. (It's called "Butter Lake" for a reason!) Bake at 350° for 30 minutes. Stir. Bake for another 30 minutes.

~Serve with cheese bread.

Yummy Spuds

Mashed potatoes can be dressed up in all kinds of ways for a departure from the ordinary. Try:

~substituting buttermilk for the regular milk.

~adding a handful or two of minced herbs.

~mixing in some crisp, cooked crumbled bacon or sausage.

~adding some caramelized onions.

~or try some garlic that's been roasted or sautéed till golden brown and soft.

~whipping in some grated or crumbled cheese. Try Gruyere, Dill Havarti, Romano, or Gorgonzola...

~mix in a few spoonfuls of peanut butter!

~Add a few carrots to your boiling potatoes!

Potato, Leek & Onion Soup

1½ cups finely chopped leeks, white and tender green parts
1½ cups finely chopped onion
Salt and pepper to taste
About a pound of potatoes, peeled and cubed or quartered, if small
½ cup finely chopped shallot or scallion, your choice and optional
1 quart chicken or vegetable stock
3 tablespoons butter
1-2 tablespoons dry sherry, optional
Tiny dash of cayenne, optional
2-3 cloves minced garlic
1 cup cream
1 large handful fresh minced herbs like chives, parsley, chervil, etc....

Heat the butter in a large saucepan or pot over medium and add in all the vegetables but the potatoes. Sauté till clear and almost tinged with golden brown. Add the potatoes and cook another few minutes, then deglaze the pan with the sherry, add the herbs and stock, allow to simmer, uncovered, for 30-40 minutes or till veggies are all very soft. Remove from heat, allow to cool a bit, then puree in batches till smooth. Return to the pot, add in the cream, add the seasonings, and gently re-warm, but don't bring to the boil. Serve hot, warm or cold!

Easy Potato Salad Dressing

¾ cup mayonnaise
Salt and pepper
¾ cup sour cream
½ cup minced onion
¼ cup minced herbs like dill, chives, parsley, etc., or a combination of several favorites
½ cup minced or grated fresh veggies such as bell pepper, carrot, radish or scallions
Whisk all ingredients together and immediately dress about 2 lbs. of cubed or quartered (if small) cooked potatoes. Can be served warm or cold. Refrigerate leftovers.

Potatoes Gratin

About 2 lbs. potatoes
1/4 cup butter or ghee
1/4 cup minced chives or scallions
1-2 cloves minced garlic
1 cup light cream
1 cup shredded cheese
Salt, pepper and a dash of nutmeg
Peel and slice the potatoes as thinly as possible then rinse and pat dry. Preheat the oven to 325* Melt 3 tablespoons of the butter in an ovenproof dish. Arrange a single, slightly overlapping layer across the bottom of the pan. Sprinkle some of the herbs and cheese evenly over the layer and repeat the process until all the ingredients are used. Sprinkle on some salt, pepper and nutmeg, and then pour the cream evenly over top. Dot the top of the dish with the remaining butter and bake for 1 ½ to 2 hours, or till the liquid is absorbed and the top golden brown. Make the rest of dinner while it bakes away!

Colcannon! Truly an Irish treasure...please try it!

About 2 pounds potatoes, peeled, cubed up and boiled till fork-tender

1 large onion, finely chopped

3-4 leeks, thoroughly washed, trimmed and finely chopped (white & tender green parts)

1 bunch kale, de-stemmed, washed, trimmed and chopped up

½ cup milk or cream

Salt and black pepper to taste

½ cup butter, 3 tablespoons reserved

1-2 cloves minced garlic, optional

Make a batch of mashed potatoes by mixing in 2 tablespoons of the butter, the milk or cream, and seasoning with salt and pepper. Meanwhile, in a skillet, sauté the onion, leek, garlic and kale in the remaining 1 tablespoon of reserved butter till soft and translucent. Whip the sautéed veggie mixture into the mashed spuds and blend thoroughly. Heat the oven to 375*, grease a large baking dish with some of the remaining butter, spread the potato mixture into the pan, heaping it into the center, then making a well on top. Place the remaining butter in the well and bake for 20-30 minutes, checking once during cooking, drizzling a little of the melted butter over the surface to brown a bit.

Potato Latkes

4-5 small to medium potatoes, peeled

1 yellow onion, grated

2 tablespoons flour

2 eggs, whisked till smooth

Salt and black pepper to taste

Applesauce and sour cream, to serve

Grate the potatoes on the large side of the grater. Toss together the potatoes and onions, along with the flour. Season mixture with salt and pepper. Heat a large frying pan over medium high and add enough oil to reach ¼" in the bottom. Drop a teaspoon size amount of the Latke mixture into the hot oil. If it sizzles, the oil is hot enough. Drop about 1/3 cup of the mixture into the pan and flatten slightly with a spoon. Fry on each side till dark golden brown, turning the patties about 6 minutes into the cooking time. Remove to a hot serving platter and keep warm. Pass at the table with applesauce and sour cream. Yummy.

Champ!

Make a batch of mashed spuds like you normally would, then sauté some chopped leek, garlic and onion in a few pats of butter till soft and golden brown. Fold into your mashed potatoes, season with salt and pepper and serve. You can also use scallions.

Fall Fennel and Potato Roast

About 1 lb. whole baby potatoes, clean

2-3 fennel bulbs, trimmed and sliced

1-2 yellow onions, quartered

1 large tart green apple, peeled & sliced

4-5 beets, cleaned, trimmed & halved

2-3 large carrots, trimmed

1-2 cups other vegetables of your choice

1 whole head of garlic, peeled

½ cup olive oil

Salt and pepper to taste

1 large handful chopped fresh herbs

Mix all your veggies in a large baking pan with the olive oil. Sprinkle the herbs and salt and pepper over the top and bake at 375* till potatoes are tender and everything has browned a bit. This is a great pot-luck side-dish, and can be prepared a day in advance, if you like.