



# This Week's Word From the Farm

8/2/10

## What's In Your Box ?

- **Potatoes** – This potato is called Bliss Triumph and is the first of many specialty potatoes that you will receive this season. Enjoy!
- **Green Beans** – optional u-pick this week!
- **Gypsy Peppers** – Delicious raw or cooked
- **Fresh Tarragon**
- **Summer Squash**
- **Chard**
- **Basil**
- **Beets**
- **Carrots**
- **Zucchini**
- **Garlic**
- **Onions**
- **Strawberries** – as available

## Dear Friends,

I'm not a religious man. Although farming provides me with an intimate relationship with nature, and I regularly feel a sense of grace and beauty at the end of a day of meaningful work when I can sit and look out on the farm, it has been many years since I expected any kind of internal experience equivalent to an epiphany, let alone enlightenment. At my age, I guess I feel that I'm more or less stuck with who I am and don't expect that I'm going to unravel the mysteries of the universe. At best, I hope that I can be reasonable and kind, harmless to nature and those around me, and learn a thing or two more before my time here is up. If I have any aspirations, I guess I'd say I hope to achieve a worldly form of wisdom that comes from balanced living close to the yearly cycles of nature.

It surprises me, then, when I do have moments of rapture that could be equated with religious experience. These are random moments that are entirely unpredictable. Some of these are recurring, such as when huge flocks of Sandhill Cranes fly over the farm in the Spring and Fall. When this happens, all work on the farm ceases and we stand listening to their calls as they move north or south. Involuntarily, a kind of prayer rises up from the farm wishing the cranes safe passage to their summer or winter grounds.

As moving as moments like this can be, none compares to digging potatoes. This afternoon I went across the farm to the field where we planted the earliest potatoes this season. It runs along the path that all of you follow to the farmstand when you come to pick up your share each week. I started at the end of a row and carefully removed soil with a shovel. Soon enough, there was a rounded tuber lying exposed deep in the soil. With great caution, I dug around this tuber and then sunk the shovel vertically as deep as I could, and then levered the whole mound up. To my constant wonder and amazement each year, where one potato was planted, there're now ten or twenty tubers gleaming in the sun, all delicious food to be eaten.

As much as I appreciate a good salad or a stir fry of bok choy with lots of garlic, I'm happiest when seated before a plate of steaming potatoes! At that moment, the miracle of our presence here on earth brings great wonder, and I'm thankful for the opportunity to grow good food for our table and the tables of our community. This week's potato is named, aptly enough, "Bliss Triumph." It's a red-skinned heirloom potato with white flesh that's most suitable for steaming or boiling. Garnish with butter and tarragon, but however you may prepare them, enjoy the first potatoes of the season!

# Recipes of the Week

## Green Bean and Potato Salad

- 1/2-1 Tablespoon Dijon mustard (to your taste)
- 2 Tablespoons white wine
- 3/4 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1/3 cup extra-virgin olive oil
- 1 tablespoon minced tarragon
- 1 lb. green beans, trimmed and cut into pieces
- 1 lb. Potatoes
- 1/2 onion, finely chopped

1. Place the mustard, vinegar, tarragon, salt and pepper in a jar with a screw-top lid. Shake to combine.
2. Add the olive oil to the jar and shake again to emulsify.
3. Cook the beans and potatoes, separately, in boiling salted water until just tender.
4. Drain beans and run under cold water.
5. Drain potatoes and cut into bit-sized pieces
5. Put the beans and potatoes in a bowl with chopped onion and toss with vinaigrette.

Swiss Chard Salad – This delicious summer salad was created by our friends Amy and Chamba Cook of Summer Thyme's Bakery & Deli. They feature it as a part of their effort to showcase local produce and to help support Riverhill Farm and other local farmers. Thank you Amy and Chamba!

- 1 bunch chard, finely chopped with stems removed
- 1 cup chopped cabbage
- 1 cup bell or gypsy peppers, diced
- 2 cups zucchini, diced
- 2 cups cucumber, diced
- 1 cup onion, thinly sliced
- 2 cups grated carrots
- 1/2 cup fresh basil leaves, chiffonade
- 1 cup raw pecans
- 1 cup pumpkin seeds
- 1 cup raisins

### Dressing

- 1 cup fresh lemon juice
- 2 tablespoons honey
- 3 teaspoons salt
- 1 teaspoon pepper
- 3/4 cup olive oil

Mix veggies, nuts and raisins together in a large bowl. Combine lemon juice, honey, salt and pepper in a separate bowl. Whisk in olive oil. Toss over salad and serve or let marinate slightly in fridge before serving.