



## This Week's Word From the Farm

Week of 8/3/09

### What's In Your Box ?

- Gypsy Peppers
- Parsley
- Carrots
- Red Thumb Potatoes
- Cucumbers
- Chard
- Salad Greens
- Basil
- Garlic
- Summer Squash
- Shallots
- Some Surprises!

### Dear Friends,

Beginning this week, we are inviting our interns to participate in the content of our weekly flyers. We hope it will give you another perspective on the farm and your produce, as well as providing you with an opportunity to become more familiar with this group of wonderful and dedicated young people. This season, (in addition to all their day-to-day tasks) each intern has taken responsibility for researching and "husbanding" a particular crop. This week we begin with Vireo and her crop, the potato.

Dear CSA members,

Each pick-up or market day at Riverhill farm begins with harvesting. Before the sun rises, five (sometimes groggy) interns make their way into the fields. The air is cool for a precious half hour. We often find bumblebees sleeping on the basil leaves, waiting for the sun.

As an intern at Riverhill farm, I am learning about farming as well as the inner workings of a CSA. Our internship includes much more than field work. Each of us is researching a staple crop and presenting our findings in weekly meetings.

This week you will receive a bag of potatoes. The potato is native to South America and has been an essential food worldwide for over 200 years. Potatoes grow underground and are the only edible part of the plant. Harvesting them is like a treasure hunt; we dig up the plant and look through the soil for the "golden nuggets" that grow on the roots.

Included is a recipe for potato salad, a delicious side dish for a picnic on a hot day. Enjoy your mid-summer vegetables and anticipate hearing from other interns in the following weeks!

Vireo Gaines

# Recipes of the Week:

## Tangy Potato Salad

- ~2 lbs potatoes
- 1 medium onion or shallotsj, finely chopped
- 3 hard-cooked eggs, chopped
- 2 dill pickles, finely chopped
- 2 tablespoons snipped fresh parsley
- 3/4 cup chicken broth
- 3/4 cup mayonnaise or salad dressing
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper

Cook potatoes in boiling salted water until tender. Drain; cool slightly. Peel and slice potatoes; combine with onion, eggs, pickles and parsley in a large salad bowl. Set aside. Heat chicken broth until warm; remove from the heat. Add mayonnaise, salt, pepper; mix until smooth. Pour over potato mixture and mix lightly. Cover and chill. Best enjoyed outside, with friends.

## Zucchini Soup ~ From CSA member Faith McCloud

2 1/2 pounds zucchini (approx. 6 average size), sliced thin  
1 cube butter  
1 large onion (or several shallots), sliced

Saute zucchini and onion until limp then add:

1 tsp salt  
1/4 tsp pepper  
1/2 tsp nutmeg or Garlic (optional)  
7 cups chicken broth

Simmer for 20 minutes.

Let cool and blend in a blender

At this point you can: 1. Add 1 cup Half and Half and chill to serve cold. 2. Add 1 cup Half and Half and reheat to serve hot. 3. Pour into labeled zip lock bags and freeze for the winter... just add the 1 cup Half and Half when you defrost it to eat.