



Potatoes

What are they?

The humble potato grows from a piece of potato that has started to sprout "eyes". We plant pieces of potatoes that have at least two eyes. You will find that organic potatoes cannot compare in taste or quality to store bought potatoes...NO chemicals! We grow several varieties on the farm for you. You will red, white, and yellow potatoes come through in your box this season. Red skinned are a boiling potato. White are best for mashing and baking.

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Storage Tips

Keep unwashed potatoes in a cool, dark, dry place, such as a loosely closed paper bag in a cupboard. They will keep for two weeks at room temperature. Moisture causes potatoes to spoil, light turns them green, and proximity to onions causes them to sprout. Don't put them in the fridge, as low temps convert the starch to sugars. For long-term storage, place potatoes in a cool, dry, and dark area where temperatures won't fall below freezing or rise above 60 deg. They keep best between temps of 35 -40 deg. Raw potatoes cannot be frozen, however, with care, you can partially cook potatoes ahead of time and then freeze .

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Usage Tips

There are so many uses for this starchy, root vegetable. Cut them up and cook in some oil for French fries, boil and use in soups or salads, bake in the oven, then pile on your favorite toppings, or roast with olive oil and fresh or dried herbs. And, don't forget about mashed potatoes.

A Vegetable E-booklet



Types of Potatoes & how to use them:

Boiling potatoes: have a firm, waxy texture. Because they hold their shape well when boiled or steamed, these low-starch potatoes are good choices for salads, soups, stews, or au gratin dishes. (Tip: if after slicing a raw potato, the knife comes out clean, chances are it is more suited to boiling than baking). Our boiling potato varieties include: New potatoes and red potatoes.

Baking potatoes: have a drier, starchier flesh and cook up with a fluffy texture. They are best baked, mashed or deep-fried. (Tip: if after slicing a raw potato the knife is coated with white, foamy starch, chances are it is more suited to baking than boiling). We do not grow baking potatoes at Willow Haven Farm.

All-purpose potatoes: have qualities that fall in between those of boiling and baking potatoes. Our farm grows the following all-purpose potato varieties: Yukon Gold potatoes, Kennebec potatoes.

RECIPES

4 Seasons of Potato Salads

from www.animalvegetablemiracle.com

INGREDIENTS **Summer** INSTRUCTIONS

- 2 LBS RED OR GOLDEN NEW POTATOES, cut in 1 inch chunks
- 3 TBSP OLIVE OIL , COARSE SALT
- 2 YELLOW OR RED BELL PEPPERS, cut in chunks
- 2 CUPS GREEN BEANS, (stringed and broken in 1-inch lengths)
- 1-2 EARS SWEET CORN ON COB
- 2 CUPS TOMATOES CUT IN WEDGES
- ½ CUP FRESH BASIL
- ¼ CUP OLIVE OIL WHIPPED TOGETHER W/ 1 T BALSAMIC VINEGAR

1. Toss potatoes with salt and oil and spread on baking sheet. Roast in 450° oven until tender (20-30 min)
2. Place ears of corn, lightly oiled, with the potatoes. Add peppers and green beans to roast for last 10 min.
3. When done, loosen the vegetables with a spatula, cut corn kernels off cob, and combine in a large bowl.
4. Toss tomatoes, basil and dressing with roasted vegetables, salt to taste.

INGREDIENTS **Fall** INSTRUCTIONS

- 2 LBS FINGERLING POTATOES
- SEASONAL VEGETABLES
- 4 TBSP DRIED BASIL
- ¼ CUP OLIVE OIL (whipped with 1 T balsamic vinegar)

1. Prepare roasted potatoes as in "Summer" recipe, combining with late-season peppers and green beans.
2. Toss with fresh tomato wedges, basil and dressing.
3. As season progresses and different things become available, you can mix & match other vegetables with potatoes, keeping proportions roughly the same. Cubed winter squash & sweet potatoes are wonderful in this roasted dish, requiring about the same amount of time in oven.

RECIPES

4 Seasons of Potato Salads

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Winter

INGREDIENTS

4 CUPS POTATOES, coarsely diced
and boiled until firmly tender
3 HARD BOILED EGGS, peeled and
coarsely chopped
 $\frac{3}{4}$ CUP LAST SUMMER'S DILL
PICKLES, finely chopped
2 TBSP DILL
SALT TO TASTE
MAYONNAISE – A FEW TBSP

INSTRUCTIONS

Combine potatoes, eggs, and pickles, being careful not to mash anything. Add dill and salt to mixture and combine thoroughly. Add just enough mayonnaise to hold the salad together.

Spring

INGREDIENTS

4 CUPS STORAGE POTATOES
coarsely diced
 $\frac{1}{3}$ CUP FRESH MINT LEAVES
1-2 CUPS NEW PEAS
1 CUP CRUMBLLED FETA
 $\frac{1}{4}$ CUP EXTRA-VIRGIN OLIVE OIL

INSTRUCTIONS

1. Boil diced potatoes until firmly tender.
2. Combine ingredients.