

Four Friends' CSA News

The Bean Pole

July 1, 2008

2008 Season

Issue No.23

Dear Shareholders and Friends,

This week's harvest consists of; Summer squash, sugar snap peas, cooking greens, lettuce mix, and Spring potatoes.

The following recipe is adapted from Chef Wendy Malouf's of Beacon's restaurant. Her recipe is entitled "Arugula Salad with Crisp Idaho Potatoes", and is posted at www.idahopotato.com. I've made some suggestions for substituting ingredients from our farms in adapting the recipe for our use.

Tossed Salad with Crisp Spring Potatoes

1 lb. Spring potatoes, scrubbed and thinly sliced

¼ cup extra virgin olive oil

Salt and freshly ground black pepper to taste

2 ½ tsp. of white wine vinegar

1 small minced onion

About 7 ounces of fresh lettuce, arugula, or other salad greens

1 oz. of shaved parmesan cheese

*Preheat the oven to 500 degrees F. or preheat the grill. In a large bowl, toss the potatoes with two tablespoons of the olive oil, and salt and pepper.

*Spread the potatoes out in one layer on a non-stick baking sheet (or one lined with a non-stick liner). Roast until browned on one side, about 9 minutes, then turn and roast until browned on the other side, about 5 minutes more.

*In a small bowl, whisk together the remaining two tablespoons of olive oil, white wine vinegar, onion, and salt and pepper to taste. Reserve about 18 potato slices for garnish. Place the rest of the potatoes in a large bowl, top with the fresh lettuce, arugula, or other fresh salad greens. Drizzle with the vinaigrette, (the mixture of oil, vinegar, onion, and seasonings). Toss well and serve, garnishing each plate with the reserved potato slices and shaved parmesan. Serves 6.

News from the Five Farms:

Several of our friends noticed the early-season shares have been a little light as far as food quantities are concerned. Yes, that's true. We want to thank you for expressing your feelings to us about this. Early in the season, there are less items available. As the soil heats up, the plants grow and blossom, and we can offer an increasing diversity of items to you each week. We will strive to create a sufficiency over the course of the season.

In situations where you can't pick up your share at the regular time and place, we ask that you please contact us. If you let us know what your intentions are, we can either negotiate some other feasible arrangement for you to pick up your share, or see that other hungry people are fed by it. If you are on vacation, or can't make it to pick up your share for a week or two, you may arrange to have a friend or neighbor pick up your veggies

if you wish.

VEGETABLE OF THE WEEK: POTATOES

The potato is a nutrient-dense food. It provides good nutritional return for the calories. Why is nutrient density important? Our need for calories has probably decreased by one-third since the turn of the century because we aren't as active. But in general we still need about the same amount of nutrients as we did then. This means that in order to get all the nutrition we need without consuming too many calories, we must include many nutrient dense foods like potatoes in our diets. A medium-size potato (one third pound or 150 grams) has only about 110 calories, four to five percent of the average adult's total daily intake of calories, but provides much higher percentages of our needs for many nutrients. For a real potato lover, a medium-size potato may not be enough of a good thing. But even a 250-gram potato (a little over one-half pound) has only about 160 calories, and the larger size gives you a real nutrition bonus. The potato gives us a wide spectrum of valuable nutrients, including complex carbohydrates, often lacking in the American diet.

The potato is a good source of vitamin C and hard to get B6 and has long been known to be a storehouse of minerals. Exact needs for all minerals are not established yet. But, for example, the potato contains valuable supplies of such essential trace elements as manganese, chromium, selenium and molybdenum.

HISTORY ABOUT URBAN EDGE FARM

A man named Arthur Ringrose originally owned the farm. He had cows, turkeys and chickens. Upon his death he donated the fifty acres to a blind society. Since they could not utilize it, they donated it to the State of RI, DEM. DEM asked Southside Community Land Trust to lease and manage it. Southside Community Land Trust has now managed the farm and the "Farm Incubator" program for six years. Some improvements include building two greenhouses, refurbishing the barn, building roads, deer fencing, preservation of wetlands, building an irrigation system, purchase of tractors and implements, demolition of two dilapidated houses, and improvements to the farm steward house, all toll: in excess of \$1,000,000! Thank you SCLT!

Nature News: The barn swallows are now out of the nest, two baby raccoons were spotted, a turtle was crossing the road, and coyotes were heard at dusk.