



# PRAIRIE SUN FARM

JULIE AND DAN GEIGER WWW.PRAIRIESUNFARM.COM

10330 Highway 25, PO Box 982, Watertown, MN 55388

Ja\_geiger@msn.com 952-955-3570

## Partial to Potatoes

We're biased towards Minnesota grown potatoes. When we started growing potatoes we had no idea that we could grow great potatoes in our heavy soils. Typically the best potato growing regions are in areas with lighter, sandy soils such as northwestern and central Minnesota. But for 4 years we have had abundant harvests and have produced tasty red, russet and fingerling varieties. On Sunday we harvested 175 pounds of Dark Red Norlands and Yukon Golds. This is about 1/3 of the total planted. The reds that will be in the box this week are great for potato salads and mashing. They are a high moisture, low starch potato that hold up well in soups and have a creamy texture. The Yukon Golds will come next and they are also good for mashed potatoes but have a medium moisture/starch content and have a more buttery flavor. They also are great for fried potatoes and crisp up nicely when baked. Then we will have fingerlings. This heirloom variety is great in roasted dishes with squash and other root vegetables. Finally we will pick the russets. These are the best storage potatoes because they have a high starch content. They make good baking potatoes and absorb the flavors of butter, sour cream or whatever you decide to put on them. All potatoes can be part of a high fiber, low calorie diet. They fill you up, are easy to make and have more potassium than bananas and lots of vitamin C. There are a lot of recipes that utilize potatoes including cold ones in salads to baked and fried options that warm the belly. We grill a lot in the summer and potatoes end up in aluminum foil often with onions and garlic. We hope you enjoy these tasty treats however you cook them. Best of all they were grown organically with tender care. Enjoy!

### WEEK 7 BOX CONTENTS

**Red Potatoes:** Yum! Fresh picked potatoes. They will keep at room temperature for a few weeks. For longer storage keep at 45-50 degrees and high humidity. Store away from light.

**Cherry Tomatoes:** Mix of sungold, red and purple cherry tomatoes.

**Tomatoes:** Mix of heirloom and round red. Field tomatoes are slowly starting to ripen.

**Zucchini and Yellow Summer Squash:** Simply rinse off - no need to peel. Keep in the refrigerator. Enjoy raw or cooked.

**Red Torpedo Onions:** Italian heirloom onion with a mild sweet flavor. Add to salads or top a pizza with them. Store in the refrigerator.

**Basil:** Sweet basil great for pesto.

**Fennel:** Feathery fronds can be chopped and added to salads to add a nice anise flavor. Bulb can be cooked or eaten raw.

**Chard:** Swish in water to remove soil. Cook stems and leaves separately. Stems cook in 8-10 minutes and leaves take 4-6 minutes.

**Sweet Peppers:** Green or Ivory bell peppers. Refrigerate peppers unwashed in hydrator drawer for 1-2 weeks. Peppers may be frozen after washing and drying. Cut and place in an airtight container or zip-lock freezer bag. Peppers will soften when thawed.

**Green Top Carrots:** Slice, grate, chop or juice. Eat raw or cooked.

**Jalapeno Peppers:** Small green hot peppers, great for salsa or tacos.

**Eggplant:** Blend cooked eggplant with lemon juice and seasonings of choice for a dip or spread.

## Farm News

Our godchild Daven helped us pick the potatoes on Sunday but had to head back to New York state on Monday. During the week he helped us with a variety of farm chores including catching bugs, picking, cleaning, packing and mowing. As with any teenage boy his attention span only lasted so long before he was off in an air conditioned space with a TV or video game. The heat and humidity have still been oppressive this week but picking gets done in the morning and other farm chores sometimes have to wait until it's bearable. We are hoping for some rain this week but know we are much better off than other areas to our south and east. The garden looks fantastic. The melons and winter squash are getting big. Fall crops are getting planted. Tomatoes and summer squash get picked every day. The sweet corn has tassles and ears are forming. Lots of onions are ready to pick. The garlic is curing. Things are slowing down a little but there are still many daily chores to do on the farm. The field and prairie are full of green. That's a good thing.

## From the Kitchen

### Red Skinned Potato Salad

#### Ingredients

2 pounds clean, scrubbed new red potatoes  
6 eggs  
1 pound bacon  
1 onion, finely chopped  
1 stalk celery, finely chopped  
2 cups mayonnaise  
salt and pepper to taste

#### Directions

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and set in the refrigerator to cool.

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

Chop the cooled potatoes, leaving skin on. Add to a large bowl, along with the eggs, bacon, onion and celery. Add mayonnaise, salt and pepper to taste. Chill for an hour before serving.