



Covered Bridge Gardens

CSA Newsletter

Week 8 of 15



Here is the crew running the potatoes through our washer. This removes most of the dirt and allows them to start sorting for size. They are then placed in front of a large fan to dry before going into our cool dark stage room. This year's crop is looking plentiful in all the varieties.

This & That

TIP OF THE WEEK:

Always thoroughly wash the skin of a potato before cutting. To clean fresh-dug potatoes, rub gently while wearing rough exfoliating bath gloves. This works great for beets and other root crops too.

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The Nibbler



The Potato

How well do you know your spuds?

1. From what country do potatoes originate? Germany, Peru, Canada
2. Who introduced French fries to America? Thomas Jefferson, Julia Child, Charles Boyer
3. Which country eats more potatoes than we do? Spain, China, Germany
4. Mr. Potato Head was introduced by Hasbro Company in what year? 1949, 1952, 1961
5. What percentage of this solid spud is water? 20%, 40%, 80%



Ashtabula Farmers Market's New Logo for National Farmers Market Week

August 3-9

Look for this logo with all markets in
Ashtabula County

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Ashtabula County



Keep in mind that if you are interested in local honey, we can bring a small ½ pound bear size for \$6 with your CSA delivery. Just give us time to pick it up from Lucy on Saturdays. You can also go to ohiohoney.com to order your own. We find honey makes a great gift.

Spud Answers:

1. Peru – Potatoes were introduced outside the Andes region four centuries ago, and have become an integral part of much of the world's cuisine. It is the world's fourth-largest food crop, following rice, wheat and maize.
2. Thomas Jefferson is given credit for introducing French fries to America.
3. Germans eat twice as many potatoes as Americans. China is now the world's largest potato-producing country, and nearly a third of the world's potatoes are harvested in China and India.
4. 1952, I know I had one growing up and so did my kids.
5. 80% is water with only 20% solids.

Guide to our Spuds (Potatoes)

The **potato** is a starchy, tuberous crop from the perennial *Solanum tuberosum* of the Nightshade family. The word may refer to the plant itself as well as the edible tuber.

Potatoes do not have to be stored in a refrigerator, but they should be kept in a cool, dark and dry area and can be stored up to six months. **It is true that refrigerating starchy white potatoes prevents the starches turning to sugar. The Yukon gold have a lower starch content, causing less of a problem. Some experts say you can remove them from your refrigerator and let them sit in a cool dark place to let whatever sugar has formed revert back to starch. Potatoes with higher sugar content will brown more quickly during cooking.**

Points to ponder:

- Potatoes first appeared in Europe in 1586; they made it to North America in 1719.
- 35 % of an adult's daily requirement of vitamin C can be found in a medium-sized potato.
- Many people tend to peel the skins off their potatoes; however, most of the potato's vital nutrients and minerals are located in the peel.
- A baked potato (with skin) is a good source of dietary fiber (4 grams). Bake at 350 degrees for an hour, or until tender.
- Different types of potatoes can be used in the same dish. Mix up the types when making mashed potatoes to vary the starch content.

Varieties

(A) White potatoes were first cultivated by local Indians in the Andes Mountains of South America. Good-quality White Potatoes will be firm, smooth-skinned and brilliant-white to cream coloring. They should have few eyes, and those few eyes should be shallow

(B) Red potatoes have a red skin with a white flesh. A good all-purpose potato for roasting, boiling and mashing.

(C) Yukon Gold is a large variety of potato most distinctly characterized by its smooth eye-free skin and yellow tinged flesh. This variety of potato was developed in the 1960's by G. R. Johnston and R.G. Rowberry in Guelph, Ontario, Canada at the University of Guelph. The official cross was made in 1966 and the Yukon Gold was finally released into the market in 1980. Its name comes from the Yukon River and gold rush country it was developed in.

(D) Blue potatoes are blue inside and out. There is a high anthocyanin content in genetically-altered blue potatoes, which produces the blue color. The main difference is the color, as naturally blue potatoes can lose some of their pigment when boiling. To avoid this, these potatoes can be fried, baked or broiled, which can help retain their brilliance.

(E) Fingerling potato is a small, stubby, finger-shaped type of potato which may be any heritage potato cultivars. Fingerlings are varieties that naturally grow small and narrow. They are fully mature when harvested and are not to be confused with new potatoes. Due to their size and greater expense compared to other potatoes, fingerlings are commonly either halved and roasted as a side dish or used in salads.

Look on our web home page for a red, white and blue grilled potato recipe.



No photo at this time.

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