



August 3, 2020

We started digging the first potatoes last week. Potatoes are “tubers” that grow on the roots of the potato plant - it’s where the plant stores energy and nutrients to use for the next growing season. When we harvest potatoes, we are digging up these storage vessels of energy and nutrients to use as nutrition for ourselves. Harvesting always feels like digging for treasure! We use a digging fork to loosen the soil around the plant and then dig around with our hands to discover the potato treasures underground.

Potatoes are typically harvested in the fall, after the plants have naturally died back. We are harvesting early this year, as the leafhopper fly fed on the delicious sap of the green leaves of our potato plants, shortening their life. The potatoes underground are still delicious and nutritious, just smaller in size.

We won’t be rinsing or washing the potatoes before distributing them, as potatoes are best stored dry, dirty, and dark! The best place to keep potatoes is in a brown paper bag, basket, or bowl in a cool, dark place in the kitchen. Air circulation is key to prevent moisture buildup and spoilage. If stored in a cool place (ideally 43 - 50F), potatoes can keep for several months! Storing potatoes in the refrigerator is not ideal, because the starches can convert to sugars, which in turn, can form carcinogenic substances (acrylamides) when the potatoes are fried or exposed to very high cooking temperatures. Also, make sure the potatoes are not exposed to sunlight or artificial light. Sun exposure can cause potatoes to turn green and have high solanine levels - which is toxic to humans in large quantities.

Items you will be receiving this week include: **please remember to wash all produce**

- **Red Thumb Fingerling Potatoes** These red fingerling potatoes (because their shape resembles, well, fingers!) have a cream flesh, streaked with light red pigment. Potatoes are a good source of vitamin C, vitamin B6, potassium and manganese. They are also one of the most abundant sources of B-vitamins, especially vitamin B6 (pyridoxine), thiamin, niacin, pantothenic acid, and folate. One study conducted by scientists from the Institute for Food Research found that potatoes provided compounds called kukoamines, which aid in lowering blood pressure.
- **Tomatoes** provide excellent amounts of vitamin C and very good amounts of vitamin E, vitamin A (in the form of carotenoids), and manganese. Tomato consumption has also been linked with reduced risk of heart disease, as they provide antioxidant support and help regulate fats in the bloodstream! The bounty of our tomato production is just at its infancy, so look forward to seeing new shapes, sizes, and tastes over the coming weeks.
- **Green Beans**
- **Cucumbers**
- **Red Cabbage**
- **Zucchini/summer squash**
- **Paradox Acres Grass Fed Ground Beef**
- **Flying Carrots pasture raised and farm fresh eggs**



Carrot, Zuke, Potato Patties Recipe

<https://www.medicalmedium.com/blog/carrot-zucchini-potato-patties>

These veggie patties are so incredibly versatile that you can make them a regular lunch or dinner choice without getting bored. Try them over a salad, with steamed vegetables, topped with salsa, in a lettuce or cabbage leaf, dipped into the natural ketchup recipe in [Cleanse to Heal](https://amzn.to/38mezp6) (<https://amzn.to/38mezp6>), or any other way you can dream up.



Ingredients: (Makes 8 patties)

- 2 potatoes
- 2 carrots
- 1 zucchini
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon paprika

Directions:

1. Add 3 inches of water to a medium-sized pot, bring it to a boil, and add a steaming basket. Place the potatoes and carrots in the basket, cover, and steam for 15 to 20 minutes, until tender. Remove from heat and cool completely.
2. Preheat oven to 350°F. Line a baking sheet with parchment paper.
3. Grate the zucchini and place it in a muslin cloth or nut milk bag to squeeze out all the water. Make sure that the zucchini is very dry; otherwise it will take the patties longer to crisp up in the oven. Add it to a mixing bowl. Grate the potatoes and carrots and place them in the bowl with the grated zucchini. Add the garlic powder, onion powder, dried oregano, and paprika and mix until combined.
4. Form the mixture into about 8 patties and place them on the baking sheet. Place in the oven and cook for 45 to 60 minutes, until browned and crispy, flipping them halfway through. Allow the patties to cool for 10 to 15 minutes before eating so they firm up.



Bee pollinating a tiny tomato flower



Potatoes and corn growing in the field

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