

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Twentieth Harvest: 10/14/14 & 10/17/14

Potato Spinach Curry - Aloo Palak

1/2 teaspoons garam masala*
1 teaspoons chile powder
1 Tablespoons coriander powder
3/4 to 1 lb. potatoes (boiled and cubed)
1 cup spinach chopped
1 teaspoons ginger garlic paste
3 green chiles
1/4 teaspoons turmeric
salt to taste
1 onion chopped
2 tablespoons oil
1/2 teaspoons cumin seeds
juice from one lime

Heat oil in a pan add cumin seeds, chopped onion, salt, turmeric, green chile, ginger, garlic paste. Cook till raw flavor is gone, add chopped spinach, cook this well and add coriander, chile powder, and garam masala. Add potatoes (boiled and cut into small pieces). Toss together and remove from heat. Add lime juice and serve with roti, naan, phulkas and rice.

Note: *Garam masala can be made by combining 2 tsp. ginger, 1 tsp. cinnamon, 2 tsp. black pepper, 3 tsp. ground cumin, 3 tsp. ground coriander, 1/2 tsp. 1/2 tsp. ground nutmeg, 1 tsp. ground cloves. Store in airtight container.

www.vahrehvah.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Tenth Harvest: 8/5/14 & 8/8/14

Parmesan Roasted Potatoes

- 4 cups cubed Yukon Gold potatoes (3/4" square cubes)
- 3 tbsp olive oil
- 1/2 tsp garlic salt
- 1/2 tsp salt
- 2 tsp paprika
- 1 tsp pepper
- 4 tablespoons freshly grated Parmesan cheese

Preheat oven to 425°F. Place cubed potatoes into a baking dish. Use baking spray on dish to reduce sticking.

Pile on olive oil, garlic salt, salt, paprika, pepper and Parmesan cheese. Using your fingers, or spoon, thoroughly coat all the potatoes with the seasonings.

Bake for 15 minutes. Remove from oven and toss the potatoes with a pair of tongs. Continue baking for 10 more minutes. Remove baking dish and give potatoes another toss. Continue roasting until golden and crispy.

Season with an dusting of sea salt and extra parmesan cheese and serve.

<http://whatsgabycooking.com>

Salt Roasted New Potatoes with Dill

1 lb. new potatoes
zest of 1 lemon
2 tsp fine sea salt
1 tbsp dill, chopped
olive oil

Wash (don't peel) potatoes and put into a roasting pan.
Toss potatoes with lemon zest, sea salt and dill as well as
just enough olive oil to coat the potatoes evenly.

Roast on the middle rack for 30 minutes, or until
potatoes are tender and golden brown. If the salt crust is
too thick for your liking, just remove any excess salt.

<http://myblueandwhitekitchen.com>

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Twelfth Harvest: 8/21/12 & 8/24/12

Grilled Potato Salad *Serves 6*

- 10 medium-sized new potatoes, unpeeled and quartered
- 3-4 small yellow summer squash, cut in half
- 1 bunch of green onions or spring onions
- a big splash of olive oil
- 2 lemons, cut in half (optional)
- 1/4 cup rice vinegar
- 1/4 cup olive oil
- clove of garlic, mashed and chopped
- a couple drops of toasted sesame oil
- salt
- 1/2 a head of lettuce, washed and cut into bite-sized pieces

Toss the potato wedges, squash, and green onions with a bit of olive oil and a pinch of salt. Place them on a medium-hot grill. Place the lemons on the grill, cut side down. Grill 10-20 minutes until golden and cooked through – flipping to get color on all sides. Remove pieces and place on a platter.

Meanwhile, whisk together the rice vinegar, olive oil, garlic, sesame oil, and a couple pinches of salt. When the onions come off the grill, let them cool for a couple minutes and then cut into 1/2-inch segments. Set aside.

Toss the lettuce with a splash of the dressing, and place onto a large platter. Toss the vegetables (but not the lemons) with a big splash of the dressing and arrange it on top of the lettuce sprinkled with the reserved grilled green onion segments. Garnish with lemon (I like to squeeze over salad just before eating for an added layer of extra mellow tang that goes great with the potatoes.

www.101cookbooks.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Fourteenth Harvest: 9/4/12 & 9/7/12

Pesto Potato Salad with Green or Wax Beans *Serves 10*

- 4 pounds small Yukon gold or red-skinned potatoes, quartered
- 1 pound green or wax beans, cut into one-inch segments
- 1 to 2 small garlic cloves, peeled
- 2 bunches of Thai basil (about one ounce each)
- 1/4 to 1/2 cup olive oil
- 6 tablespoons (or more to taste) mild vinegar, such as champagne, white wine or a white balsamic
- 1/4 cup chopped green onions (scallions)
- 1/2 cup pine nuts, toasted
- Parmesan cheese to taste
- Salt and freshly ground black pepper

Cook potatoes in large pot of boiling salted water until just tender, about 10 minutes. Add beans; cook four minutes longer. Drain well and let cool, then transfer potatoes and beans to a large bowl.

Meanwhile, discard the stems from the basil and wash and dry the leaves. Puree them in a food processor with garlic, drizzling in enough olive oil that it gets saucy. Season the pesto with salt and pepper.

Toss the beans and potatoes with pesto. Stir in vinegar, green onions, pine nuts and season with salt, pepper and/or additional vinegar to taste. Finally, shave some wide flecks of parmesan over the salad with a vegetable peeler.

Serve immediately, or make this up to two hours in advance. It can be stored at room temperature.

Note: *Although one can use “store-bought” pesto, making your own, as suggested, is highly recommended.*

www.smittenkitchen.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Fifth Harvest: 7/2/13 & 7/5/13

Rosanne Cash's Americana Potato Salad

Serves 8

3 pounds medium red-skinned (or Yukon gold) potatoes,
unpeeled, scrubbed
8 dill pickle spears or a handful of cornichon, coarsely chopped
(about 1-1/2 cups)
3 celery stalks, chopped (about 1 cup)
1 small red onion, chopped (about 1 cup)
3 hard-boiled eggs, peeled, chopped
2/3 cup mayonnaise
2 T Dijon mustard
2 T apple cider vinegar
2 T minced fresh dill
Salt and pepper to taste

Cook potatoes in large pot of boiling salted water until fork-tender, about 30 minutes. Drain and cool, then cut potatoes into chunks and transfer to large bowl. Stir in pickles, celery, onion, eggs, mayonnaise, mustard vinegar and dill. Season potato salad to taste with salt and pepper.

Do ahead: Vegetables and dressing can be prepared and stored separately a day or two in advance. Mix and let stand at room temperature one hour before serving.

Adapted from Bon Appétit

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Sixteenth Harvest: 9/17/13 & 9/20/13

Curried Turkey with Potatoes *Serves 4*

- 3-4 tablespoons vegetable oil
- 1 pound ground turkey*
- 1 chopped onion (optional)
- 2 chopped garlic cloves
- 1-2 chopped red chiles (optional)
- 1-inch piece of ginger, peeled and grated (or ginger powder)
- 1/2 cup broth (or water)
- salt to taste
- 2 large Yukon Gold potatoes, peeled, 3/4 inch cubes (can add/substitute turnips)
- 3 or 4 medium carrots, chopped
- 2-4 tomatoes, diced
- 1 cup fresh or frozen peas
- 1/2 cup fresh cilantro or parsley or both, chopped
- 1 tablespoon garam masala
- Curry (or curry powder):
 - 1 teaspoon turmeric
 - 1 teaspoon cumin
 - 1 teaspoon ground coriander

Heat vegetable oil over medium-high heat in a large pot with a lid. When oil is hot, add the ground meat, spreading it out over the pan (try not to crowd the meat, you may need to cook in batches). Cook meat without stirring, until it begins to brown. Once browned, break into crumbles with a spoon or spatula.

Add chopped onion and chiles. Stir and saute for 4-5 minutes, or until the onion begins to color a bit. Sprinkle salt over everything.

Add grated ginger and garlic, mix well and saute for another 1-2 minutes. Mix in the spices, water, and the potatoes, and carrots. Stir to combine and cover. Turn heat down to medium-low and simmer for 15-20 minutes, or until the potatoes are tender.

When the potatoes are tender, gently fold in the diced tomatoes and peas. Cover the pot and cook 2 minutes. Take pan off heat while the peas are still bright green (semi cooked – they finish in the pan). Add salt to taste.

Right before serving, dress with chopped cilantro and parsley. Serve alone or with flatbread (naan) or white rice.

*Note: Substitute ground chicken, beef, lamb or seitan for the ground turkey.

Submitted by CSA member Heather Donovan

Autumn Potato/Parsnip Salad

Serves 6

- 1-1-1/2 pounds small, waxy potatoes, well scrubbed and halved or quartered
- 1/2 pound baby carrots, well scrubbed and halved or quartered
- 1/2 pound parsnips, well scrubbed, and halved
- 6 medium shallots, peeled
- 1/4 cup extra virgin olive oil
- 2 big pinches of sea salt
- 2 bunches of scallions (green onions), greens topped off, and halved lengthwise

Vinaigrette:

- 2 tablespoons red wine vinegar
- 1 small shallot, minced
- 2 teaspoons whole grain mustard
- 1/4 teaspoon fine grain sea salt
- 1/3 cup of olive oil
- 1 tablespoon heavy cream or creme fraiche (optional)
- 2 cups cooked wild rice (opt)

Preheat oven to 375°F. In a large bowl toss the potatoes, carrots, parsnips, and shallots with 1/4 cup of olive oil and 2 big pinches of salt. When the ingredients are well coated, turn them out onto a large baking sheet in a single layer. There will be a bit of residual oil in the bottom of the bowl, gently add the green onions to the mixing bowl and push them around a bit until they are coated as well. If there is room on your baking sheet add the onions in their own corner (they take less time to roast

and you will need to remove them), or place them on their own baking sheet. Place in the oven.

The scallions will finished baking first – remove them when they are well-browned, roughly 20 minutes. The remainder usually takes somewhere between 40 and 60 minutes. Let them go until they are deeply golden and tender throughout. Check them regularly, flip them with a metal spatula once or twice, and if any of the smaller pieces are getting too dark pull them off the pan.

While the vegetables are roasting, start the dressing by pouring the red wine vinegar into a small bowl along with the chopped shallot. If you have the time, let it sit there for twenty minutes or so. Whisk in the mustard and salt, before slowly drizzling in the olive oil, whisking all the while. Whisk in the cream, taste and adjust with more mustard, vinegar, salt, to taste.

When they are done roasting, remove the vegetables from the oven. In a large bowl toss the wild rice (if you're going that route) with a splash of the vinaigrette. You can now either transfer the rice to a serving platter, as a bed for the vegetables, or you can add the roasted vegetables to the bowl and toss them with the rice, the rest of the dressing, and half of the scallions. Turn everything out onto the platter and serve topped with the remaining roasted scallions.

Note: Cut vegetables into pieces of similar thickness, so they roast in a similar time frame.