

Fry Family Farm

CSA Newsletter

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CHIOGGA BEETS

'Chioggia' is a pre-1840 Italian heirloom variety of garden beet (*Beta vulgaris*). Sometimes called Candystripe Beet or Bull's Eye Beet, it is distinguished from other varieties by the alternating concentric rings of scarlet red and white inside. There is considerable variation in the amount of coloration, with some individuals being nearly completely red, others almost white, and every combination between those two extremes. The slightly flattened globe-shaped roots have a red-orange or pink to light red skin. Many people say these beets are sweeter, milder or more peppery than the typical red beets. The leaves are medium height with green stems and red shading. It is noted for its relative absence of bleeding.

Beets probably originated in the Mediterranean area where their leaves were harvested for food. **Swiss chard**, which is really just a bottomless beet, is an improved version of these early, leafy beets. Up until the 16th century beet roots were primarily used for medicinal purposes (they do contain a lot of beta carotene and vitamin C). Both the leaves and roots are used as food now. In addition to Chioggia beets, there are many varieties of red and golden beets. Although beets are technically a biennial, they are always grown as annuals.

IN YOUR BOX:

Partial Share:

Salad Mix
Green Beans
Chioggia Beets
Cucumbers
Tomatoes
Green Zebra Toms.
Bell Peppers
Onions
Potatoes
Seedless Watermelon
Basil
FLOWERS: Sunflowers &
Perennial Sunflowers

Full Share:

Salad Mix
Green Beans
Chioggia Beets
Cucumbers
Tomatoes
Green Zebra Tomatoes
Bell Peppers
Onions
Potatoes
Seedless Watermelon
Summer Squash
Basil
FLOWERS: Sunflowers &
Perennial Sunflowers

New Red Potatoes

This is our first week harvesting our new potatoes. And they are **AMAZING!** Truly, I don't believe that I've ever had such a tasty tater. It is rare to be able to eat such fresh potatoes, so **ENJOY!** The skins, which usually thicken up with more time, have not yet fully formed, making their appearance slightly unsightly. But **FEAR NOT!** These spuds make any old recipe extraordinary. Also, they should be stored in the fridge in a non-air tight container.

Beet Serving Suggestions

Beet leaves can be used as greens in salads or cooked in any recipe that calls for collards, kale, chard, or spinach. The roots can also be grated raw and added to salads.

Small (or "baby") beets are ideal for steaming, roasting, and pickling whole. Larger roots can also be cooked by these methods, but are generally cut into pieces. Beets are the main ingredient of the Russian soup called borscht, a thick concoction of chopped or pureed beets often topped with a dollop of sour cream.

My favorite way to prepare beets is to grate them (like you would potatoes for potato pancakes) and then sauté them over medium-high heat in a little butter until tender. The striped Chioggias are beautiful when grated - but lose the distinct bands when cooked, turning an overall pinkish-gray.

Easy Buttery Potatoes

Potatoes-cut or use 1-2 "pieces"
Butter
Fresh Dill or Parsley
Salt & Pepper
Water.

Put potatoes in pan with just enough water to cover them, and boil until all water has evaporated or soaked in. Add butter and fresh herbs to your liking, then sprinkle with salt & pepper to taste. A good butter should be used here: look for cultured butter at the Ashland Food Co-op or other fine stores.
(This recipe courtesy of Charlene Rollins)

Sister Sandy's Amazing Potato Salad

This is quite honestly the best potato salad I've ever eaten. The flavors are so full and the texture is perfect. Thanks to Suzi's sister Sandy for sharing this with us! You're gonna love it!

2 1/2 to 3 lbs. Potatoes
3 TB Balsamic Vinegar
1/3 C Apple Cider Vinegar
2/3 C Canola Oil
1/2 t Tabasco Sauce
1 TB Italian Herbs
1 t Garlic Powder
1/2 t Pepper
1/2 t Kosher Salt
6 Hardboiled Eggs Diced
3 Stalks of Celery including Leaves Diced
1/4 C Fresh Parsley Chopped
1 Sweet Onion (medium)
1 t Dill Weed
1/2 to 3/4 C Best Food Mayonnaise
1 TB Dijon Mustard
1/2 t Tabasco
Salt and Pepper to taste

Cut potatoes into uniform pieces. (2" potatoes cut in half) Boil potatoes in salted water until tender. Mix Oil, Vinegars, Tabasco, Garlic Powder, Herbs, Salt and Pepper. Marinate the potatoes with the vinegar & oil mixture and refrigerate until potatoes are cool (or overnight) stirring a couple of times to keep marinade on potatoes. Cut cooled potatoes into small pieces. You may leave skin on the new potatoes. Stir Tabasco and mustard into mayonnaise and add with celery, onion, dill weed, parsley and eggs to potatoes. Add salt and pepper to taste. Garnish with paprika and parsley.