

## Fry Family Farm

### CSA Newsletter

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#### Yukon Gold Potato History

Yellow-fleshed potatoes are common in Europe and South America. In fact, yellow flesh potatoes are actually considered the norm in most countries outside North America, so naturally, immigrants to North America were accustomed to and preferred potatoes with yellow flesh. This untapped market was begging for an enhanced, disease-resistant gold variety which could be easily grown in North America. We have the potato-breeding program of the University of Guelph in Canada to thank for the Yukon Gold. Led by potato breeder Dr. Gary Johnston and sponsored by Agriculture and Agri-food Canada, a research team spent years experimenting, finally achieving success by cross-breeding a North American white potato (Norgleam) with a wild South American yellow-fleshed variety (W5279-4). The result was the Yukon Gold, the first Canadian-bred potato to be marketed and promoted by name. It received a Canadian license in 1980 and soon began exportation to the United States.

#### Herbed New Potatoes *(Copyright 2004, Barefoot in Paris)*

##### **Ingredients:**

- 4 tablespoons (1/2 stick) unsalted butter
- 2 1/2 pounds Yukon gold potatoes, scrubbed but not peeled
- 2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 3 tablespoons chopped mixed fresh green herbs, such as parsley, chives, and dill

##### **Directions:**

Melt the butter in a Dutch oven or large heavy-bottomed pot. Add the whole potatoes, salt, and pepper and toss well. Cover the pot tightly and cook over low heat for 20 to 30 minutes, until the potatoes are just tender when tested with a small knife. From time to time, shake the pot without removing the lid to prevent the bottom potatoes from burning. Turn off the heat and allow the potatoes to steam for another 5 minutes. Don't overcook! Toss with the herbs, and serve hot.

#### IN YOUR BOX:

##### **Partial Share:**

Red Leaf Lettuce  
Green Beans  
Globe Eggplant  
Green Cabbage  
Basil  
Bell Peppers  
Tomatoes  
Cucumber  
Yukon Gold Potatoes  
Ancho Peppers  
Seedless Watermelon  
Tomatillos???  
Flowers: Gladiola, Bear  
Grass & Cattail

##### **Full Share:**

Salad Mix  
Red Leaf Lettuce  
Green Beans  
Globe Eggplant  
Green Cabbage  
Basil  
Bell Peppers  
Tomatoes  
Tomatillos  
Cucumbers  
Yukon Gold Potatoes  
Ancho Peppers  
Seedless Watermelon  
Delicata Winter-  
Squash  
FLOWERS: Gladiola,  
Bear Grass & Cattail  
Bouquet

### Cucumber Gazpacho with Shrimp and Melon *(CuisinArt Resort & Spa)*

1 3/4 large cucumbers, peeled, seeded, and coarsely chopped (about 3 1/4 cup), plus 1/4 large cucumber, peeled, seeded, and cut into small dice for garnish (about 1/4 cup)

2 scallions (white and green parts), coarsely chopped

1/2 cup (loosely packed) assorted fresh herbs, such as basil, chives, and mint, coarsely chopped, plus 1/4 cup finely chopped (for garnish)

1 (1/2-inch) piece fresh ginger, coarsely chopped

1 small clove garlic, coarsely chopped

3 tablespoons extra-virgin olive oil

1/4 cup plain low-fat yogurt

3/4 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

1/4 teaspoon hot sauce

1/4 pound large shrimp (31 to 40 count per pound) peeled, cooked, and cut into medium dice (about 8 shrimp)

1/2 cup seedless watermelon or cantaloupe, cut into small dice

In blender or food processor, combine coarsely chopped cucumber, scallions, coarsely chopped herbs, ginger, garlic, olive oil, and yogurt and process until smooth, about 1 minute. Stir in 1/2 teaspoon salt, pepper, and hot sauce, then transfer to large airtight container and refrigerate 1 hour or up to 4 hours. In small bowl, stir together shrimp and remaining cucumbers, herbs, and salt. Fold watermelon or cantaloupe into soup. Divide soup evenly among 4 chilled bowls and top each with dollop of shrimp mixture. Serve immediately.

### Grilled Yukon Gold Potato Salad with Red Pepper-Smoked Paprika Mayonnaise

*(By Bobby Flay, Courtesy of Food Network)*

2 pounds small Yukon gold potatoes

Salt and freshly ground black pepper

1/2 cup prepared mayonnaise

2 tablespoons Dijon mustard

2 red bell peppers, grilled, peeled, seeded and diced

2 cloves garlic, chopped

1 tablespoon white wine vinegar

1 tablespoon Spanish smoked paprika

Canola oil

1/4 cup chopped flat-leaf parsley, plus more for garnish

Heat the grill to high. Place the potatoes in a large saucepan and cover by 1-inch with cold water. Add 1 tablespoon of salt, bring to boil over high heat and cook until just cooked through, about 10 minutes. Drain, let cool slightly and halve..

While the potatoes are cooking, combine the mayonnaise, mustard, peppers, garlic, vinegar, paprika and salt and pepper in a blender or food processor and process until smooth.

Brush the cut sides of the potatoes with oil and season with salt and pepper. Grill cut side down until lightly golden brown, about 2 minutes.

Toss the potatoes with the red pepper mayonnaise while still warm, mashing slightly to break them up. Fold in the parsley and season with salt and pepper, if needed.