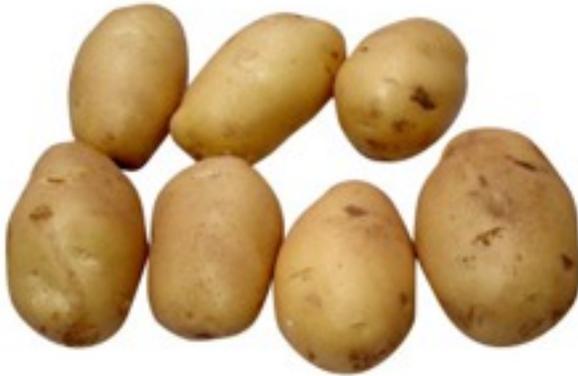


Potatoes

Whether mashed, baked or roasted, potatoes are the comfort food for many people. It is an important food staple and the number one vegetable crop in the world. They are a pretty good source of potassium, but should be considered the starch portion of the meal.



TIPS:

Storage: Potatoes need a cool dark place to store well. New potatoes don't store for a long time, and must be eaten within a couple weeks. Do not refrigerate potatoes

Long-term Storage: Store in a dark cool place for months.

General Cooking Info: Different types of potatoes are good for different things. High starch potatoes like **Russetts** are good for frying, and baking as they develop a nice fluffy consistency. They make a smooth and creamy mashed potato. Low starch potatoes like **Red Norland** are good for boiling into potato salads, baking in casseroles or roasts, and barbecuing. The reason being, they keep their shape well when cooked. They make a thick and lumpy mashed potato. Potatoes like **Yukon Gold** and **Kennebec** fall in the middle ground with starch levels. This makes them much more versatile and can do just about any cooking method fine.

New Potatoes: Refers to tubers that have been dug before the skin has had a chance to toughen. They tend to have a very "fresh" flavor and aroma.

Growing info: Potato is grown from cut up potatoes in March or April. As the plants grow we hill soil up around them so there are more places along the stem where potatoes will grow. After hilling we mulch heavily with straw. This keeps weeds down and keeps the soil cool and moist which the potatoes like.

Common Problems: Colorado potato beetles and flea beetles are present and cause a pretty large amount of defoliation. Yield hasn't seemed to suffer with minimal control in past years.

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from top left: Red Norland, Yukon Gold.

Below: Kennebec, Russett



Rosemary Roasted Potatoes

1 1/2 pounds small red or white-skinned potatoes (or a mixture)
 1/8 cup good olive oil
 3/4 teaspoon kosher salt
 1/2 teaspoon freshly ground black pepper
 1 tablespoons minced garlic (3 cloves)
 2 tablespoons minced fresh rosemary leaves

Preheat the oven to 400 degrees F.

Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, garlic and rosemary; toss until the potatoes are well coated. Dump the potatoes on a baking sheet and spread out into 1 layer; roast in the oven for at least 1 hour, or until browned and crisp. Flip twice with a spatula during cooking to ensure even browning.

Remove the potatoes from the oven, season to taste, and serve.

from Foodnetwork.com

Potato Leek Soup

3 leeks
 4 potatoes, quartered
 1/4 cup butter
 1/2 cup milk
 1/2 cup light cream
 1 qt. water or chicken stock
 1/4 teaspoon fresh chopped chervil
 2 tbsp. each chopped celery and shallots
 1/8 teaspoon celery seed
 parsley, to garnish
 Peel and quarter the potatoes.

Prepare the leeks by removing the green portions, reserving for another use if desired. Cut down the center lengthwise and wash thoroughly. Chop the white portions finely. Sauté until softened with the shallots in half the butter for 5-7 minutes.

Add 1 quart of water or chicken stock, 1/2 teaspoon of salt, celery, the quartered potatoes, and simmer 20-25 minutes.

Remove potatoes and leeks to a small bowl. Using a potato masher, mash the potatoes to a puree. Return

the puree to the cooking water.

Stir in the milk, cream, and remaining butter. Heat until heated through (about 2 minutes).

from Cooks.com

Potato Salad

4 hard boiled eggs, diced.
 4 cups of steamed potatoes, diced.
 1 1/2 cups of mayonnaise.
 1/2 cup of green onion, diced.
 1/2 cup of sweet relish.
 2 oz of pimentos, diced.
 1 tablespoon of mustard.
 1 1/2 teaspoons of salt.
 1 teaspoon of celery seed.
 1/2 teaspoon of garlic salt

Steam whole, unpeeled potatoes; then allow to cool overnight.

Peel and dice the potatoes. Combine all of the other ingredients, then pour over potatoes, mixing well. Refrigerate at least 60 minutes before serving.