



THE SEEDPOD STANDARD

CSA NEWSLETTER

8.16.15



"Agriculture is our wisest pursuit, because in the end it will contribute most to real wealth, good morals and happiness."

*Thomas
Jefferson*

A NOTE FROM SEEDPOD FARM

Dear Partners,

I really can't help pulling quotes from Thomas Jefferson. He was so passionate about farming, using sustainable practices and providing hospitality at his home to share the food that was grown on the land. It helps that he was a prolific writer.....and I'm sure for him it was far more pleasurable to write about okra and potatoes than the politics of the day.

The downpour this past week was welcome- but hardly enough really. We had a hive check this Sunday as we have been concerned about our hives and their lack of production. They're fine- so that's a relief- but our weird weather has not only effected the rate at which the vegetables have grown, but also the amount of forage our bees have had. Plans are in the works to try to plant some fall blooming perennials. Perhaps that's something you could consider in your own home garden? The pas few years forage has dried up early- we could all do the bees a favor in providing them nectar sources for late summer, early fall. Something to think about-

Warm Regards,

The Gulletts

The Likely Line-Up: **Nero Kale White Russian Kale Rainbow Chard**
Garden Lettuce: Red Sail, French Crisp, Tom Thumb Velour Green Beans,
Cucumber, Peppers, Sugar Snack Carrots, Herbs & more

HARVEST HIGHLIGHT

Kennebec Potatoes:

Developed in Maine in the 1940's, Kennebec potatoes have been considered a gourmet potato. This dense potatoes has a very thin skins and firm flesh, making it perfect for french fries. Use this potato in any dish. Unlike other varieties on the farm, this one is the definition of versatile!



FOR YOUR INFORMATION- I love potatoes. I love them mashed, fried, roasted- and loaded with the good stuff (or not so good stuff depending upon how you look at it. In looking at potato nutrition, you might find the below chart taken from the National Potato Council website of interest-

Potassium Content of Commonly Consumed Fruits and Vegetables



Source: U.S. Department of Agriculture, Agricultural Research Service, 2013. USDA National Nutrient Database for Standard Reference, Release 25. Compiled by Alliance for Potato Research and Education

Roasted Potatoes- From the Seedpod Farm Kitchen

Preheat the oven to 375 degrees. Prepare a sheet pan by spreading 2T of olive oil all over the bottom. Dice your choice of potatoes (a variety is nice) and place on sheet pan. Cut garlic into larger pieces and mix with potatoes. Using your hands (the best tool for the job) toss the potatoes and garlic on sheet pan so that the oil covers the surfaces. Sprinkle with freshly chopped rosemary (2T) and sea salt. Roast for 20 min- checking potatoes after 10min and stirring if necessary. Squeeze with ½ lemon just prior to serving for a zesty twist.