



7/20/11

Dear Members,

Greetings from the farm! In your share this week you'll find lettuce, carrots, Hakurei salad turnips, beets, snow peas, new potatoes, and baby summer leeks. New potatoes are a real treat, thin-skinned and exceptionally flavorful and tender. The variety in your box this week is Red Pontiac, a great variety for mashing with lots of butter, roasting whole, or used with the leeks in the following recipe for Potato Leek Soup (Vichyssoise):

- 1 bunch of baby leeks
- 2 tbs butter
- $\frac{3}{4}$  pound potatoes, thinly sliced
- 4 cups chicken broth (or vegetable broth)
- Several sprigs of thyme (optional)
- $\frac{3}{4}$  cup heavy cream
- Salt and pepper to taste
- Minced chives or green onion tops for garnish (optional)

Clean and chop leeks (for those of you who haven't used leeks before, you only eat the stalk, *not* the leaves. Cut off the little tuft of roots and discard, then chop as far up the stalk as you can until you get to a leaf. Pull off the leaf and chop up to the next leaf and so on until there's no stalk left. As you pull off each leaf you will probably need to rinse off any soil or grit that you expose). Sauté leeks in butter until soft. Add potatoes and stock, bring to a boil and skim off and discard any foam that rises to the top. Add optional thyme and simmer until potatoes are soft. Discard thyme, let soup cool slightly. Puree with either a handheld blender or in a blender with center part of cover removed to let steam escape. Stir in cream, salt and pepper to taste and either serve hot with optional garnish, or chill in refrigerator for at least four hours and serve cold with optional garnish. Serves 4-6.

You have beets in your share again this week. One of my favorite ways to use beets during the hot summer months is to make a cold salad with them:

- 1 bunch beet roots, chopped into bite-size pieces
- 1-2 tbs of minced onion (or green onion tops)
- 2-3 oz chevre (soft goat cheese), plain or herbed
- 2 tbs minced walnuts
- 2-3 tbs olive oil
- 2 tsp balsamic vinegar
- 1 tbs minced fresh herbs (chives, dill, parsley, etc.), optional

Boil beets until tender. Drain and cool. Put in a bowl and mix in onion, chevre, and walnuts. In a small bowl or jar mix together olive oil, vinegar and optional herbs. Pour this over your beet mixture and serve cold.

Enjoy your week!