



Wolf Pine Farm

Community Supported Agriculture
259 Mouse Lane, Alfred, Maine 04002

WEEK OF SEPTEMBER 14-20, 2003

On The Back

Muncher Returns

CSA Store Survey

Root Roast

Herb Roasted Potatoes

Oh, Potato

This year we grew ten different varieties of potatoes. Some were for new potatoes, some for our regular season tubers, and some to give out as part of the winter shares. Each potato is slightly different in color or texture or taste. Here are some of the varieties that you may choose in your share this week and some basic info about what makes them special. Check out the details below about the dig-your-own-potato days.

Reddale Potato – Red skin, white flesh. A waxy and moist texture that holds its shape well. Excellent in potato salad, boiled or baked.

Caribé Potato – Purple skin, white flesh. Creamy flavor, medium-dry texture. Great in potato-leek soup, baked, or mashed

Onaway Potato – Buff skin, white flesh. Has a smooth & creamy flavor & stores well for the winter. Excellent in potato salads, soups & stews.

Cranberry Red Potato (Also know as All Red) – Red skin, pinkish red flesh. Has a soft & moist texture. Excellent steamed, in au gratin dishes, and sautéed.

Winter Share Update:

There are still winter shares available. If you did not see the newsletter that described the winter share in detail you can go to the August 31st newsletter under the ***Notes from the Farm*** section. Just send or bring a check for \$100 to reserve one of these shares for this November, December & January.

Potluck Reminder

Please join us on September 20th at 6 pm for the last CSA potluck dinner of the season. Please give a call or drop me an email if you plan to attend. We will try to eat outside if the weather cooperates, but festivities may be moved inside if needed. Please plan to bring your own picnic place setting (plate, cup, bowl, silverware) just in case we do not have enough to go around and lawn chairs or blankets are always a good idea. Recipes for your potluck contribution have also been requested by some members so bring those along if you can. – Amy

Potato Digging Days

Dates:

Tuesday, September 30th, 3-5:30 p.m.

Thursday, October 9th, 3-5:30 p.m.

We are not able to offer this on a Saturday

These days will be set up so that you can come and dig your own potatoes for your share for the week (probably about 10 lbs/share). We will have some potatoes harvested already for anyone who is not able to participate in the digging or for people in pickup groups. If you are interested in purchasing extra potatoes you can plan to dig some more. Please bring paper bags for any potatoes that you plan to bring home. We will have a weigh & pay table in the field. Feel free to drive down on this day if you think that you'll be lugging home many pounds of potatoes.

A New Beginning for Muncher – by Pete Engler

The station wagon door slammed shut and its engine roared to life. The car rolled out of the driveway and the coast was clear. From Muncher's vantage point he could see the house, the garden, and a good portion of the yard. It looked like there was plenty of cover from where he was to the garden, but the escape route looked a little sketchy. If something were to go wrong he would have to rely on his woodchuck speed alone. But nothing was going to go wrong; Muncher had been scoping out this garden for days and had the people's routines memorized. The lady of the house had just gone to work and her housemate wasn't around anywhere.

Muncher made his move. He began by creeping along the tree line and then scurrying over to the hedge. Twenty feet of lawn was all that separated Muncher from his dream feast. Muncher bolted across the yard and made it to the garden.

He began by sampling some of the cabbage leaves; quite tasty but not exactly what he was looking for. "Well what do we have here?" thought Muncher grinning to himself. "Looks like broccoli." Almost instantly they were gone. Cauliflower, kale, kohlrabi, nothing went untouched. Muncher was beginning to wonder how much more he could eat when he heard the house's screen door slap shut. It was now time for that speedy woodchuck getaway.

As Muncher was about to make his escape his ears perked up. "Tweet, tweet, tweet, help, please help me." A baby hummingbird with an injured wing was hobbling around in circles in the carrot row. "I was just trying to eat in the phlox over there and a coon cat tried to hurt me. If he finds me he'll eat me."

Muncher looked into the bird's eyes and could see both fear and pain. He had a soft spot in his heart for hummingbirds and no love for cats. "You poor little thing, what's your name?"

"My name is Sam, do you think you can help me?"

"Right now I've got problems of my own, but if you think you can hold on to the back of my neck I'll give you a lift out of here. But we have got to hurry. By the way, my name is Muncher."

"Oh, uh, hi Muncher."

"We gotta go Sam- hold on tight. Muncher flopped Sam up onto his back and Sam held on with his little beak. His wing was really hurting him. As they hightailed it down the cabbage row Muncher thought he could hear human footsteps. He had really eaten too much and was experiencing difficulty running. The added weight of the hummingbird didn't help matters either. "Sam- I feel a little sick. I think I'm gonna-"

TO BE CONTINUED

Stay tuned next week for the end of this new Muncher story.

CSA Store Survey

Thanks to everyone who has submitted a paper or web survey. From the response we have seen so far it seems like an idea worth pursuing. Please bring your paper copies back this week or submit your responses on the website: <http://www.wolfpinefarm.com/cgi-bin/survey/survey.pl>

Herb Roasted Potatoes – adapted from a Wood Prairie Farm Recipe

Chop desired herbs (rosemary, oregano, sage, parsley, chives, etc.) and place in a bowl with ½ to 1 cup of oil. Let it sit for about 15 minutes then add some salt and pepper (and any other spices you wish... cumin, cayenne, etc.). Meanwhile, chop up desired amount of potatoes into 1" cubes. Add potato pieces to oil, herb and spice mixture and roll until coated with the mixture. Place on a baking sheet in a 375° oven and bake for about 25 to 30 minutes or until golden.

Root Roast – from Rose Valley Farm CSA Foodbook

Any combination of potatoes, sweet potatoes, beets, rutabagas (or turnips)

Cut root vegetables in strips or cubes. Coat with oil. Sprinkle on chili powder to taste, salt and black pepper. Sprinkle chopped garlic over the top. Bake until tender at 375°. Tasty with vinegar or catsup.