

VEGETABLE OF THE WEEK

POTATOES

We grow mostly all-purpose potatoes. These are potatoes that have qualities that fall in between those of boiling (not as starchy) and baking potatoes (high starch). They include: blue potatoes, Yukon Gold potatoes, Kennebec potatoes, and a couple red potato varieties.

To store: Keep unwashed potatoes in a cool, dark, dry place, such as a loosely closed paper bag in a cupboard. They will keep for two weeks at room temperature. Moisture causes potatoes to spoil, light turns them green, and proximity to onions causes them to sprout. Don't put them in the refrigerator, as low temperatures convert the starch to sugars. However, new potatoes, which are young and thin-skinned, can be refrigerated if you don't plan to eat them within a few days.

Handling: Scrub well and cut off any sprouts or green skin. Peeling is a matter of preference. In soups, the skins may separate from the flesh and float in the broth, but when baked, pan-fried or roasted, the skins acquire a crisp, crunchy texture. If baking a whole potato, be sure to prick the skin at least 2 places to allow steam to escape.

To use: Boil potatoes in water for 20-30 minutes until tender. If desired, mash them. Use potatoes in soups, hash browns, and salads. Roast sliced or whole small potatoes with fresh herbs, salt, and olive oil at 400 degrees until tender, about 20 minutes.

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