



“Information is like compost; it does no good unless you spread it around.”

~Eliot Coleman~

The Colorado Rose Potato



The Colorado Rose is a red skin potato that is easy to peel and an excellent masher. It works great in traditional red potato dishes. We ate some this week in an “au gratin” recipe and they were super delicious.

It is also worthwhile to mention that potatoes have been given a bad rap lately as far as their nutritional health. Potatoes are actually healthy; you just have to be mindful of how you prepare them. One medium potato (5.3 oz.) contains:

- 45% of the daily value for vitamin C,
- Has more potassium than even bananas, spinach, or broccoli
- Has 10% of the daily value of B6
- 110 calories

This week's CSA share contains:

- Lacinato or Siberian Kale
- Assorted Summer Squash
- Oakleaf lettuce head
- Easter Egg Radishes
- Rainbow Carrots
- Sorrel
- Black Summer Bok Choy
- Walla Walla onions
- Colorado Rose Red Potatoes



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Here is a recipe that incorporates kale, sorrel, onion, potatoes, and squash from this week's CSA share!

Potato, Kale, and Squash Tacos

Total Time: 30 Mins.

Servings: 1-2



Ingredients

- | | |
|--|--------------------------------------|
| 1 can of black beans (or ½ cup dried beans cooked) | |
| 1-2 potatoes, boiled and diced | 1 bunch kale, de-stemmed and chopped |
| ½ onion, chopped | feta cheese |
| 1 lime, juiced | ¼ tsp. cumin |
| 1 tbsp. olive oil | ¼ tsp. oregano |
| 1 bunch sorrel, chopped | 1 cup salsa |
| 1 summer squash, chopped | |

Preparation

1. Warm a can of black beans (or use your already cooked dried black beans) over the stove on medium heat. Add lime juice and cumin.
2. Cube potatoes and boil in water.
3. In another pan, sauté ½ cup of finely diced onion in 1 Tbsp. olive oil. Add oregano and cook until translucent.
4. Add potatoes to the onion mixture and mash together.
5. Add summer squash to potatoes and cook for a few minutes. Add kale and sorrel to the potatoes and cook until the greens are soft.
6. Add salt and pepper to taste.
7. Warm up your favorite tortillas. Place beans and greens on them. Add feta cheese and salsa. Easy and delicious!