

NEW POTATO AND ASPARAGUS SALAD

INGREDIENTS:

3 medium red new potatoes (about 17 ounces), halved lengthwise
1 pound asparagus, trimmed
1 tablespoon Dijon mustard
1 tablespoon fresh lemon juice
1/4 cup olive oil
2 tablespoons minced fresh chives
Salt and freshly ground pepper

DIRECTIONS:

Cook potatoes in large pot of boiling water until just tender, about 20 minutes. Drain and cool slightly. Cook asparagus in large pot of boiling salted water until just crisp-tender, about 8 minutes. Drain. Refresh under cold water. Cut potatoes into wedges. Cut asparagus into 1 1/2-inch pieces. Toss vegetables together in large bowl. Combine mustard and lemon juice in small bowl. Gradually whisk in oil. Pour over vegetables. Add chives and toss to coat. Season with salt and freshly ground pepper. Serve salad warm or at room temperature.

Source: <http://www.epicurious.com>

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UPCOMING EVENTS

(complete details at www.accokeek.org)

SO YOU THINK YOU CAN COMPOST?

Saturday, August 8, 2009, 12:00-12:30 p.m.

Education Center, Rain or Shine

**\$2 Per Person, Children Under 3 Free,
Members Free, Includes Admission to National
Colonial Farm**

Join puppets Miss Eartha Worm and Slimon Foul in judging "So You Think You Can Compost!" This entertaining theatrical performance gets kids into the act, when they join the contestants of Coffee Grounds, Meat, and more to learn who can be composted. The play was created through an ongoing partnership between The Foundation and the National Children's Museum, and is performed by The Foundation's Museum Theater Interns.

COLONIAL FOODWAYS

Saturday, August 15, 2009, 10:00 a.m.-4:00 p.m.

3rd Saturdays Monthly

National Colonial Farm, Rain or Shine

Admission Fee Required, Members Free

Join us as costumed interpreters demonstrate preparation of fashionable foods favored by the tobacco-growing gentry in Prince George's County, on the eve of the American Revolution.

For more information please call 301.283.2113, or email us accound@accokeek.org.

FIELD NOTES

Volume 14, Number 12 July 28, 2009

This Week

In your box this week are the first full pints of cherry tomatoes ("Sungold"), as well as Mountain Rose potatoes, Cape Gooseberries, hot peppers, green peppers, and shallots. The potatoes, more so than last week's, are fresh and should be used, not stored. They will, of course, be fine over the week. Their flaky skin indicates they're truly "new potatoes", meaning they're young and fresh. Their skin hasn't toughened up yet, so they won't hold up over long-term storage like storage potatoes. But why wait, anyway? Try them with the shallots...

Is it the Dawg Days of Summer yet? Perhaps, perhaps not; but it's hot, and the best time of day to work is in the evening. As always, there's much to do. This week we'll take wheat and triticale to Mount Vernon, plant next year's strawberries, receive loads of straw and compost, and visit One Straw Farm far to the north of us. We'll also transplant the first of Fall's brassicas, and the last of summers cucurbits and beans, turn over early summer crops, cultivate beets, carrots, chard, and salad mix, tend our summer plots, and harvest, harvest, harvest. So this week we leave you with the words of two others and save our own to echo in our heads for another week. As always, be great.

Mike

THIS WEEK'S HARVEST

Cape Gooseberries
Cherry Tomatoes
Eggplant
Garlic
Green Peppers
Hot Peppers
Potatoes – French Fingerlings
Summer Greens Mix
Shallots
Tomatoes – "slicers"

“We normally chew about a hundred times a minute. But, if we let something linger in our mouth, feel its texture, smell its bouquet, roll it around on the tongue, then chew it slowly so that we can hear its echoes, what we’re really doing is savoring it, using several senses in a gustatory free-for-all. A food’s flavor includes its texture, smell, temperature, color, and painfulness (as in spices), among many other features. Creatures of sound, we like some foods to titillate our hearing more than others. There’s a gratifying crunch to a fresh carrot stick, a seductive sizzle to a broiling steak, a rumbling frenzy to soup coming to a boil, an arousing bunching and snapping to a bowl of breakfast cereal...”

-Diane Ackerman, *A Natural History of the Senses*

“Is man then meant to spurn the gifts of Nature? Has he been born but to pluck the bitterest fruits? For whom do those flowers grow, that the gods make flourish at mere mortals’ feet? ... It is a way of pleasing Providence to give ourselves up to the various delights which she suggests to us; our very needs spring from her laws, and our desires from her inspirations.”

-Epicurus

REGISTER TODAY FOR THE NEXT RAIN BARREL WORKSHOP!

Saturday, August 8, 2009

1:00 p.m. to 3:00 p.m.

Registration Deadline is Wednesday, August 5th

Education Center, Rain or Shine

Workshop is Free, Rain Barrel is \$90

Here’s your chance to save money and help the environment! Collecting and reusing rainwater will save money on your water bill, and decrease the impact of runoff on our waterways. Did you know? Every inch of rain that falls on 1,000 square feet yields 623 gallons of water. That’s water you can use for free! The workshop will cover installation, maintenance, and landscaping. You may register for the workshop even if you decide not to purchase a barrel. Rain barrels may be purchased for \$90. For more information, please call 301.283.2113. This workshop is a partnership with The Interstate Commission on the Potomac River Basin.

BRAISED CHICKEN WITH GREEN PEPPERS AND TOMATOES

INGREDIENTS:

- 4 tablespoons (about) extra-virgin olive oil, divided
- 2 1/4 pounds skinless boneless chicken thighs (about 12)
- 1 large onion, minced
- 3 garlic cloves, minced
- 2 tablespoons minced fresh Italian parsley
- 2 green bell peppers, cut into 1-inch squares
- 6 whole tomatoes from 28-ounce can, drained, chopped (or use fresh)
- 1 cup dry white wine

DIRECTIONS:

Heat 2 tablespoons oil in heavy large skillet over medium-high heat. Sprinkle chicken with salt and pepper. Working in batches, cook chicken until golden brown, about 4 minutes total, adding more oil as needed. Transfer to platter (reserve skillet). Add onion, garlic, and parsley to same skillet; sauté until onion is soft, scraping up browned bits, about 4 minutes. Add green peppers, tomatoes, and wine; return chicken to skillet. Cover; simmer over medium-low heat 30 minutes. Uncover; cook until chicken is tender and sauce is reduced, about 15 minutes. Season with salt and pepper. *Source: <http://www.epicurious.com>*

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PORK CHOPS WITH GOLDEN ONIONS AND WILTED TOMATOES

INGREDIENTS:

- 3 tablespoons olive oil
- 1 large onion, halved lengthwise, then thinly sliced lengthwise
- 1/2 teaspoon salt
- 4 (1-inch-thick) pork loin chops
- 1 pint red grape tomatoes or cherry tomatoes, halved lengthwise
- 1/2 pint yellow grape tomatoes or cherry tomatoes, halved lengthwise
- 2 1/2 teaspoons balsamic vinegar

DIRECTIONS:

Heat 2 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté onion with salt, stirring occasionally, until golden brown, about 8 minutes. Transfer to a bowl. Pat pork chops dry and season with salt and pepper. Heat remaining tablespoon oil in skillet over high heat until just smoking, then sauté chops until browned and just cooked through, about 3 minutes on each side. Transfer chops to a platter and keep warm, covered. Return onion to skillet and add tomatoes, then sauté over moderately high heat, stirring, until tomatoes are slightly wilted, about 2 minutes. Remove from heat and stir in vinegar and salt and pepper to taste. Serve chops topped with onion and tomato. *Source: <http://www.epicurious.com>*

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