

Hi All!

I hope you're all safe and warm! We are very happy and lucky to say that we were underwhelmed by Sandy's presence, and that we, our friends and families, and our farm came through unscathed. I hope you can all say the same.

We are keeping with our plan to push all deliveries back one day this week. We will deliver Tuesday shares on Wednesday, Wednesday shares on Thursday, and Thursday shares on Friday as we had hoped.

This will be a prediction-free week as to what will be in the bags. There will be roots and leaves, and nothing you haven't seen before. If you have questions, just let us know.

**In The Bag**  
**Potomac Vegetable Farms**  
**Week #6A: October 29, 2012**  
**Featuring: Sweet Potatoes**

Potatoes and sweet potatoes go in a cool, dark place. Butternut and garlic will be happy on the counter. Carrots, leeks, cabbage, leafy greens, broccoli, radishes, and peppers are do best in the fridge.

New (to some) items:

**Fennel** is commonly associated with Mediterranean cooking. Both the bulbs and the feathery fronds can be eaten raw and cooked. It has a slightly sweet, crunchy, anise or licorice flavor. It's high in vitamin C, fiber, potassium, and manganese. Try it raw in salads, or paired with fish to bring out the fish flavors. Use it in a stew to add a new depth to the

**Kohlrabi**, a stout member of the cabbage family, has a flavor reminiscent of broccoli stems or cabbage hearts, but slightly sweeter. It can be eaten raw, as a nice slaw, a crunchy and juicy addition to your salad, or sliced thin on sandwiches. Be sure to peel your kohlrabi—the outer skin is very tough.

**Preserving Sweet Potatoes**

**Store:** Keep sweet potatoes where the temperature is around 55-60°F. A good way to store them is to wrap them in newspaper and place in the back of a closet where the temperature remains pretty constant. Note: DO NOT store sweet potatoes in the refrigerator as they can get damaged by the coldness.

**Freeze:** Cook your sweet potatoes until almost tender by boiling, steaming, in a pressure cooking, or roasting in the oven. Let stand at room temperature until cool. Peel the sweet potatoes and then slice or mash them. Pack into containers, leaving 1/2-inch headspace. If desired, to prevent darkening, dip whole sweet potatoes or slices for 5 seconds in a solution of 1/2 cup lemon juice to 1 quart water. Pack into containers, like Ziploc bags or plastic containers, excluding as much air as you can, and freeze.

**Can:** Sweet potatoes MUST be canned in a pressure canner. An average of 17½

pounds is needed per canner load of 7 quarts; an average of 11 pounds is needed per canner load of 9 pints. A bushel weighs 50 pounds and yields 17 to 25 quarts, an average of 2½ pounds per quart. Choose small to medium-sized potatoes. They should be mature and not too fibrous. Wash potatoes and boil or steam until partially soft (15 to 20 minutes). Remove skins. Cut medium potatoes, if needed, so pieces are uniform in size. Do not mash or puree pieces. Fill jars, leaving 1-inch headspace. Add 1 teaspoon salt per quart to the jar, if desired. Cover with your choice of fresh boiling water or syrup, leaving 1-inch headspace. For more information, see [Clemson Cooperative Extension](#).

### **Featuring: Sweet Potatoes**

You will receive both traditional orange sweet potatoes and white O'Henry sweet potatoes this year. They can be used interchangeably.

**Sweet Potatoes** are large, starchy, sweet tasting, tuberous root vegetables that are actually only distantly related to the potato family. They are in the Convolvulaceae family, whose other member, the morning glory, we fight in the fields as a very successful weed. They are high in complex carbohydrates, vitamins A, C and B6, manganese, dietary fiber, and potassium. They're also high in antioxidants. Sweet potatoes can be baked, roasted, pureed, and used in soups. Personally, I like them cubed, tossed with olive oil and chili powder, and roasted in the oven until just starting to crisp. Sweet and spicy... Yum

### **Recipes**

Crispy Baked Sweet Potato Fries: <http://www.potomacvegetablefarms.com/recipe/crispy-baked-sweet-potato-fries/>

Sweet Potato and Three Bean Soup:

<http://www.potomacvegetablefarms.com/recipe/sweet-potato-and-three-bean-soup/>

Bacon Wrapped Sweet Potato Bites:

<http://www.potomacvegetablefarms.com/recipe/bacon-wrapped-sweet-potato-bites/>

Sweet Potato, Ricotta and Arugula Flatbread:

<http://www.potomacvegetablefarms.com/recipe/sweet-potato-ricotta-and-arugula-flatbread/>

Sweet Potato Cakes: <http://www.potomacvegetablefarms.com/recipe/sweet-potato-cakes/>

Baked Sweet Potatoes with Chili Beans:

<http://www.potomacvegetablefarms.com/recipe/baked-sweet-potatoes-with-chili-beans/>

Sweet Potato Tacos: <http://www.potomacvegetablefarms.com/recipe/sweet-potato-tacos/>

Miso Glazed Sweet Potatoes: <http://www.potomacvegetablefarms.com/recipe/miso-glazed-sweet-potatoes>