



WHAT'S IN THE BOX

- * Corn
- * Strawberry
- * Cucumber
- * Red Cherry Tomato
- * Italian Basil
- * Red Spring Onion
- * Yellow Potatoes
- * Green Bell Pepper
- * Salad Mix

RECIPE

Mom's Veggie Rice

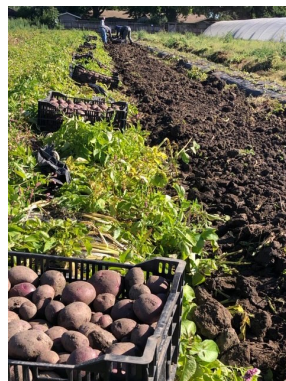
Ingredients:

- 1 cup rice
 - 2 cup water
 - 1 cup (or more) mixed vegetables . My mom uses green bell pepper, zucchini, and potatoes chopped, corn, and green peas
 - 2 tablespoon olive oil
 - 1/2 tablespoon cumin seed
 - 1/2 tablespoon grated ginger
 - 1/2 tablespoon chopped green chilli (to taste)
 - 1/4 cup chopped green cilantro
 - Salt and pepper to taste
- In a medium saucepan, mix 1 cup rice and 2 cups of water. Cook for 20 min. covered on medium heat
 - In a frying pan, add olive oil and heat it over medium heat. Add cumin seeds, grated ginger, and green chilli and cook for about 1 minute. Once the ginger and cumin start turning light brown, add all the veggies, and salt-pepper to taste. Mix and continue cooking over medium heat for 3 minutes, or until veggies are tender. *(some people add other pre-mixed spices in this step (Masala) to add more flavor)*
 - Remove veggies from heat and mix with cooked rice. Garnish with chopped cilantro

WEEK SIX

POTATOES

A pile of freshly harvested potatoes covered in soil and a distinct earthy scent; this is one of my earliest childhood memories. The Portuguese introduced potatoes to India in the 17th century. Since then potatoes have become a key crop and are boiled, stuffed, and fried in nearly every kitchen in India. My family used to farm 100 acres of potatoes every



year and it comes as no surprise that this vegetable has been a staple in my mom's kitchen. As I write this newsletter she is planning today's lunch and dinner. Both will include potatoes in some form.

In Northwest India, September marks the retreat of monsoon and the arrival of autumn. Potatoes were planted in this pleasant weather for a November or December harvest. My sister and I

remember very cautiously riding on the back seat of a potato planter and watching each potato seed fall into freshly tilled soil. At the time my dad and grandfather had to travel hundreds of miles to sell their crop. India then had very limited sales distribution channels for commercial crops. Dad and grandpa traveled from Punjab to Delhi, Ahmadabad, and sometimes even as far as Kolkata which is over 1100 miles away. In part, this tuber vegetable provided for my education and kept us all fed for many years. This may be why I find comfort knowing that we grow potatoes at the Riverland Family Farms, and we can share a little piece of our family's history with you.



At the farm, we have had a great season of red, gold, yellow, and purple potatoes. This week's harvest box includes yellow potatoes. My mom has several ways of including potatoes in her cooking. I am sharing one recipe where she uses any vegetables available and potatoes to amplify a simple rice dish. Hope you enjoy it!

Until next week, Stay Safe Stay Healthy

Ruby

For more recipes, please visit our recipe blog at: <https://denisonfarms.tumblr.com/>