

JULY 20 - 21, 2022

# BAYFIELD FOODS CSA

Community Supported Agriculture



## Summertime Spuds

**TOM & CONNIE COGGER - MAPLE HILL FARM**

So far, this growing season is looking ideal for potato production. Each year at Maple Hill Farm we plant about .2 acre of potatoes. Potatoes are one of the most productive vegetable crops when considering how many pounds of food can come from one potato plant. In a good year, we hope to get 10 pounds of potatoes for every pound of potatoes planted. We planted 380 pounds of potato seed. If all goes well we should be harvesting nearly 4,000 pounds of potatoes. That will feed a lot of families.

The process of planting potatoes is very different from many vegetable crops. Each year we purchase certified seed potatoes that have been grown under conditions that will prevent bringing in a host of potato diseases that could decimate a crop. The seed potatoes are cut into pieces about the size of a plum. Cut seed is allowed to cure for several days before planting.

Last year we planted our potato field to cover crops. The cover crop was disced into the soil in early May. Typically, we plant shortly after the field is worked up. This year we had very wet conditions so we were not able to plant until 5 June, the latest I have ever planted potatoes in all the years I have been farming. Once the field is worked up, the row spacing is marked using a cultivator I made. I borrow John Adams' (Yoman Farm) early 1900's vintage potato planter for the planting operation. Connie's (my wife) job is to ride the planter and fill in any skipped planting cups to ensure a uniform plant population. Several weeks after planting, if weeds emerge, I cultivate between the potato rows. As the plants grow to a height of about one foot, it is time to hill the rows. To accomplish this important step, I use a potato hiller I built that mounts on the 3-point lift on the tractor. Running the implement down the rows throws soil over the plant, smothering any weeds. The potato plant is often fully buried too but soon emerges to continue growing. Several weeks later another hilling operation is performed, smothering any weeds that may be growing. Usually, two hillings are all that is needed. Once in a while, however, a third hilling may be needed for weed control. As the season progresses, a couple of cultivations are needed for weed control. So far this year our plants look absolutely fabulous, hope it continues!

We hope you are enjoying your boxes this summer!

**FRONT PAGE: Connie Cogger takes a break from planting potatoes to snap a picture.**



**Hilling potatoes, or mounding dirt around the stems of growing potato plants.**



**The potato field at Maple Hill Farm after all the potato plants have been hilled.**



**The potato field one week after hilling. The plants are looking great.**

Potato bugs and leaf hoppers are the two main insect pests that need to be monitored for and dealt with if damage is occurring to the plants. Unchecked, both pests can destroy a potato crop. Luckily there are a couple of effective organic treatments we can deploy if needed. So far this year I have not seen either of these pests in our field. Fingers crossed this keeps up.

Later this summer we will begin harvesting our potato crop. I use an old horse drawn potato digger from about 1880 that I modified so I can mount it on my tractor's 3-point hitch. It actually works very well and I have used it for 20+ years. If all goes well, you'll be seeing our potatoes, and spuds from Yoman Farm, in your CSA boxes later this summer. Thank you for supporting local farms!



**Faces behind the food - Tom & Connie Cogger pose at the entrance to their Washburn, WI farm.**

# Mediterranean Potato Salad

## INGREDIENTS:

- 2 pounds russet potatoes
- 1 tablespoon salt
- ¼ c. chopped red onions
- ¼ c. chopped kalamata olives
- ¼ c. chopped fresh parsley
- ¼ c. chopped fresh cilantro
- 2-3 green onions thinly sliced

## Dressing

- ⅓ c. fresh lemon juice
- ¼ c. extra virgin olive oil
- 2 teaspoons Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon black pepper

## INSTRUCTIONS:

1. Place the potatoes in large pot and cover with water. Add salt and bring to a boil. Reduce to a simmer and cook until the potatoes are fork tender, about 15 to 20 minutes. Drain then set aside to cool.
2. When the potatoes are cooled, cut them into bite sized chunks and transfer to a large salad bowl.
3. To make the dressing, whisk together the lemon juice, olive oil, Dijon mustard, salt and pepper. Pour on top of the potatoes and toss to combine. Add the onions, olives, parsley, cilantro and green onions and gently toss to combine.
4. Serve warm or store in the fridge for a few hours before serving cold. If the potato salad seems dry, add a drizzle of olive oil before serving.

