

Hot days call for cool produce! We've got the goods for ya at this week's Pop-Up Farm Market! SEVEN varieties of freshly dug Potatoes, Picnic Peppers, Okra, Tomatoes, Fresh Garlic, Sweet Peppers, Eggplant and MORE. Hours are 9-11 here at the Farm. Details below.



Happy Friday, Farm Friends!



This lovely is a Sweet Potato flower! Yes, our sweet potatoes have started blooming and that means that harvest is about 2 months away. This is a bloom from the Bellevue variety which is a new one for us this year. The variety is one of many developed by [Louisiana State University](https://www.lsu.edu/). It sounds like it will be a great addition to our sweet potato line-up this year.

Its cousin, [Bayou Belle](#) is also starting to bloom. Won't be long until we will have their delicious tubers for you!



New Crops on the Way

As we near the middle of Summer, it's time to get crops planted for late Summer and early Fall. Ray got a new round of snacking cucumbers and summer squash seeded in the high tunnel that Jonny had cleared last week. We'll be planting Basil between those beds to give a nice intercropping of varieties. Meanwhile, Jonny planted the last of the late season tomatoes in Little Abner, our big high tunnel. Since the Galahad tomatoes are slowing down, we wanted to make sure that we had plenty going into fall.

Jonny also got the Test Bed cleared of the mini-broccoli, kale and chard. It was planted back in March and had a good run but it was w-a-y past its prime and the broccoli had started going to seed.



Tater Talk...

Yes, potatoes continue to be on our minds a lot these days -- and no wonder, we've harvested nearly 3,300 pounds! It's not just our minds -- it's our back, arms, legs, shoulders.... This search for buried treasure can be rather physical.



Two of our most popular varieties came out of the ground this week -- Nicola and German Butterball. Both varieties had impressive yields and are now tucked in the walk-in for cold storage. Keeping the potatoes dirty and cold ensures the longest storage potential. We're hoping to have potatoes well into the Holidays!



Things are starting to fill up in the walk-in! That nice clear center aisle will have potatoes next.

Potatoes and Diabetes

Here's a useful fact about potatoes for folks that need to watch their blood sugar: Not all potatoes are bad. Potatoes have a varying levels of sugar depending on the variety and preparation. In fact, we grow two of the varieties that have been certified as Low Glycemic Index -- Nicola and Plum Gold.

Both of these varieties are low GI (Nicola=58 and Plum Gold= 52) and are digested and absorbed more slowly, resulting in a gradual rise in blood sugar levels. According to the

researchers, this makes these potatoes a valuable option for individuals managing blood sugar levels, including those with diabetes, prediabetes, or metabolic health concerns.

Good to know!

Farmer Fun With Potatoes!

Yes, we have to find ways to amuse ourselves while hauling crates of potatoes around. Let's find interesting potato shapes!

Jonny and Ray found a little spud that reminded them of a famous cartoon character.



With a bit of Sharpie and a lot of creativity, Jonny transformed the humble tater into...Mickey!



Tomorrow's On-Farm Market Line-Up

Join us this **Saturday, July 26 from 9-11**. We'll be set up at the cool **Tobacco Barn** with **LOTS** of delicious Organic produce for you!

Were you thinking about **POTATOES**? But of course! The **Potato Bar** will be stocked with **SEVEN** varieties of potatoes for you.

We'll have plenty of the just out of the ground **German Butterball** and **Nicola** along with the following: **Natasha** (yellow skin and flesh -- limited quantity), **Sangre** (red skin with white flesh), **Plum Gold** (dark purple with yellow flesh), **Gold Rush** (russet type with dry white flesh), and **Soraya** (yellow skin with yellow flesh). Mix and Match or bag and tag with the variety name -- it's all good! You're bound to find a potato of your pleasin' in our selection!



Nicola



German Butterball

New this week: **Picnic Peppers**! Every kid's favorite pepper is back for the season! (most adults love 'em too). These sweet, crunchy 2-bite peps have almost no seeds and are perfect for lunchboxes or snack time. Easy-peasy for chopping up for a sauté as well.



Also in the Pepper Department, we have lots of **Sweet Italian Peppers** along with **Jimmy Nardello Sweet Italian Frying Peppers**, **Shishitos** and **Pimento Peppers**.

Although the harvest volume is slowing, we still have **Organic Slicer Tomatoes**. We currently have a sale on tomatoes -- less than 5 pounds is \$3.75/lb. and more than 5 pounds is \$3.25/lb. Enjoy some now and freeze or can some for your winter soups and sauces. Time to stock up!

We'll also have more delicious **Eggplant** and lots of recipes to help you showcase this beautiful and versatile veggie. Don't forget the **Bulb Garlic (Music and Lorz Italian)**, **Okra** and **Fire Roasted Green Chile and Poblanos**.

That's all we've got for you this week, friends! In closing, we just wanted to show you that your favorite farmers do actually get off the farm on occasion. Here it is -- photographic evidence that Cheryl and Ray made it up to Danbury and The Arts Place for the Inaugural "Gypsy Hollingsworth Potluck," hosted by [Stokes County Fiber Arts](#). What a lovely evening celebrating the arts and community as well as an opportunity to remember the legacy of Gypsy Hollingsworth. Oh, and the yummy food!



Photo credit: Stokes County Arts Council

Have a great weekend!

**Until next week,
Cheryl & Ray**

