

Recipe: Spicy Black Bean Potato Salad

Serving Size: 1/12 recipe; Yield: 12 servings; Calories per Serving 538

Ingredients:

8 medium red potatoes
4 eggs
8 slices bacon
1 (15 ounce) can black beans, drained and rinsed
3 green onions, diced
3 fresh jalapeno peppers, diced
1/2 bell pepper, diced
2 1/2 cups mayonnaise
2 tablespoons brown mustard
1 teaspoon Cajun seasoning
Pepper to taste

Instructions:

1. Place potatoes in a pot with enough water to cover. Bring to a

boil, and cook until tender. Drain, dice, and cool.

2. Place eggs in a pot with enough cold water to cover. Bring to a boil and immediately remove from heat. Cover and let the eggs stand in hot water for 10 to 12 minutes. Drain, cool, peel, and chop.
3. Place bacon in a skillet over medium-high heat, and cook until evenly brown. Drain, crumble and set aside.
4. In a large bowl, mix eggs, 1/2 the bacon, black beans, green onions, both types of peppers, mayonnaise, mustard, and Cajun seasoning. Gently mix in diced, cooled potatoes. Season with salt and pepper, and sprinkle with remaining bacon. Cover, and refrigerate until ready to serve.

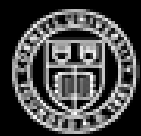
Source: Adapted from Allrecipes.com

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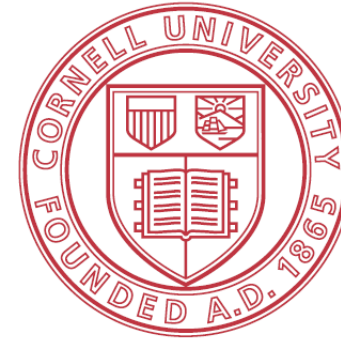
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Vegetable Growing Guide: Potato

Cornell Cooperative Extension Clinton and Essex Counties

Potato Facts



Potatoes, *solanum*, are native to South America. They are easy to grow and fun for kids to harvest. Varieties are available in different flavors, shapes (oblong, round, fingerlings) and colors (white, yellow, gold, purple, pink, red). Potatoes prefer full sun and well-drained, loose soil, high in organic matter. Too much nitrogen can encourage lush foliage, but reduce tuber production. Unlike most vegetables, potatoes grow best in acidic soil, pH 4.8-5.5. Plants grow 1.5-3 feet tall and spread 1.5-3 feet wide.

Recommended

Varieties:

Early:

- Dark Red Norland

- Superior

Midseason:

- Chieftan

- Reba

- Salem

- Yukon Gold

Late Season:

- Elba

- Katahdin

Specialty:

- Adirondack Blue

- Adirondack Red

- French Fingerling

- German Butterball

How to Plant

Test your soil and lower pH if necessary, by adding sulfur. Do not plant where you've grown potatoes, tomatoes, peppers or eggplant in the past 2 years.

Cut seed potatoes into egg sized chunks with two "eyes" per chunk. The "eye" is the bud where the stem will grow from. Spread pieces on a cookie sheet to "cure" for a few days to a few weeks before planting. Another method is to put about 5 pounds of cut potatoes in a large grocery bag and fold the top closed. Keep at room temperature until the sprouts appear.

Plant about 2-4 weeks before your last frost date. Do not plant until soil temperature reaches 40 degrees F. Dig a trench about 8-10 inches deep. Lay a 2 inch layer of sifted compost on the bottom. Place seed potato piece with eyes up and cut sides down, about 8-12 inches apart in the trench. Cover with enough fine soil to form a ridge. Mulch with leaves or straw. Space trenches about 2-3 feet apart.

Another method is to plant seed pieces shallowly into the soil and cover with a foot of clean straw or other weed-free mulch. Add more mulch as needed to keep light from reaching potatoes.

One quarter of a peck of seed potatoes will plant 50 feet of row and produce about 11/2 bushels.

Pests and Diseases

Buy certified disease-free seed potatoes from garden centers or a seed catalog for best results. Moderately resistant varieties include Allegany, Elba, Rosa and Sebago. You may want to use row covers to protect from Colorado potato beetles, leaf hoppers and flea beetles. Crush the yellow eggs of Colorado potato beetles found on the undersides of leaves. Remove adults by hand. A hard stream of water early in the day can remove aphids from plants. Destroy any diseased plants. Do not put them in your compost pile.



Maintenance and Care



Potatoes need consistent moisture, about an inch per week. Space plants apart to allow air circulation. When plants are about 6-8 inches tall, "hill" potatoes by hoeing soil loosely around the base of the plants on all sides. Repeat every 2-3 weeks. If developing potatoes are exposed to the sun, they turn green and contain a chemical, solanine, which is toxic in large amounts.

Harvest and Storage

New potatoes can be harvested about 8 weeks after planting. Remove a small new potato from each plant to improve the overall yield. After the tops of the plant turn brown and before frost reaches them, pull up the entire plant. Potatoes that have developed a thicker skin will store longer. Leave potatoes in a shady spot to dry for a few hours before storing them in a dark place.



Sources:

Information for the text was taken from the 2003 Cornell Guide to Growing Fruit at Home which can be found at www.gardening.cornell.edu/fruit/homefruit.html

Recipe was provided by Eat Smart New York. More information on this program can be obtained by calling your county's Cornell Cooperative Extension Office.