

IN THE BAG

Potomac Vegetable Farms

August 24, 2010

Mini shares: pole beans, peppers, eggplant, garlic, parsley/fennel, Thai basil, tomatoes

Regular: onions, pole beans, peppers, squash, garlic, leeks/sorrel, eggplant, tomatoes, chard, arugula, chives

Robust: onions, beans, peppers, eggplant, squash, garlic, parsley, tomatoes, chard, chives, basil, arugula

Pole beans are tender and delicious but they do need a few more minutes to cook. There are no strings, you eat the whole pod, the flavor is great. The chives have flowers on the top -- you do eat the flowers too. Chives are delicious sauteed in Soy Vay, or as part of a stir fry mix. This is the very first arugula of the fall season -- we planted it during a rare cool period in July and it grew beautifully.

Pasta with Tomatoes and Swiss Chard

Edible Chesapeake, Summer 2009

By Edgar Kuschan

This simple dish is a complete meal assembled in one pan. Use fresh tomatoes when they are in season, canned tomatoes when they are not. Don't leave out the hot pepper. The sauce is supposed to be spicy like an Italian "arrabiatta" or "angry" sauce.

3 tablespoons extra virgin olive oil

1 tablespoon finely minced garlic

¾ teaspoon red pepper flakes

1 15-oz can chick peas, drained and rinsed

4 medium carrots, thinly sliced on a diagonal

2 ½ lbs fresh tomatoes peeled and seeded, with any liquid reserved, or 1 28-oz can whole tomatoes, stem ends and any skin removed, and then coarsely mashed

¾ teaspoon salt

1 teaspoon sugar

2 bunches Swiss chard (about 1 ½ lbs)

12 oz penne pasta

Freshly ground black pepper

Put a large pot of water on to boil for cooking the pasta.

Put a large (13-inch) high-sided skillet or Dutch oven over medium high heat. Add the olive oil and garlic. When the garlic starts to sizzle, stir until fragrant (about 30 seconds). Add the red pepper flakes and stir for 30 seconds more. Add the carrots, chick peas, tomatoes and reserved juices, sugar and salt. Bring to a boil. Then reduce the heat so that the sauce bubbles gently. Cook uncovered until the sauce is thickened (about 35 minutes or less, if you're using canned tomatoes). When the sauce is thickened, cover and reduce the heat to low.

While the sauce cooks, prepare the Swiss chard. Strip the leaves from the central stems, tearing them into pieces 3 - 4 inches long. Discard the stems. Wash the chard and spin it dry.

Start cooking the pasta. After about 6 minutes, add the chard to the tomato sauce, cover and increase the heat, stirring occasionally as the chard wilts. The chard should be tender by the time the pasta is ready. Drain the pasta and stir it into the sauce, taste, add more salt if needed, and finish with some freshly ground black pepper, if desired. Serves 4.

Low-Fat Tomato-Rice Soup

Serves 4 - 6

Washington Jewish Week

2 lbs. tomatoes, peeled and coarsely chopped
2 cloves garlic, pressed through garlic press
1 C. cooked brown rice
½ onion, finely minced
2 Tbl. extra virgin olive oil
1 qt. vegetable stock
fresh basil, salt and pepper to taste
Optional garnishes: sour cream, fresh chives, or scallions

Heat a large pot and add the olive oil. Sauté onions until translucent. Add garlic and sauté 1 minute. Add tomatoes and simmer 10 min, stirring often. Add stock and simmer 30 min. Season with basil, salt, and pepper to taste. Add rice and simmer 5 min. Divide into bowls and garnish if desired with a dollop of sour cream and sprinkle with chopped chives or scallions. If you prefer thicker soup, puree some or all of it in a blender.

Braised Green Beans [My Recession Kitchen](#)

Serves 4 as a side dish

1/2 cup red onion, thinly sliced
2 cloves garlic
12 fresh basil leaves
1 lb. green beans
2 teaspoons sunflower oil (or other heat tolerant oil-not olive)
1/4 cup white wine
1/2 lemon
A couple pinches of salt
Optional garnish: feta cheese
Slice your onion and mince your garlic.

[Chiffonade](#) the basil leaves.

Trim the beans.

Measure out a 1/4 cup of wine.

Put a large frying pan over a medium high heat. Add the oil and swirl it so it covers the bottom of the pan completely. When the oil is hot and not yet smoking, add the beans.

Toss them (wooden salad servers work well for this) every 30 seconds for a total of 5 minutes.

Add the wine (carefully, so it doesn't jump back at you) and cover immediately. Turn the heat down to medium. Cook the covered beans for 2 minutes. Remove the cover and add the onions and garlic. Cook for another minute or so, until the wine is completely cooked off.

Turn off the heat. Sprinkle with salt and squeeze the lemon over the beans. Garnish with feta if desired.

Gingery Tomato and Sweet Onion Chutney [Big Girls, Small Kitchen](#)

Makes 1-2 cups

1 small sweet onion, halved and thinly sliced
1 tablespoon minced fresh ginger
1 tablespoon sugar
1/2 teaspoon salt
2 tablespoons unsalted butter
1 large garlic clove, minced
3 plum tomatoes, seeded and roughly chopped
1/4 cup white wine
1/2 lime, juiced
2 tablespoons chopped fresh basil

In a medium sauce pan with a lid, combine the onion, ginger, sugar, salt, and butter over low heat. Cook covered for 20 minutes, until the onions are soft and have released their liquid. Add the garlic, tomatoes, and wine. Cook uncovered until some of the juices have cooked off and the sauce has thickened, about 15 minutes.

Add the lime and basil off the heat. Taste for seasoning, and spoon over grilled or seared fish.