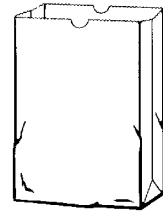


**IN THE BAG**  
**Potomac Vegetable Farms**  
**June 15-17, 2004**



**Things are ahead of schedule, thanks to the warm weather and near-perfect rainfall, so we have our own summer squash and sugar snap peas to add to the usual collection of leafy greens. Remember: not every bag is identical. You may get some Fava beans, and your neighbor may have escarole instead. At this time of year, there may not be enough of each item to pack each bag exactly the same. It will all even out over the season. We keep track.**

**Leaf lettuce    Garlic curls    Sugar snap peas    Summer squash    Basil**  
**Swiss chard    Green garlic    Spring onions**



**About Lettuce**

The best way to wash lettuce is to break up the head and float it in a sink full of cold water. We have already washed it once in a big sink, and sometimes it's clean enough to eat after one washing, but in general it's best to float it once more. Shake the leaves dry and store them in a plastic bag in the refrigerator. You are much less likely to waste lettuce if you wash it as soon as you get it, and make it easy to use throughout the week. This advice holds true for all of the greens.

**Garlic curls (or "scapes") are the tender flower stalks that grow out of the middle of hardneck garlic, before the garlic below is full grown. We break them off so that the plant can devote its growing energy into the storage bulb and not into making flowers and seeds. The garlic curl season is about three weeks long, so if you like the pesto (see recipe below), you could freeze some in ice cube trays, and store the cubes in a freezer bag to enjoy later in the season.**

**Sugar snap peas are a cross between an English pea and a snow pea. Unlike some combinations, you get the best of both peas. These pods don't have the tough inner lining of the English pea (the French apparently call them *pois sans parchemin*, peas without parchment). You eat the pod, which has lovely little peas inside, and it is delicious, raw or cooked. Snap the stem end off and pull down along the length of the pea, removing the strings on both sides. Sauté in butter or olive oil, with a little salt or soy sauce. Do not overcook – they should be dark green, not grey-green.**

**Swiss chard** is in the spinach family, but it grows all summer (spinach can't take the heat). That's the bunch of large, dark green leaves with a long stem. The crunchy stem is delicious, so don't throw any part of the chard away. The red and yellow stems are rainbow chard, and the one with the broad white stem is called Argentata. They don't taste very different from each other. The simplest way to prepare Swiss chard is to chop it into 1" pieces and sauté in a hot frying pan with onions and garlic in olive oil. You'll have many opportunities to expand your horizons with chard this year – the plants are thriving.

<b>Swiss Chard with Lemon, Oil, and Pine Nuts</b>	
<b>3 T. pine nuts</b> <b>one bunch chard</b> <b>1 cup water</b>	<b>2 T. lemon juice (or balsamic vinegar)</b> <b>2 T. olive oil (or butter)</b>
<p><b>Bake pine nuts in pan in preheated 325 degree oven until lightly golden (about ten minutes). Set aside. Cut chard stems on slant in 1" slices. Cut leaves in 1" slices. Combine stems, water, and half of lemon juice in deep, wide skillet (unlined iron and aluminum pans discolor chard). Boil gently, covered, until very tender (about 10 minutes). Lift out with slotted spoon, toss with half of oil. Add leaves to liquid in pan, simmer until tender. Drain. Toss with remaining oil and lemon juice. Combine stems, leaves, and nuts. Serve warm or cool.</b></p>	

<b>Garlic Curl Pesto</b>
<b>1 bunch garlic curls</b> <b>1/4 cup dry roasted peanuts or walnuts or pine nuts</b> <b>1/4 cup olive oil</b> <b>1/4 cup parmesan cheese</b>
<p><b>Chop garlic, puree in food processor or blender. Add nuts and puree. Add oil and cheese and puree. Use as a dip, pasta sauce, pizza topping (after thinning with more oil) or on bagels. Also delicious in scrambled eggs! Appropriate for breakfast, lunch, and dinner.</b></p>

Chard recipe and some vegetable information adapted from [Uncommon Fruits and Vegetables – A Common Sense Guide](#) by Elizabeth Schneider.

Note to eggshare customers: some of the eggs are small now because the chickens are small too. As the chickens mature, the eggs will gradually get larger. We have a few old lady hens mixed in, which explains why some of the eggs are jumbo. Our hen house is a multi-generational community.