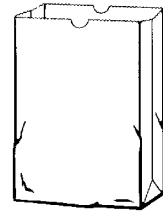


**IN THE BAG**  
**Potomac Vegetable Farms**  
**July 6-8, 2004**



There is definitely leaf lettuce in each bag and some escarole or very frizzy looking endive and some beets or some Swiss Chard and possibly a cabbage and some basil and a nice bunch of carrots and perhaps about five cucumbers and way too much squash, but there were varying quantities of each of these and we divided them up as equitably as we could. Compared to last year, we are still about three weeks ahead of schedule, in terms of crops that are ready to harvest. The peas are all over, and the fences have been taken down, but the beans are coming in – it really is getting to be summer. Tomatoes are just a few weeks away.

Mark your calendars! Sunday, August 1 at 10:30 AM. Tour of Purcellville farm, followed by potluck lunch. The first of at least three chances to visit the farms this summer. Details coming soon.

**Braised Escarole with Onion**

1 head escarole  
2 T. extra virgin olive oil  
1 small sweet onion, finely chopped  
1 plump garlic clove, minced  
salt and pepper  
chopped parsley

Separate the escarole leaves and wash well – check for dirt at the base of the inner leaves. Drain and coarsely chop. Heat oil in a heavy skillet. Add onion, cook until limp. Add garlic and cook until it starts to turn color, but not until it's brown. Add the damp escarole, salt lightly, cook covered until greens are wilted and tender. About 10 minutes. Season with pepper and toss with parsley. Serves 2 to 4.

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**Bitter greens with Sour Cream Dressing**

3 hard boiled eggs  
1 t. sugar  
juice of one lemon or more  
1 cup sour cream  
1 tablespoon milk  
salt and pepper  
6 cups chopped greens: romaine, endive, escarole, radicchio, or chicory

Cut eggs in two and put yolks in a bowl. Mash yolks with sugar and lemon juice, and beat in the sour cream with a wooden spoon until smooth. Thin with milk if necessary. Season with salt and pepper. Slice egg whites into thin strips, and toss with greens and dressing. Serve. Serves 4.

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**Patty Pan or Sunburst Squash**

Turn the broiler on. Slice the squash into rounds and brush with olive oil and put on baking sheet. Broil five minutes per side. Salt lightly. Eat hot. Indescribably delicious.

**Mixed Greens with Cumin and Paprika**  
(adapted from Madison's Vegetarian Cooking for Everyone)

12 cups (about two bunches) mixed greens – kale, chard or beet greens, escarole  
salt  
4 large garlic cloves  
1 cup chopped parsley  
1 cup chopped cilantro  
3 T. olive oil  
2 t. paprika  
2 t. ground cumin  
For garnish: oil-cured black olives, wedges of lemon and tomato

Discard inedible parts of greens. Steam the leaves until tender. Chop into pieces.

Pound garlic with ½ tsp. salt, in a mortar until smooth, then work in parsley and cilantro and pound them briefly to release their flavors.

Warm the oil with the paprika and cumin in a wide skillet over medium heat until they release their fragrances. Don't burn. Stir in garlic, add greens and cook until any extra moisture is gone. Taste for salt. Pile into a dish and garnish with olives, lemon, and tomato.

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If you find you have some leftover cooked greens, you can make a cold salad with chickpeas, pasta, diced tomatoes, freshly grated Parmesan.

Or mix finely chopped greens with cooked rice or other quick-cooking grains.

Chop and combine greens with soft cheeses (feta, ricotta, Gruyere), black olives, capers, and spread over toast.

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Methods for cooking greens:

**Blanche:** To briefly immerse in boiling water, then plunge into cold water to stop the cooking. Greens will retain their bright color.

**Braise:** To brown meats and vegetables in a small amount of fat, then cook, tightly covered, in a small amount of flavored liquid for a long time over low heat.

**Sauté:** To cook quickly, in fat, over high heat.

**Steam:** To steam, in a steam basket over simmering water in a wide, tightly covered saucepan.

**Stir-fry:** To cook small pieces of food quickly in a large pan in a small amount of very hot fat over high heat. Stir constantly.

**Wilt:** To wilt, first rinse the leaves, then place the wet leaves in a pot or skillet over low heat and cover tightly. Greens become limp and pliable.

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