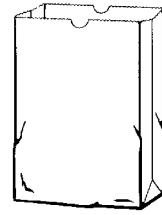


IN THE BAG
Potomac Vegetable Farms
July 20-22, 2004



Tomatoes!!! They are from Next Step Produce in southern Maryland – ours are almost ready, but these are much redder than ours. Your bag is filled with classic garden variety vegetables: the ubiquitous summer squash, cucumbers, green beans, sweet onions, garlic, cherry tomatoes, beets or carrots, maybe an eggplant or a pepper, some tomatillos and a jalapeno to jazz up your salsa or gazpacho.

Gazpacho

From our neighbor, Ilene Landon, this is a gazpacho made in the traditional style - smooth soup with lots of chunky stuff added at the end as garnish for texture.

about 3+ lbs tomatoes
1/2 large sweet onion
1/2 cucumber
jalapeno
chili pepper (or tabasco)
1 roasted red pepper

red wine or sherry vinegar (maybe 1/4c)
worcestershire sauce (a small amount)
salt
tomato juice (maybe 1/4-1/2 cup)
several sprigs of fresh thyme

Chop and combine all ingredients above. Let sit overnight (this is the most important step - all the flavors combine).

Puree. Add more salt/tomato juice/vinegar to taste.

Strain the mixture (result should look like tomato soup). Add a few squeezes of lemon juice to brighten the flavor.

GARNISH with any or all of the following:

Chopped cucumber
Chopped cilantro
Chopped avocado
Corn (sweet corn from the stand is delicious in this!)
Chopped red onion

Mark your calendars: Sunday, August 1 is the CSA tour and potluck at the Purcellville farm. Meet the farmers and each other, see the gardens, learn about compost, and share food. All CSA members and families are invited. Farm will provide drinks, paper goods, and venue. The farm has never looked better – this is a great time to come and visit. Have you ever seen 6700 staked tomato plants? It's worth the trip.

RSVP to Ellen at 540-882-3885 or ellen@potomacvegetablefarms.com.

Are you running out of ideas for summer squash? Our first squash patches, you might be glad to know, are calming down and shifting into late middle age. We have probably gone past the peak of zucchini production. The next patches are still in their infancy.

From the Smith and Hawken Gardeners' Community Cookbook, here are a few more recipes for the cymplings (pattypan), zucchini, and yellow squash, which are all generally interchangeable in these dishes. A stuffed pattypan might be interesting. Instead of boats, tell your kids they're flying saucers.

Sautéed Zucchini with Red Onion, Dill, and Aged Gouda

¼ cup olive oil	½ tsp. salt
1 lb. red onions, thinly sliced	½ tsp. black pepper
1 T. sliced garlic	3 T. grated Parmesan cheese
6 medium squash/zucchini, sliced ¼ inch thick	1 ½ cups coarsely grated aged Gouda cheese
1 T. chopped fresh dill	

Preheat the broiler. Heat oil in a large cast iron skillet. Sauté onion and garlic, then add squash/zucchini and sauté until tender but not soggy. Stir in dill, salt, pepper, Parmesan. Sprinkle Gouda on top and place the pan under the broiler until the cheese melts. Less than five minutes. Serve hot.

(contributed by Joan Holmes, Westminster, MD.)

Stuffed Zucchini Boats

2 large or 4 medium zucchini	2 T. fresh lemon juice
2 T. olive oil	1 tsp. salt
1 medium onion, finely chopped	½ tsp. pepper
4 cloves garlic, minced	½ cup sharp cheddar cheese
6 medium celery ribs, finely chopped	½ cup coarse bread crumbs
4 medium tomatoes, chopped	2 T. melted butter
1 T. chopped fresh parsley leaves	
1 T. chopped fresh basil leaves	Parley or basil leaves for garnish
1 T. chopped fresh oregano leaves	

Preheat oven to 375.

Cut zucchini in half, lengthwise. Hollow out the pulp, but don't pierce the shell. Brush the outsides of the zucchini boats with oil, set aside. Coarsely chop the pulp and transfer to a large bowl. Add onion, garlic, celery, tomatoes, fresh herbs, lemon juice, salt, pepper to zucchini pulp and toss to mix.

Fill zucchini boats with vegetable mixture and place on baking sheet, just one layer. Bake for 25 minutes.

Sprinkle with cheddar and bread crumbs. Drizzle butter over the crumbs and bake for ten more minutes. Garnish with fresh herb leaves and serve hot.

(Nellie Mary Horne from Los Angeles, CA)