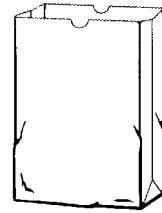


IN THE BAG
Potomac Vegetable Farms
August 24 - 26, 2004



Tomatoes Potatoes Basil Onions Swiss Chard Peppers
Fennel/Celery Squash Turnip Greens Carrots

The sweet onion season is over, alas. It lasted just long enough to get us to the next onions – these are called “Copra” and they are on the opposite end of the spectrum. They store well, don’t need refrigeration, and will make you cry when you cut them. They are flavorful and satisfying, but not to be eaten raw in salads. This year the onions are smaller than we’d like, and we have no idea why that is.

In just eleven weeks, you have moved through a series of short seasons. A long time ago, you were eating piles of lettuce every week, and there were sugar snap peas, and some mysterious spring greens. We are settling in to the tomatoes, all colors and sizes, and soon we will announce the brief time when there will be enough for you to can and freeze, if you want. If you feel that you are getting too many tomatoes, you can always make a good sauce and store it in freezer bags. Make sure the bag is not too full and is flat when you freeze it so it doesn’t take up too much freezer space.

We hope you aren’t wasting any of your vegetables. Everything can be frozen for later, if necessary. Good chatty cookbooks, like The Joy Of Cooking give lots of useful tips on putting food away for later. It doesn’t have to be a big production. Soup is great in single servings. Chopped up chard (blanche it before freezing) has many, many uses. It can be hidden in soups and lasagne and noodle dishes. You don’t have to be a Suzy Homemaker type to fill your freezer with delicious, nutritious future meals.

Quick Garlic Mayonnaise (another way to eat tomatoes in bulk)

4 cloves garlic, unpeeled
1/3 cup mayonnaise
1/2 tsp. white wine vinegar
1 T. good olive oil
pinch of cayenne pepper

Preheat oven to 325. Put garlic cloves on aluminum foil, drizzle with olive oil and roast, uncovered, for 12 – 14 minutes. Set aside to cool. Squeeze the soft garlic into a small bowl. Throw away peels. Mash garlic with a fork. Add mayonnaise and whisk it together. Add vinegar and oil and keep whisking. Season with cayenne.

Chilled Tomato and Basil Soup

(this can be made with all Potomac Vegetable Farms ingredients)

6 large, ripe juicy tomatoes, peeled
3 T. olive oil
2 cloves garlic, peeled
1/4 cup diced yellow onions

salt
pepper
2 T. finely chopped fresh basil
hot red pepper sauce (like Tabasco)

Place a strainer over a stainless steel bowl and use a sharp paring knife to cut tomatoes in half crosswise, holding them over the strainer. The seeds and juices will fall into the strainer. Set the tomato aside. Press the juices and pulp from around the seeds with a wooden spoon. Toss the seeds, keep the juice. Chop tomatoes.

In a large skillet, heat the oil. Add garlic and cook until barely brown. Add onion and cook until both are evenly browned, just a few minutes. Add tomatoes, pinch of salt and pepper, and cook, stirring, for a minute. Add reserved tomato juice, a little more salt and the basil. Remove the skillet from heat and let cool to room temperature.

In a blender or food processor, pulse the mixture just enough to blend to a soup consistency. No more than ten times. Taste and adjust the seasoning, adding hot sauce if desired. Cover and refrigerate until chilled through.

Black Bean Chilaquile

1 cup chopped onions	
1 tablespoon olive oil	½ teaspoon black pepper
1 cup chopped tomatoes	2 cups rinsed, stemmed, and chopped Swiss chard or spinach
1 ½ cups fresh or frozen corn kernels	2 cups crushed tortilla chips
1 ½ cups cooked black beans (15-ounce can, drained)	8 ounces fat-free sharp Cheddar cheese
2 tablespoons fresh lime juice	2 cups prepared Mexican-style red salsa
1 teaspoon salt	

Preheat oven to 350. Sauté onions in the oil for about 8 minutes, until translucent. Stir in the tomatoes, corn, black beans, lime juice, salt, and pepper and continue to sauté for another 5 to 10 minutes, until just heated through.

Meanwhile, in another saucepan, blanch the greens in boiling water to cover for 1 to 3 minutes, until just wilted, but still bright green. Drain immediately and set aside.

Prepare an 8 x 8-inch casserole dish or baking pan with a very light coating of oil or cooking spray. Spread half of the crushed tortilla chips on the bottom.

Spoon the sautéed vegetables over the chips and sprinkle on about 2/3 of the grated Cheddar. Arrange the greens evenly over the cheese and spoon on half the salsa. Finish with the rest of the tortilla chips and top with remaining salsa and cheddar. Bake for about 35 to 40 minutes, until cheese is bubbling and brown.

Let us know soon if you are thinking of signing up for the Autumnshare. It costs \$125, plus \$14 for those who pick up off the farm. It goes for seven weeks -- we start in the first week of October and end the week before Thanksgiving. The sweet potatoes and winter squash crops both look good, and we are beginning to plant the fall greens. If you are going to change your mind and join up, we need to know as soon as possible, so we can plant enough for you.

