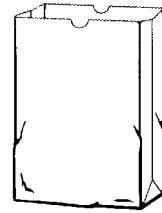


**IN THE BAG**  
**Potomac Vegetable Farms**  
**September 14 – 15, 2004**



**Tomatoes Collard Greens Celery Garlic Carrots/Beets Onions**  
**Lettuce Mix Beans Spaghetti Squash**

We are looking at our beautiful sweet potato vines, still vibrant and green, and wondering when we should start to dig. We have begun the winter squash harvest. Soon we will have thousands of pounds of butternut squash, acorn squash, spaghetti squash, buttercup, and baby Hubbards stored in bins, and it will be a challenge to keep the squirrels from nibbling on them. The problem with these voracious animals is that they rarely finish what they start. They tend to take bites out of many squash, in one snack, ruining fifty pounds at a time.

Those little dusty looking purple root things, about the size of a ping pong ball, are beets. Try them raw, grated into a salad. Roast them whole. We never peel a raw beet because it is so much easier to slip the skin off when it is boiled or roasted.

Spaghetti squash is surprisingly tasty, and extremely easy to cook. Cut it in half, lengthwise, scoop out the seeds, put the squash on a greased cookie sheet and bake it at 350 until you can poke a fork into it easily (about a half an hour). Lift the “spaghetti” out with a fork, and eat it with whatever toppings you like. Butter and salt are just fine.

Those large flat green leaves are collard greens. They’re in the cabbage family. Cut them up for quicker cooking. When you buy them frozen, they have been chopped into little teeny pieces. If this makes them more accessible to your greens-resistant family, then chop them into bits. You can sauté the greens in a stir fry, or cook them with some sausage. You will have many opportunities to experiment with greens in the coming weeks. Keep an open mind, and don’t store them too long.

**Pasta with Leeks (or onions) and Greens**

This recipe can be adapted to use any greens you might get in your bag. You could even try substituting spaghetti squash for pasta. Tender greens are best as they cook faster. Big tough greens are too chewy.

3 to 4 T. olive oil  
3 leeks or large sweet onions, white and light green part washed and sliced thinly  
3 garlic cloves, peeled and minced  
2 bunches mixed greens (arugula, chard, spinach, mustard), washed and chopped  
1 pound pasta  
salt and pepper  
grated Parmesan cheese to taste

In a large heavy pot, heat 3 T. olive oil over medium heat. Add leeks and sauté until very soft, about 10 minutes. Add minced garlic and sauté for one more minute. Do not let the garlic get brown.

Add chopped greens and keep cooking until greens are soft and tender. Set aside.

Cook pasta. Drain and toss with greens. Moisten mixture with olive oil or stock. Season to taste with salt, pepper, Parmesan cheese if desired.

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From the 8/28/02 *Boston Globe*: **Gina Scalcione's Marinara Sauce**

You can prepare this sauce with chopped hot peppers or portobello mushrooms. Add them to the pan with the garlic and cook for 5 minutes until soft. Makes about 2 cups.

2 T olive oil  
3 cloves finely chopped garlic  
2 T chopped parsley  
2 T chopped fresh basil  
1 lb. chopped tomatoes

In a large skillet, heat the oil and cook garlic over medium heat until soft. Add parsley and basil and cook 2 minutes more. Add tomatoes and simmer, uncovered, for 15 minutes or until the sauce thickens slightly. Serve over linguine or other pasta.

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### Your own Homemade Dried Tomatoes

6 ripe Roma tomatoes (or similar variety, firm with little juice)  
1 tsp sugar  
salt, pepper  
dried herbs (optional)  
olive oil

Preheat your oven to 100°C (210°F).

Halve the tomatoes, and run your thumb in the cavities to remove the juice and seeds. Roma tomatoes have a very thin stem that you can leave in, but if the tomatoes you're using have a tougher stem, cut it out. Put the tomato halves, cut side up, in a non-stick baking dish (or a regular but greased baking dish).

Sprinkle with sugar, season with salt, pepper, and dried herbs if using. Drizzle with olive oil. Stir gently to coat, using a wooden spatula. Make sure all the tomatoes are back cut side up.

Put into the oven to bake, keeping an eye on them, for 2 to 3 hours depending on the variety and the desired consistency. Use warm or cold, in pasta, salads, sandwiches...