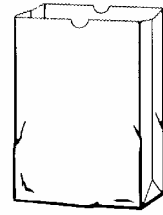


IN THE BAG
Potomac Vegetable Farms
June 23, 2005: robust



Week #2 brings more springtime meals of salads, stir fry, and delicious fresh greens. This may be the time to restock your pantry with a trip to the Asian supermarket for sesame oil, Chinese hot oil, rice vinegar, red pepper flakes, and other sauces to diversify your greens menus. And remember, when in doubt, just about anything can be chopped and sautéed with olive oil and garlic and it will be absolutely delicious.

*Leaf lettuce Squash/Zucchini Sweet basil Swiss chard
Sugar snap peas Bok Choi Escarole Garlic Curls Dill
Dandelion Greens Kale Cucumbers*

Wilted Dandelion Salad

(you can always add dandelion greens to any salad, this is just another option)

- 1 bunch dandelion leaves
- 1 hard boiled egg
- salt and pepper
- 4 slices bacon or heated vegetable oil
- 2 T. tart vinegar
- 1-2 T. olive oil

Put the dandelions in a salad bowl. Coarsely cut the egg and add to the greens. Lightly sprinkle with salt and pepper. Cut bacon crosswise and sauté until crisp. Lift bacon out of pan with slotted spoon, add to greens. (Or heat a little vegetable oil instead.) Sprinkle on vinegar and toss gently. Pour a little bacon grease over the greens, add oil to taste and gently toss. Serve immediately.

If you have any favorite recipes to share, or have any surprise successes, please send them to hana.newcomb@cox.net and we will share them.

Squash and Cheese – a staple of the farm diet in summertime
(only good with fresh squash, which is sweet, unlike zucchini from far away)

4 – 6 squash (any kind), sliced thinly or chopped
1 onion, chopped
1 cup sharp cheese (any kind), grated
salt and pepper
vegetable oil

optional:
garlic curls or garlic, chopped
wheat germ

In a heavy frying pan, heat oil and sauté onions and garlic curls until soft.
Add squash and cook until soft. Add cheese and let it melt. Season with salt and pepper.
Add a handful of wheat germ, if you like.

Gratin of Potato and Summer Squash with Herbes de Provence (Gardeners' Community Cookbook)

¼ cup olive oil
2 cloves garlic, peeled
3 squash/zucchini (any kind)
1 pound red potatoes, sliced thinly
1 large onion, sliced thinly
2 tsp. herbes de Provence (rosemary, thyme, sage, summer savory)
1 tsp. salt
¼ tsp. black pepper
¼ cup grated Parmesan cheese

Preheat the oven to 350 F. Lightly grease a 9 x 12 inch baking dish. Combine oil and garlic in a small pot and simmer together for 2 minutes. Set aside for 15 minutes and then remove the garlic.

In the baking dish, make 2 layers of zucchini, potatoes, and onion, sprinkling each layer with herbs, salt, and pepper. Top with cheese and drizzle the garlic-flavored oil over. Cover with foil and bake for 1 hour, or until potatoes are tender. Let stand for 10 minutes, or serve at room temperature.