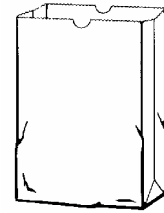


IN THE BAG
Potomac Vegetable Farms
July 21, 2005



Your menu options are expanding as the season progresses. 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, and some of you are getting a little bunch of “cutting celery” – very flavorful and not for eating raw. Others are getting fennel, which is another celery-like vegetable with feathery greens. This can be eaten raw or cooked. Either you love it or you hate it; it’s got that mild licorice flavor. Check our website for more information on fennel.

Mini: cucumbers, squash, fresh garlic, sweet onion, beets without tops, green beans, fennel, cherry tomatoes, carrots

Regular: cucumbers, squash, potatoes, garlic, sweet onion, beans, beets, carrots, celery, tomatoes, chard

Robust: All of the above

Vegetable Soup with Swiss Chard

(adapted from Greens Glorious Greens by Albi and Walthers)

Makes 4 ½ quarts, serves 8

1 T. extra virgin olive oil	2 t. salt
2 medium sized onions, sliced	2 ears of corn, kernels scraped off
3 cloves garlic, minced	1 bunch Swiss Chard, chopped (keep leaves and stems in separate piles)
12 cups water or vegetable stock	1 squash, quartered and sliced
2 celery stalks, sliced lengthwise and cut into diagonal slices	1 cup green beans, cut into pieces
3 carrots, cut the same way	1 14 ounce can crushed tomatoes, or 4 peeled fresh tomatoes
1 t. dried oregano	1 cup uncooked pasta
3 basil leaves, minced	1 cup cooked chick peas or kidney or white beans
½ t. dried thyme	Parmesan cheese to taste
2 bay leaves	
4 T. chopped fresh parsley	

1. In a large stockpot, heat oil and sauté onions and garlic until golden.
2. Add water, celery, carrots, herbs, ½ of the parsley, and salt. Bring to a boil and simmer, partially covered, for about 15 minutes.
3. Add corn, chard stalks, squash, beans, tomatoes, and simmer for 10 minutes. Turn up heat. Add pasta and cook for 5 minutes. Add chard leaves and simmer until pasta is cooked and chard is tender. Add the cooked beans and the rest of the parsley.
4. Taste and adjust seasonings. Serve each bowl with a sprinkling of Parmesan cheese.

Note: any of these vegetables can be omitted or substituted. You may use canned corn instead of fresh. You can add potatoes. If you don't have any celery or carrots, the soup will still be good. If you still have a cabbage in the bottom of the refrigerator, chop it up and add it to the soup.

Don't forget to try **roasting vegetables**. These onions are amazing, raw or cooked, and roasting them just makes them sweeter. You can roast garlic by peeling off the outside paper layer and wrapping it whole in aluminum foil and baking it or cooking on the grill – it is *delicious* spread on chewy bread instead of butter. Take these little potatoes, roll them in oil, and bake them whole on a cookie sheet until soft. It's the easiest cooking method ever. No chopping.

A summer salad, adapted from Madison's Vegetarian Cooking for Everyone:

Toasted Pita Bread with Vegetables and Herbs (*Fattoush*)

1 small cucumber, peeled, seeded, diced
salt
2 7-inch pita breads
3 ripe tomatoes, chopped
1 small green pepper, diced
6 scallions, or 1 Walla Walla onion, finely chopped
1/3 cup chopped parsley
2 T. chopped cilantro
1 T. finely chopped mint
¼ cup extra virgin olive oil
juice of one large lemon
1 garlic clove, finely chopped

Put the cucumber in a colander, toss with 1 tsp. salt, drain. Preheat oven to 350. Open breads and bake on a sheet pan until crisp and light brown, about 10 minutes. Break into bite-sized pieces and set aside. Press excess water out of cucumbers, rinse quickly and blot dry. Put them in a bowl with the rest of vegetables and herbs.

In a screw-top jar, shake together the oil, lemon juice, garlic, and ¼ tsp. salt. Pour over salad and toss well. Add the bread, toss again, and serve.

Shredded Carrot Salad

2 medium carrots	2 T. lemon juice
2 medium beets	1 clove garlic, crushed
2 medium turnips (OPTIONAL)	¼ tsp. salt
¼ cup olive oil	¼ tsp. freshly ground pepper

Peel and shred carrots, beets and turnips. In blender at low speed combine other ingredients. Toss vegetables lightly, adding dressing to taste. Serves about 6.