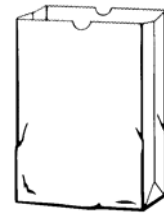


IN THE BAG
Potomac Vegetable Farms
June 19, 2007



Mini: Hakurei turnips, squash, Swiss chard, green garlic, parsley, lettuce, lettuce mix
Regular: garlic scapes, squash, collards, green garlic, parsley, lettuce, basil, cabbage or Bok Choi
Robust: garlic scapes, Hakurei turnips, squash, green garlic, parsley, lettuce, lettuce mix, sugar snap peas, basil

Last Wednesday afternoon we had a big hailstorm – for 25 minutes sharp stinging pebbles of ice knocked leaves off of the trees, crashed through Swiss chard and mashed up every tender lettuce head. We were lucky there weren't more fruits on the tomato plants – as it was, it looks like someone was very clumsy with a weedwacker in the cherry tomatoes. So your lettuce may look a little chewed up and the chard is mildly shredded, but the flavor and nutritional value is unaffected. The lettuce plants won't recover, but the tomatoes will be fine after a few weeks.

We have just started digging the first fresh garlic. You will see that the garlic has not yet separated into cloves, and it is still quite juicy. You should keep it in the refrigerator and chop it up as you would an onion. The long stem is not edible.

Note to the flowershare folks: even though we usually don't start picking flowers until early July, they were irresistible this morning. These bunches are just a little taste of what's coming – I hope they don't just melt on the porch in the afternoon heat, waiting for rescue. Get them into an air conditioned space as soon as you can. We haven't received our order of flower food in the mail yet, but we should be in good supply by next week.

Texas Yellow Squash

(from *Seasoned With Sun* -- recipes from the Junior League of El Paso, TX)

2 lbs. yellow squash, diced	2 eggs, slightly beaten
2 medium onions, sliced	½ c. evaporated milk
1 tsp. salt	1 T.. sugar
½ tsp. pepper	½ c. bread crumbs (save some for topping)
Dash of garlic salt	¼ c. butter
½ tsp. ground nutmeg	

Cook squash and onions in small amount of salted water until tender. Drain and mash until lumpy. Add remaining ingredients except the butter, and mix well. Place in a buttered casserole, top with more bread crumbs and dot with butter. Bake at 350 until bubbly, about 20 min. Serves 6.

(For a spicier dish, add 1 4-ounce can chopped green chiles and 1 cup shredded Longhorn cheese. Omit nutmeg)

Garlic Scape and Fennel Spread

(from *Farmer John's Cookbook*)

This spread will liven up a sandwich, go well on roasted meat or grilled vegetables, or you can just eat it on toast. This recipe calls for four to five scapes but it can use more.

2 tsp. olive oil	¼ tsp. salt (or more)
½ fennel bulb, finely chopped	4-5 garlic scapes, quartered
½ cup water or chicken stock	
2 tsp. mirin or other rice wine	

Heat the oil in a medium skillet over medium heat. Add the fennel and cook until soft – about 5 minutes.

Add the water or stock and the mirin; bring to a boil. Add the salt. Cook until thick. During the last 30 seconds of cooking, stir in the garlic scapes.

Transfer the mixture to a bowl. Cover and refrigerate for at least 5 hours to allow the flavors to develop. Season to taste with more salt.

Sweet Maple and Balsamic Vinegar Dressing

(from *Angel Organics Kitchen*)

This dressing goes well on lettuce but it is also delicious on grilled or steamed vegetables. You might like to add some bitter greens (endive, radicchio, arugula) to your salad because the dressing is sweet.

1 cup extra virgin olive oil
3 T. maple syrup
2 T. balsamic vinegar
2 T. finely sliced fresh basil
1 T. fresh lemon juice
1 tsp. dry mustard
1 clove garlic, minced
Salt
Freshly ground black pepper

Combine all the ingredients except salt and pepper in a large jar. With the lid tightly screwed on, shake the jar vigorously until the oil and vinegar have thickened. Add salt and pepper to taste and shake again.

You may store this dressing in the refrigerator for up to 2 weeks.

Chard with Sweet-and-Sour Ginger Sauce

(from *Angel Organics Kitchen*)

1 cup vegetable, chicken, or beef stock or water
½ pound chard with stems removed and leaves torn into bite-sized pieces
4 scallions, thinly sliced
Salt
Freshly ground pepper
2 tsp. white vinegar
1 T. light brown sugar
1 T. finely chopped or grated fresh ginger
1 tsp. red pepper flakes

Bring the stock or water to a boil in a large pot. Add the chard and cook, stirring, until it is wilted (1 minute).

Drain the chard, saving the liquid. Transfer the chard to individual plates and garnish with scallions. Season with salt and pepper.

Pour the reserved cooking liquid back into the pot and bring to a boil over high heat. Boil until it is reduced to 1/3 cup, about 8 minutes. Add the vinegar and brown sugar. Stir in ginger and red pepper flakes. Boil for 30 seconds. Remove from heat and spoon the mixture over the chard. Serve immediately.