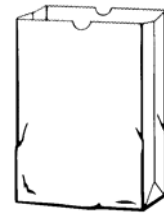


IN THE BAG
Potomac Vegetable Farms
July 12, 2007



Mini: squash or beets, baby carrots, cucumber, a few small tomatoes, sweet onions, sweet pepper, basil

Regular: Swiss chard, garlic, cucumbers, carrots, Japanese eggplant, sage, sweet peppers, lettuce

Robust: squash, garlic, carrots, cucumbers, tomatoes, sage, Japanese eggplant, basil, Swiss chard, sweet onions, sweet peppers

Your menu options are expanding as the season progresses. The bags will seem less full without all those springtime bunches of leaves, but they are starting to have heavier items like cucumbers and tomatoes, carrots and beans. You can basically expect to see Swiss chard every other week all summer long, so keep those chard recipes coming!

Vegetable Soup with Swiss Chard

Makes 4 ½ quarts, serves 8

(adapted from *Greens Glorious Greens* by Albi and Walthers)

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| 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. You can use some of your fresh cabbage in this, just 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.

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
1/4 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 1/4 tsp. salt. Pour over salad and toss well. Add the bread, toss again, and serve.