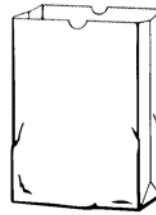


IN THE BAG  
Potomac Vegetable Farms  
June 19, 2008



**Mini:** garlic scapes, spring cabbage or beet greens, Italian parsley, carrots, sweet onion (needs refrigeration) or dandelion greens, lettuce

**Regular:** garlic scapes, Scarlet Queen turnips or sorrel, Swiss chard, sweet onion, spring cabbage, fresh garlic, lettuce

**Robust:** garlic scapes, Scarlet Queen turnips, cabbage, carrots, beet greens, lettuce, sweet onions (need refrigeration), fresh garlic

What a strange stretch of weather we've had, starting about two months ago. We know that we should never complain about rain, but it has been very complicated, trying to get the timing right as we wait for the fields to dry out so we can weed or plant or spade or make hay. We haven't really used our irrigation system yet this year, which is great, but the weeds are starting to get ahead of us. We would really like about 7 straight days of sunshine, just to have a fighting chance. Farmers never stop talking about the weather and strategizing ways to keep working, despite the hail and thundershowers and wind. Ellen says the extremes have been almost biblical, and we know that we are lucky compared to Iowa and Wisconsin and Myanmar.

One of our long time CSA members, "Chef Dan" Himelfarb, sent these suggestions for dealing with the odd collections of spring vegetables you are receiving during these early weeks:

- Go to Costco and get a large jar of artichokes, sun dried tomatoes and cheese: goat, feta, chevre, and load these into your salads for variety and different flavors complementing the buttery-salad lettuce we get this time of year.
- Grate carrots and root veggies onto sandwiches.
- Grill extra proteins or tofu and add to salad the next day
- Use root veggies (radish, onion, garlic) to start a stock for a cold veggie soup starring avocado, corn or potatoes.
- Invite your neighbors over for a salad, or take them a bowl of goodness!

### **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  
1/2 fennel bulb, finely chopped  
1/2 cup water or chicken stock  
2 tsp. mirin or other rice wine

1/4 tsp. salt (or more)  
4-5 garlic scapes, quartered

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.