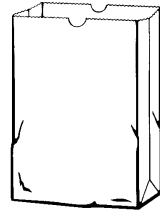


IN THE BAG  
Potomac Vegetable Farms  
September 4, 2008



**Mini:** peppers, tomatoes, swiss chard, garlic, thyme, squash

**Regular:** peppers, tomatoes, celery, garlic, thyme, squash, pole beans

**Robust:** peppers, tomatoes, celery, garlic, thyme, summer squash, pole beans, fennel, Red Kuri winter squash (eat baked like a butternut)

From Hana: It was a delightful rain last Thursday and Friday, in that it came down in gentle doses and every drop of it soaked into the fields. But as always, the rain came with some consequences. After a long dry spell, tomatoes can get very thirsty and when it finally rains they tend to drink greedily. Then they begin to split. You may find some tomatoes with deep cracks this week – they still taste delicious and they would be perfect in one of those wonderful soups, or chopped up in salad. You won't find rain-split tomatoes in your conventional retail locations, but these were too delicious to throw away. Believe me, we threw away plenty right out there in the field, and saved the ones that looked the most promising.

Thanks to all who attended the Open House on Sunday! We ate well and had a great time.

From Ellen:

New vegetable for some today = Celery. This is the real deal folks. These babies began life in February and are finally big enough to eat. This is not like celery from the store. It is robust in flavor and color. It is challenging to eat raw – too strong for most. It cooks up beautifully in any stir fry, or soup, or whatever you're cooking. Keep it in the bag in the frig where it will last for two weeks. The leaves are enjoyed by some cultures as a vegetable unto itself – sautéed with olive oil and dressed with lemon and salt (Greek!). Monster soup stock makers also await the arrival of these gorgeous leaves to make memorable stocks. You'll be seeing celery again before the season ends. Mini shares will get some next week.

Keep those bags and egg cartons coming!

### Grilled Tomato, Basil and Goat Cheese Sandwiches

(adapted from *Bon Appetit*)

1 16-ounce French-bread baguette  
2/3 cup olive oil  
8 large garlic cloves, finely chopped  
1/2 cup chopped fresh basil  
1 tablespoon chopped mixed fresh herbs (such as tarragon, thyme, and rosemary)  
3/4 cup soft fresh goat cheese (plain, peppered, or herbed)  
4 tomatoes, thinly sliced into rounds  
2 cups coarsely chopped pitted Mediterranean olives

Prepare barbecue (medium heat). Cut baguette crosswise in half. Cut each half lengthwise in half to form 4 pieces total. Combine oil, garlic, and herbs in small bowl. Brush all cut sides of bread with half of oil mixture. Grill bread, cut sides down, until lightly toasted, about 1 minute. Remove from grill. Quickly spread cut sides of toast with goat cheese. Top with tomatoes and olives, dividing equally. Drizzle remaining oil mixture on top. Return open-face sandwiches to grill. Cook until bottom sides are toasted, cheese melts, and tomatoes begin to soften, about 3 minutes. Cut each sandwich diagonally in half and serve.

### **Tuscan Nonna's Instant Chicken Cacciatore**

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Serves 4

- 4 boneless, skinless chicken breasts (totaling 1 pound), (preferably organic)
- Extra-virgin olive oil
- 8 large fresh sage leaves
- Salt and freshly ground black pepper
- 1/2 medium to large red onion, diced
- 1/3 cup pitted black Sicilian or Kalamata olives
- 1/2 pound fresh cremini or white mushrooms, quartered
- 1 large clove garlic, minced
- 1/2 cup dry white wine
- 1 cup chopped, delicious fresh tomatoes (do not seed and peel), or canned tomatoes with their juices drained
- 1 generous tablespoon butter

1. Put the chicken between pieces of plastic wrap. Using a meat pounder, rubber mallet, rolling pin or bottom of a heavy saucepan, pound chicken a few times to flatten slightly.

2. Film the bottom of a large saute pan with olive oil. Heat oil over medium high. Add the chicken and sage leaves, sprinkling with salt and pepper to taste. Sear quickly on each side. Turn heat down to medium. Sprinkle breasts with onion and olives. Cook another 2 to 3 minutes per side, or until barely firm when pressed. Remove breasts to a serving platter and keep warm.

3. Make pan sauce: Increase heat to medium high and add mushrooms. Saute 2 to 3 minutes then stir in garlic. Cook another minute. Blend in wine, scraping up the brown glaze in the bottom of the pan. Simmer, uncovered, until reduced to almost nothing (1 to 2 minutes).

4. Blend in tomatoes and cook 3 minutes, or until thick. Taste for seasoning. Stir in the butter until barely melted and pour the sauce over the chicken. Serve immediately.

### **LYNNE'S TIPS**

The trick to juicy chicken breasts is a fast sear to lightly color them and then slow cooking. Remove from the pan as soon as they are just firm when pressed. Holding them for about 10 minutes in a warm place allows them to finish cooking and for their juices to settle.

Turn this into a sauce for pasta by cutting the chicken breasts into bite-sized pieces and cooking as directed above, taking care not to overcook.

For even juicier chicken breasts, refrigerate them in a brine solution for an hour. Make the brine by combining one quart water with 1/4 cup salt and 1/3 cup sugar.