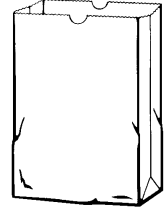


IN THE BAG
Potomac Vegetable Farms
September 17, 2008



..... eggplant, peppers, tomatoes, chard, rosemary, spaghetti squash

Regular: eggplant, peppers, tomatoes, rosemary, spaghetti squash, cherry tomatoes, juliet mini-roma tomatoes, beans, okra, sweet potato greens

Robust: eggplant, peppers, tomatoes, fennel, rosemary, spaghetti squash, cherry tomatoes, juliet mini-roma tomatoes, beans, kale

It's time to say goodbye to some summer favorites: beans and basil. The Mexican bean beetles have finally decimated all bean plantings. The vigilant and productive pole beans have become denuded. The one patch of bush beans is completely overrun. The beans in your bags are the last of what is available and they are not the best beans. You may encounter a yellow insect that is the bean beetle larva, and some beans may have bug bites and other issues. Sorry if that's more reality than you bargained for. The Basil patch has given into a fungal disease never seen here before called Botrytis. We may be able to scrounge some tips off these plants, but maybe not. So for today we gave you the robust and amazingly aromatic Rosemary. It will keep a long time in the frig and dries easily to be used for winter roasting.

Sweet Potato greens are new this week. You want to use the leaves and small stems and discard the thick vine part. They need to be cooked well and then added to any recipe that calls for kale or collards or chard. We begin the sweet potato root harvest tomorrow!

Kale shows up for the first time this week in Robust bags. This green is used in many recipes and you'll be seeing it again!

Juliet Mini-Roma Tomatoes, these babies are great in salads or in cooking as they are quite firm. Not my favorite by themselves, but great in pasta sauces or in the recipe below.

Impossible Ratatouille Pie from Carol Breitner

All quantities are approximate; just use whatever you have.

Preheat oven to 375°F.

1. *Chop bite size:*
 - 1 zucchini
 - 1 eggplant
 - 1 large tomato
 - 1 green pepper
 - 1 large onion
 - 1 tsp herbes de Provence or other herbs and spices

Sauté veggies for 10-15 minutes in 2 Tbsp olive oil, until they are beginning to brown and are cooked through. They cook more in the baking. Transfer the vegetables into a large round pie dish.

2. *Sprinkle on top:*

4 oz feta cheese

3. *Mix in blender:*

¼ teaspoon salt

1¼ cups milk

¼ cup yogurt

¾ cup Bisquick

(3) eggs

[optional, leftover cooked corn]

Pour this mixture over pie.¹

4. *Top with 2 T parmesan cheese. Bake in a hot 375 oven for 30-40 minutes until nicely puffed and brown. Serves 4-8.*

Moroccan Chick Pea, Tomato, and Greens Stew (adapted by Jean Gold)

3 cups cooked chickpeas and 1c broth from chickpeas (you can cook them in advance, in quantity, and freeze them. They are infinitely better than canned and cheap.)

1 large bunch chard or spinach, washed and coarsely chopped

4 cloves garlic (or a lot of garlic scapes)

1t sweet paprika

1½ t cumin, toasted and ground

1½ t coriander, toasted and ground (you can use ground for both of these) 1/2t turmeric

1/2 c golden raisins

1 onion

1 red or yellow bell pepper

3 or 4 tomatoes or a 28 oz can tomatoes

1/2 -1 preserved lemon, peel only, in 1/4" dice (optional - but it's great if you have some around)

1-2 T olive oil

Sauté onion until golden, about 10 min. over moderate heat. Add pepper, garlic, and spices, and sauté another minute or two. Add tomatoes, raisins, chick peas and their broth (if you do use canned, drain and rinse them, and use 1 c water), and cook at a simmer for about 15 minutes. Add chard or spinach and cook until tender - depends on which green, but a few minutes for spinach and 10 or so for chard. Add preserved lemon and serve over couscous. Better the next day.

Hope you enjoy these - I use the recipe in *Vegetarian Cooking for Everyone* (Deborah Madison) for making the chickpeas, and this is a combination of one of her recipes and several others. I have no idea how much this serves - between 2 and 4 depending.

¹*If you use a lot of veggies then the liquid might not fit. So I used the rest to make some awesome popover type things, just baked the mixture in muffin cups till brown, 10 minutes or so.*