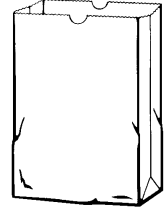


IN THE BAG

Potomac Vegetable Farms
September 24, 2008



..... Roma tomatoes, eggplant or cherry toms, green/red peppers, celery, chives, butternut squash

Regular: Roma tomatoes, cherry toms, green/red peppers, celery, chives, kale, butternut squash

Robust: Roma tomatoes, cherry toms, green/red peppers, celery, chives, butternut squash, cukes, beets, collard greens.....

If you are feeling overwhelmed by the flavor and volume of the celery, we suggest that you experiment with adding it to almost anything that you cook that takes multiple vegetables. It is a great ingredient in soup and stews, and the leaves are fantastic for making vegetable stock. You can chop and freeze the raw leaves, saving them for the soups and stews of winter. This deep green and potent celery has gained quite a reputation at the farmers markets, especially amongst the juicing crowd.

Butternut squash makes its first appearance today. They can store for months, so no rush using it now. It's the easiest and most common winter squash around. Many recipes exist and it is THE choice for making pumpkin pie filling. You can bake it, boil it or steam it slices taking the skin off sooner or later and removing the seeds from inside.

Kale and Collards are the mainstays of the Brassica family of Greens. They can be used as the "greens" in any recipe and hold up well to cooking as they are fairly sturdy. If they are not your faves, then hide them in pasta or soup dishes cut finely amongst other veggies.

Pasta With Greens & Ricotta

Serves 4 - 6

(Moosewood Restaurant Cooks at Home)

1 C. chopped watercress
3/4 C. ricotta cheese
4 C. chopped Swiss chard
1 lb. pasta (shells, bow ties, or penne)
2 garlic cloves, minced or pressed
grated Parmesan
1 Tbl. olive oil
chopped fresh tomatoes
dash of salt and pepper
Toasted walnuts or pine nuts
1/4 tsp. nutmeg

Bring a large covered pot of water to a rapid boil. While the water heats, rinse the watercress and chard well, remove tough stems from watercress, shake of excess water and chop both greens coarsely. Sauté the garlic in the oil for a minute, until soft and golden – don't overcook. Add the damp greens and sauté, stirring often, until they are wilted but still bright green. Sprinkle with the salt, pepper, and nutmeg; remove from heat. Puree mixture in a blender, with the ricotta cheese, until smooth and evenly colored. Add more salt and pepper to taste.

When the water boils, add the pasta, cover and return to a boil. Then uncover the pot and cook pasta until al dente. Drain pasta and immediately toss with sauce in a warmed serving bowl. Top with Parmesan, tomatoes, and toasted nuts.

Low-Fat Tomato-Rice Soup

Serves 4 - 6

Washington Jewish Week

2 lbs. tomatoes, peeled and coarsely chopped
2 cloves garlic, pressed through garlic press
1 C. cooked brown rice
½ onion, finely minced
2 Tbl. extra virgin olive oil
1 qt. vegetable stock
fresh basil, salt and pepper to taste
Optional garnishes: sour cream, fresh chives, or scallions

Heat a large pot and add the olive oil. Sauté onions until translucent. Add garlic and sauté 1 minute. Add tomatoes and simmer 10 min, stirring often. Add stock and simmer 30 min. Season with basil, salt, and pepper to taste. Add rice and simmer 5 min. Divide into bowls and garnish if desired with a dollop of sour cream and sprinkle with chopped chives or scallions. If you prefer thicker soup, puree some or all of it in a blender.

Hana's Special Stewed Tomato Soup

I have not met anyone who does not love this soup, adult or child.

5 ripe tomatoes, blanched and peeled
2 stalks celery with leaves, chopped
1 medium onion, chopped
1 tsp. salt
2 T. sugar
Basil, oregano

Optional: 2 T. flour in ½ cup tomato juice or water, mixed into a paste

Sauté onions and celery in a heavy soup pot until soft, add tomatoes and seasonings, heat until boiling well. Add the flour paste and stir it in to thicken, while cooking. If you have a "stick blender" that's the best implement, as you can puree the soup right in the pot. If not, you can use a regular blender. Taste to see whether the salt and sugar are the right proportions for you.

Add cream or milk when serving.