

# IN THE BAG

## Potomac Vegetable Farms

### July 8, 2009

**Mini shares:** sweet onions, squash, cucumber, garlic curls, beets, lettuce, cabbage, basil

**Regular shares:** sweet onions, squash, cucumbers, garlic curls, kale, chard, lettuce, basil, cabbage, shallots

**Robust shares:** sweet onions, squash, cucumbers, garlic curls, kale, chard, lettuce, basil, asian eggplant, cabbage, shallots, beets

I think I forgot to explain **garlic curls** to you last week. They are the stringy green things in the bag, which are the flower stalks of the garlic plant. We pinch them off to encourage the plant to put its whole energy into the bulb. And they are our first way of enjoying garlic flavors from the garden. They can be used raw or cooked, chopped or blended or minced. This is the last week for them. Next week we will have whole green garlic bulbs! They keep best in the frig.

**Kale**, curly leaves, last of the season until October. Best cooked rather well, added to soups and stir fries.

**Shallots** – these are in the onion family and considered one of the fanciest expressions of an onion. French cooking forever calls for these. They are milder and somewhat more flavorful than a regular onion. These are very fresh, not cured and should be stored in the frig.

#### **Stir-fry sauce** (from Jean Gold)

1T low sodium soy sauce

1T balsamic vinegar

3T dry sherry or rice wine

1T garlic (or a lot of garlic scapes)

1T chopped ginger

2t dark brown sugar

3/4 t harissa or chili-garlic sauce or anything with hot pepper

1 bunch chopped scallions

Stir fry any vegetables and any meat/fish/shellfish and add this.

## **Moroccan Chick Pea, Tomato, and Greens Stew**

(from 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

1 1/2 t cumin, toasted and ground

1/2 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

Saute onion until golden, about 10 min. over moderate heat. Add pepper, garlic, and spices, and saute 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.

## **Caribbean Red Lentil Soup** (from Lucinda Shannon)

Adapted from Moosewood Restaurant Simple Suppers

This hearty lentil stew with a Caribbean flair is a great accompaniment to a light salad.

1 1/4 cup red lentils (smaller than regular lentils, they cook more quickly)

4 c water

1 t salt

2 T olive oil

1 1/2 t mustard seeds

1 1/2 t fennel seed

2 T grated ginger root (keep your fresh ginger root in a baggie in the freezer, use a knife to peel)

5 12-inch garlic curl stalks, chopped in small pieces  
1 large potato, cubed  
4 cups chopped greens (collard, mustard, swiss chard, spinach)  
1/2 t salt  
3/4 c coconut milk

Rinse lentils and drain. Bring 4 c water, 1 t salt, and lentils to boil. Reduce to simmer, cover and cook 30 minutes.

Add mustard seeds to hot olive oil and wait for them to pop. Add fennel seed, ginger, garlic curls, and potatoes. Add greens and salt, and cook until greens are just wilted. Add mixture to the cooking lentils. Simmer until potatoes and garlic curls are tender.