

IN THE BAG  
Potomac Vegetable Farms  
September 8, 2009

**Mini shares:** onions, fingerling potatoes, tomatoes, peppers (red and green), swiss chard, summer squash, okra or beans

**Regular:** onions, fingerling potatoes, tomatoes, peppers (red and green), swiss chard, summer squash, okra or beans

**Robust:** onions, fingerling potatoes, tomatoes, peppers (red and green), swiss chard, summer squash, beans

Another round of gorgeous summer squash, with the 3<sup>rd</sup> patch weighing in. You may have even missed it? The tomatoes are getting scarcer by the day, so the quantity has dropped dramatically. Those chilly nights feel great to us, but are not so great for the summer fruits....yes, always something to complain about...

Beautiful fingerling potatoes from our next door neighbors of Tree and Leaf farm. They are so delicious they can just be boiled and eaten plain! Or roasted....

**Chard Quesadillas** - These will make you love chard, if you don't yet!

Big bunch of chard, or bitter greens, or spinach

2 flour tortillas per serving

Salsa Picante - 2 tablespoons = 1/8 cup per serving, or more

Grated Cheddar Cheese or your choice of mixed grated cheeses - 1 ounce = 1/4 cup per serving, or more

1. Wash and chop the chard and cook it. I like to pile the washed chard in a ceramic or plastic colander in the microwave and cook it for a couple of minutes. Just put the colander on a dinner plate and cover everything with a paper towel., cook until it wilts. You can also steam or sauté the greens as usual.
2. For each serving, heat a large griddle or cast iron skillet on high. Cook 2 tortillas so they begin to brown slightly on one side. Then remove them to your work surface, and make the "stacks" with the pre-cooked sides facing the inside:
3. Start with a tortilla, browned side up; sprinkle with cheese(s); then put a layer of cooked chard, 2 tablespoons of salsa, spread around, another handful of cheese, and finally the second tortilla, browned side down. The idea is to have cheese touching both tortillas, so the whole thing fuses together when you put it back on the griddle. Remember: tortilla, cheese, chard, salsa, cheese, tortilla, in that order.
4. Heat the quesadilla stacks on the griddle, carefully turning until gently browned on both sides. You can cut them into quarters to serve.

### **Chard Fried Rice** w/ Anything and Everything

Modify this recipe depending on your preferences and what's in the bag each week.

The two ingredients I consider essential are soy sauce and sesame oil. Other than that, anything goes.

2 tablespoons vegetable oil

6 scallions = 2 ounces = 1/2 cup, chopped fine

Nugget of fresh ginger, peeled and minced

1 or 2 cloves garlic, chopped or pressed

1 cup mixed chopped veggies of your choice - I used a combination of green beans, carrot and celery

1-2 bunches of chard, about a pound = 4 cups chopped stems and leaves

3 cups cold, cooked rice

1-1/2 cups cooked chicken or 1 bag Morningstar Farms Chik'n Strips, cut in

1-inch pieces, or tofu/meat/whatever (optional, great)

3 tablespoons soy sauce

3 tablespoons Japanese toasted sesame oil

Salt and pepper to taste, optional  
1 egg, beaten, optional

1. Heat 2T vegetable oil in a wok or large frying pan.  
Add garlic, ginger, scallions, stir fry 1 minute.
2. Add the cup of mixed chopped veggies and toss to combine.
3. Stir in chard, and cook stirring every minute, for 5 minutes (crispy) or 10 minutes (crunchy).
4. Add the rice, chik'n strips or meat, toss to combine.
5. Sprinkle on 3T each of soy sauce and toasted sesame oil. Stir and fry for five minutes or more.

Optional egg: Remove the rice mixture to a bowl or serving dish, and scramble the egg in your wok, using a tiny bit of oil if needed. Then put the rice mixture back in the wok and toss it all together.

Taste and adjust if you want more soy sauce, or salt/pepper. "Eat slowly," a Chinese way of saying "Bon Appetit!"

## **Carol Breitner's Spaghetti Squash Pizza Pie**

Serves 2-3 as a main course or 6 as a side dish.  
So easy and delicious!

All quantities are suggestions only. Use as much sauce/cheese/etc as you like.

1 medium or large spaghetti squash  
1-1/2 cups tomato sauce  
1 cup = 4 ounces grated "pizza cheese," I.e., a combination of Provolone, Parmesan, Asiago, Fontina, Mozzarella, Romano, etc. I like Trader Joe's Quattro Formaggio  
Dried or fresh basil  
Garlic - fresh or powder  
Black or red pepper to taste - optional

Preheat oven to 350 degrees.

1. Stab your squash a few times with a big sharp knife to make air vents
2. Place the whole squash - okay leaving stem - in a glass pie plate

3. Microwave uncovered until soft, about 10 minutes or more, checking after 7 minutes and every few minutes after until it is a bit squeezable.
  4. Slash the squash open lengthwise and use a soup spoon to scrape out the seeds, discard seeds
  5. With soup spoon, scrape out all the stringy flesh, right down to the skin. Spread the squash strings evenly in your same pie plate, discard skin.
  6. Taste a piece of squash and decide if you want to soften it a bit more. You can cover with a paper towel and microwave for 3-4 more minutes if desired, or more. This really depends on the size of your microwave oven.
  7. Now have fun assembling your "pizza," just pretend the squash is the pizza-crust and top it with sauce, cheese, sprinkling of herbs, garlic, pepper, to taste.
  8. Bake in 350 degree oven until the cheese is browned and yummy, about 15 minutes.
- You can cut it in wedges and serve it like pie.

Enjoy!