

IN THE BAG
Potomac Vegetable Farms
September 14, 2009

Mini shares: red peppers, green beans, eggplant, tomato, celery, edamame, garlic, potatoes

Regular: red peppers, green beans, eggplant, tomato, celery, edamame, garlic, potatoes, summer squash

Robust: red peppers, green beans, eggplant, tomato, celery, edamame, garlic, potatoes, summer squash, cherry tomatoes

Edamame are green soybeans which are rich in proteins and vitamins A, B, and C. Salt-boiled edamame in pods are eaten by squeezing beans out of pods with fingers. Take the pods off the stem, wash, put in salty boiling water for 4 minutes, drain and then enjoy. Sorry the plants are so dirty!

Celery: for you first time CSA'ers this celery may come as a surprise. This homegrown celery is packed with flavor and vitamins. It is much more powerful than the store bought you are used to. You may find it too strong to eat raw. It is delicious cooked, or chopped very fine and eaten raw in salads (tuna, chicken, etc). A Greek friend told me that there they enjoy the celery leaves more than the stalks – boiled/steamed/sautéed with lemon, butter and salt as a side dish! Keep it in the bag and it will store for a couple of weeks in the frig. You will see this at least one more week this summer.

All of these recipes were recommended by CSA customers. We welcome your suggestions and success stories. They are for things you've had already and will have again!

Swiss Chard and Creamy Pasta

1 lb. Swiss chard

1/2 cp. Low-fat milk

1/4 cp parmesan cheese

1/8 tsp. Pepper

1/8 tsp. Salt
8 oz. fettuccine (or whole wheat penne) cooked
1 TBS. olive oil
2cloves garlic, chopped
1/4 cp chopped onion
2 large tomatoes, chopped
1/2 cp sour cream or plain yogurt

Wash Swiss chard, cut into small pieces, Heat oil in large 2-qt saucepan over medium-high heat 1-2 minutes. Add Swiss chard, garlic, and onion 1-2 minutes stirring occasionally. Add tomatoes, sour cream, milk, parmesan cheese, cooked pasta, pepper and salt. Stir well. Serve warm. Makes 4 servings.

Spaghetti Squash with Roasted Eggplant-Tomato Sauce

Adapted from *Cooking Light June 1999* 4 servings (serving size: 1 1/2 cups)

- 1 spaghetti squash
- 3 cups (1-inch) cubed peeled eggplant (about 12 ounces)
- Cooking spray
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 3 cups chopped tomato (about 1 1/2 pounds) or 2 lightly drained cans diced tomatoes
- 3 links turkey Italian sausage- browned (optional- if you don't use the sausage you should bump up the herbs)
- 1/4 cup sliced pitted kalamata olives
- 2 tablespoons tomato paste
- 1/2 teaspoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/3 cup fresh basil - chopped
- 1/3 cup fresh oregano - chopped
- 1/4 cup (1 ounce) finely shredded fresh Parmesan cheese

Preheat oven to 400

Pierce skin of spaghetti squash in numerous places, place whole in a baking pan and bake/roast at 400 for 1 hour- or until tender. Remove from oven and set aside.

Increase oven temperature to 425.

To prepare sauce, place eggplant in a single layer on a baking sheet coated with cooking spray; bake at 425° for 15 minutes, stirring once.

Heat oil in a large skillet over medium heat. Add garlic; cook 3 minutes or until golden, stirring occasionally.

Add tomato and next 6 ingredients (tomato through pepper); bring to a simmer. Reduce heat to low; cook 3 minutes or until slightly thick. Add eggplant, basil, and oregano; cook 3 minutes or until thoroughly heated.

Open squash- remove seeds and scrape out flesh with a fork and place in serving bowl. (You can do this while the eggplant cooks- just keep the flesh warm.)

Not Your Average Joe's Watermelon Soup

Marion Copley got this recipe from the Landsdowne restaurant, and made some of her own adjustments.

2 cups cubed watermelon (about 2 ½ lbs piece)

2 tomatoes (about ½ lb) quartered

2 tablespoons unsalted almonds, ground

½ shallot, quartered

1 tablespoon fresh lemon juice

1 tablespoon red wine vinegar or sherry vinegar

1 teaspoon olive oil

2 tablespoons feta, crumbled

1 tablespoon black olives, pitted & chopped

2 tablespoons fresh mint

DIRECTIONS: Blend watermelon, tomatoes, almonds, shallot, lemon juice, vinegar and oil in a food processor until smooth. Top with feta, olives and mint

Makes about 8 cups.

I had already saved a puree of the tomatoes from a few weeks ago with basil and garlic scapes. I used the equivalent of ½ lb of the puree (about 1.5 C) and stuck in ½ of a fresh tomato.

I used one of the onions that Hana said tastes like shallots.

I also took fresh almonds and ground them in my vita mix.

Instead of putting the last three ingredients in each serving, I put it in the vita mix at the slowest setting.