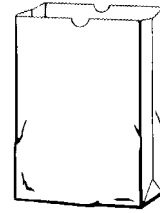


**IN THE BAG**  
**Potomac Vegetable Farms**  
**July 13-15, 2004**



Your bag has lots of familiar, normal vegetables: cucumbers, squash, potatoes, basil, sweet onions, basil, garlic, chard or cabbage, Kentucky Wonder beans, Japanese eggplant. Thursday's bag will have tomatoes from Next Step Produce, if all goes well. There are tomatillos (Mexican husk tomatoes for salsa) for the Tuesday folks. Remember, the sweet onions need to be kept in the refrigerator because they aren't cured. They are perishable.

The lettuce season is over, for now. Salads will change to summer fare, with cucumbers and tomatoes and sweet onions and other creative solutions using lots of vinaigrette and cooked, cold vegetables.

**AIOLI – from Nora Pouillon**  
**(garlic dipping sauce for vegetables or fish or steamed potatoes)**

**3 cloves garlic**  
**½ tsp salt**  
**1 egg yolk, or 1 T Dijon mustard**  
**½ cup olive oil**  
**2 tsp lemon juice**  
**fresh black pepper**

Mix the garlic and salt on a cutting board by mashing them together very well using the side of a knife blade.

Place the small bowl in which you will whisk the aioli on a wet paper towel to keep it from slipping. Put the egg yolk or mustard and the mashed garlic and salt into the bowl. Beat until lemony in color.

Add the olive oil, drop by drop, whisking continuously, until the sauce begins to thicken. Whisk in the remaining oil in a slow stream. Add the lemon juice and pepper to taste. If it's too thick, thin with a few drops of water.

**Tomatillos** – Looks like a green cherry tomato in a paper husk. Also called a Mexican green tomato, Mexican husk tomato, Tomate Verde. You peel the parchment cover off and wash the little tomato well. Tomatillos are most often cooked in salsa. They have a lemony flavor. If you eat them raw, they are more sharply acidic. They can be stored in the refrigerator for a very long time. You can try them chopped in salad, in gazpacho, or you can cook them into a sauce for tacos and enchiladas. Poach the peeled and washed tomatillos very briefly, then combine with chili peppers, onion, garlic, cilantro and salt.

### Onion and Garlic Quiche

3 T butter or 3 t. olive oil	1 t. Worcestershire sauce
3 large onions, peeled and sliced	1 t. Tabasco sauce
3 cloves garlic, peeled and slivered	1/3 t. salt
a few leaves of chard, chopped	1 t. dried thyme
4 eggs	1 ½ cups grated sharp cheddar cheese
1 cup whole milk	1/3 cup parsley, finely snipped

when in season: 15 cherry tomatoes, cut in half and drained on paper towel

pie shell (make it or buy it – you can make a quick and tasty crust by crushing 12 saltine crackers with a rolling pin and spreading the crumbs in an oiled 9” pie pan)

Preheat oven to 350 degrees. In a heavy skillet, melt butter and sauté onions until lightly browned. Add garlic and chard. Sauté. Put onions, garlic, chard, and ½ cup cheese in pie shell. In a mixing bowl, beat the eggs, add milk, Worcestershire sauce, Tabasco, salt, thyme, and pour over the onion mixture in the pie plate. Mix gently. If you have cherry tomatoes, arrange them on the top of the quiche, cut sides up. Spread remaining cheese over the top and bake in the middle of the oven for about an hour, until puffy in the middle and browned. Lower heat if it seems to be browning too much before the center puffs up.

### PVF Salsa

4 ripe tomatoes	1 small bunch cilantro
up to 8 tomatillos (optional)	1 sprig fresh basil
1 small onion	2 cloves garlic
1 sweet pepper	2 T. vinegar or lime juice
1 hot pepper (optional)	salt to taste

Chop tomatoes, onion, peppers enough to fit into food processor. Process all ingredients to desired consistency. You can reserve some of the vegetables and chop by hand for a chunky texture if you don't like such soupy salsa. Our children consider this a staple of summer.

### Cucumber and Yogurt Dip

1 cup plain yogurt  
1/3 cup sour cream  
3 minced garlic cloves  
3 cucumbers, peeled and grated  
2 T. chopped mint  
2 T. chopped cilantro  
2 T. olive oil

Combine ingredients in serving bowl and refrigerate for several hours to let flavors settle. Garnish with whole mint leaves and eat with toasted pita bread.