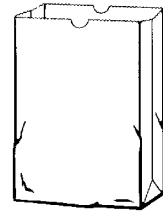


IN THE BAG
Potomac Vegetable Farms
August 17-19, 2004



**Tomatoes Potatoes Basil Garlic Swiss Chard Green Pepper Onions
Cucumbers/Squash Salsa Starter Kit**

These ideas from CSA members last year can be adapted for any of the greens you might find in your bag in the fall, as well as the ever-present Swiss Chard.

Since I do not really care for greens cooked alone no matter what delicious seasonings I add, I have had to be creative given the plethora that have arrived during my tenure as a CSA member. Generally, I find that any greens add a nice touch to egg dishes (quiches or fritattas), soups (minestrone), or stir-fries, and to pasta recipes with a cream sauce ...But my favorite way to eat them is in a Turkish dish as follows:

Brown about a pound of ground beef (or lamb, or turkey, or soy crumbles) with some chopped up onion and garlic. Add at least a 28 ounce can of tomatoes chopped or not as you prefer. Add spices of your choice--oregano and basil are always good, salt and pepper to your taste, perhaps a bay leaf, and cook a while, say 30 minutes to an hour, to let the flavors blend and the tomatoes to get nice and juicy...Then add the greens (I prefer mine finely chopped)-- tougher greens should probably be cooked separately first, but tender ones can just go right in the pot. When ready, serve over rice and spoon some plain yogurt on top. It's quite a delicious combination of flavors, and therefore, you hardly even notice the greens!! It is sometimes served with poached eggs on top as well...

–Lindsay Crutcher

Here's a Swiss chard idea and another use for the bounty of tomatoes and onions we're getting...

I toss shredded chard into risotto. The back of a box of Arborio rice will give you the basic risotto recipe; add in about 1/2 to a whole cup of chard about 1/3 of the way into the process. I happen to like it with feta but you could stick to parmesan if you prefer. I've also liked it w/about 1-1 1/2 cups of squash puree (already baked) added with the chard.

Or...

You can buy pizza dough in a bag (\$.79) at Trader Joe's that makes wonderful grilled pizza or foccacia. Or you can make your own dough – it's easy in a bread machine.

Grease your hands w/olive oil, take about 1/2 the bag and flatten into a circle, oval, whatever. Generously grease the bottom so it doesn't stick to the grill. Thinly slice a clove of garlic (maybe 2) and a tomato (maybe 2).

Preheat your grill and lay the flattened dough on the top rack. Sprinkle on the garlic (you can

add a little extra olive oil if you like) and lay down the tomato slices. Close the grill and let bake for about 10 minutes. The top of the dough will begin to look dry. Add some parmesan (or other favored cheese) and cook 'til melted. Serve immediately in wedges. You can also make rustic tarts by folding the dough partially over the filling.

There's a myriad of options of course -- add some previously grilled peppers and onions, top w/parmesan cheese, use spinach & feta, just use garlic alone, or spread peanut sauce and then top w/chicken, cilantro, shredded carrot & bean sprouts.

Jeanne Marshall

Salsa Recipes
from the Gardeners' Community Cookbook

(If you really don't like cilantro, because it tastes bitter or soapy to you, you can substitute dill, fennel, or parsley, so that you still get the benefit of a leafy herb taste in your fresh salsa.)

from Connecticut:

20 tomatillos	¼ cup olive or vegetable oil
2/3 cup fresh cilantro leaves	2 medium onions, finely chopped
4 cloves garlic	½ tsp. salt

Bring a pot of water to boil. Peel tomatillos and add to water. Simmer until soft (10 min). Remove from heat, let cool. Lift tomatillos out of the water and put in food processor. Add cilantro and garlic and puree. Set aside.

Heat oil in a sauté pan over low heat. Stir in onions and cook until soft. Add tomatillo mixture and salt, stir to mix, and bring to a boil. Remove from heat right away, transfer to a bowl. Cool, then refrigerate to allow flavors to blend. (Does not freeze well, but lasts a week in the refrigerator.) Makes about three cups.

from California:

4 medium ears of corn	2 T. balsamic vinegar
1 medium onion, diced	2 tsp. ground cumin
1 pint cherry tomatoes, halved	1 tsp. salt
3 bunches scallions, thinly sliced	½ tsp. black pepper
½ cup fresh cilantro leaves	

Bring a large pot of water to boil. Drop in corn, boil for 5 minutes. Drain, cut kernels off cob. Put kernels in a bowl and add the remaining ingredients. Toss gently to mix and set aside at room temperature for an hour. (Can be refrigerated for up to three days.) Makes about four cups.