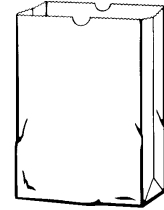


**IN THE BAG**  
**Potomac Vegetable Farms**  
**Aug 31 – Sept 2, 2004**



Tomatoes Swiss Chard Thai Basil Onions Green Pepper  
Escarole/Lettuce Mix Carrots Squash Celery/Fennel

You may have had many opportunities to notice this, even if you're not a farmer – ever since the beginning of spring, things have been blooming and ripening about three weeks earlier than normal. We didn't know if this would continue all season, but it appears that once the clock starts early, the biological world just ticks along, ahead of schedule. The fruit farmers are experiencing the same accelerated season. This phenomenon has its pluses and minuses, of course. We are anticipating an early end to many summer crops, but we are also preparing for the autumn crops. There won't be a three week space with nothing to eat, don't worry. But it is odd, and we continue to marvel at this feeling of being out of sync with the calendar.

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**Garlic Stock (a basic stock for soup)**

3 whole heads garlic	2 medium carrots, coarsely chopped
10 cups water	¼ tsp. dried thyme or 4 fresh thyme sprigs
2 or 3 bay leaves	4 fresh parsley sprigs
8 whole black peppercorns	
½ tsp. salt	
2 potatoes, coarsely chopped	

Remove the loose, papery outer skins of the heads of garlic and break them into cloves (no need to peel). Combine all the ingredients in a large pot and bring to a boil. Cover, lower heat, and simmer for one hour. Strain the stock and use it right away, or refrigerate it in a sealed container for up to four days, or freeze it for up to six months.

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**Potato and Escarole Soup**

"The sweetness of the Garlic Stock perfectly balances the bitter escarole, and the potatoes add body to this light but filling soup." – Moosewood Restaurant Daily Special, by the Moosewood Collective.

2 tsp. olive oil	1 head of escarole, rinsed and chopped
2 cups chopped onion	2 ½ cups peeled, cubed potatoes
1 tsp. salt	8 cups Garlic Stock
1 tsp. ground fennel seeds	¼ tsp. ground black pepper

**1 cup Pecorino Romano or Parmesan  
cheese**

**Warm the oil in a soup pot on low heat. Add onions, sprinkle with salt, and cook until caramelized. Stir frequently and add a little stock or water, as necessary, to prevent sticking.**

**Add fennel and escarole, cover, and cook until the escarole has wilted, 5 to 10 minutes. Stir occasionally, if needed. Add potatoes and stock and bring to a boil. Cover, reduce the heat, and simmer until the potatoes are tender, 15 to 20 minutes. Add pepper. Serve topped with grated cheese.**

**This soup would go nicely with a tomato salad.**

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**From Deborah Madison, a salad for one: “Farmers’ Market Salad”**

**1 carrot, scrubbed and finely diced  
1 cucumber, diced  
2 tomatoes, chopped  
1 celery rib, diced  
4 large green olives, pitted  
small cubes of cheese (she says goat cheddar or ricotta salata)  
1 T. toasted sunflower seeds or pine nuts  
torn leaves of basil  
1 tsp. olive oil  
salt and pepper  
fresh lemon juice or red wine vinegar to taste.**

**Gently toss everything with the oil. Season with salt and pepper and a little lemon juice to taste.**

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**I don’t know what you’ve been doing with all your basil this summer, but if you haven’t put much pesto in the freezer, I would suggest you do it soon. The nights will start to get cool imminently, and basil is the first casualty. You can make pesto out of parsley, or arugula, or cilantro, even spinach. But the classic pesto is made with pine nuts, garlic, basil, olive oil, salt, and possibly Parmesan cheese. It is SO simple to make and freeze, and you will be delighted to find a summer feast in your freezer in February. Freeze it in ice cube trays or little plastic yogurt cups. Leave the cheese out to add later. Pop the cubes out of the tray and store them in Zip-Loc bags.**

**½ cup pine nuts (or walnuts or pecans)  
4 to 6 cloves garlic  
4 cups shredded basil leaves (Thai basil works too)  
1 cup olive oil (or less)  
1 cup grated Parmesan or romano cheese (optional)  
salt**

**Blend the first four ingredients in a food processor. Transfer the mixture to a bowl and stir in the cheese. Add salt to taste. Store in refrigerator for up to a week. Eat on hot pasta, or English muffins in the morning. Use in homemade salad dressing.**

**(Jon Groisser has added another optional ingredient: cream. At the very end of the blending process, add a little heavy cream. It makes the pesto much smoother, and even more sinfully delicious.)**