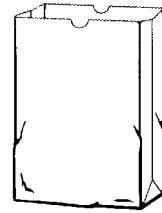


IN THE BAG
Potomac Vegetable Farms
September 21 – 23, 2004



**Peppers Beans Eggplant Lettuce Garlic Chard/Sweet Potato Greens
Kale/Celery Basil/Thai Basil**

“My goodness. Things happen so quickly around here!” This is not the Land of Oz, but we are constantly surprised by the speed of transitions in this work. One moment we are rich with red tomatoes, and three days later, we have none at all. Just before the soggy remains of Hurricane Ivan swept through, we went out to pick as many tomatoes as we could, knowing that this was a bad time for a big rain. The vines were just about dead before the hurricane, and the end of season blights were spreading. When you add a lot of water to diseased plants, that brings the end of the tomato season, right then and there. On Thursday we picked over 80 baskets of dead ripe tomatoes. By Sunday evening they had all been sold or canned or had turned to mush. And now we are in mourning. Our customers at the stand were in shock. Usually we have a transitional time when the tomatoes start to look crummy and taste kind of sour. These tasted great right up to the end. After it dries up, we’ll go search for some survivors, but we are not very optimistic. Well, it was a great tomato season while it lasted.

Some recipes borrowed from our friends at Waterpenny Farm. They have a CSA and sell at farmers’ markets too. All of these recipes are extremely adaptable, and work well with a range of vegetables.

Roasted Peppers or Eggplant
(delicious hot or cold, as a side dish, in sandwiches, or on pasta)

Preheat oven to 400.

Cut peppers or eggplant into ½ inch strips, and put in a baking pan.

Add olive oil, about 2 tsp. per medium pepper , 1 T. per medium eggplant.

Sprinkle liberally with salt, and stir.

Put on the top rack in the oven. When you hear them start to sizzle, stir them.

Stir every few minutes until they are the softness you like. Takes 20 to 30 minutes.

You can add onion, garlic, or spices if you like. The roasting really brings out the flavor of the vegetables, though, and they are delicious just plain.

Crustless Quiche

Preheat oven to 350 degrees.

Stir together:

½ cup flour

½ tsp. salt

½ tsp. herb seasoning of your choice

Thoroughly mix flour mixture into 1 cup evaporated milk, stirring with a wire whisk. Beat in 5 eggs.

Stir in ½ - 1 cup chopped cooked vegetables (anything) and the same amount of grated mild cheddar cheese.

Pour into a 9" pie plate, lightly greased.

Bake in center shelf of oven 35 – 40 minutes, or until center of pie is set. Cool for 5 – 10 minutes before cutting.

Gingered Greens and Tofu

Tofu marinade:

½ cup soy sauce

3 T. brown sugar

½ cup dry sherry

¼ cup rice vinegar

¼ cup peanut oil or vegetable oil

2 T. grated fresh ginger root

2 cakes tofu

6 cups coarsely chopped mixed greens (anything goes)

3 T. fresh lime juice

2 T. chopped fresh cilantro

pinch of cayenne or splash of chili oil

toasted cashews or peanuts

In a small saucepan, bring marinade ingredients to a boil. Simmer for one minute and remove from heat. Cut tofu into bite size squares. Place squares in a single layer in a pan and pour marinade over them. Sprinkle on 2 T. oil and set aside for five minutes.

Preheat broiler. Prepare remaining ingredients. Broil tofu until lightly browned on both sides. Heat 2 T. oil in large skillet. Stir in ginger, add the greens, and stir constantly on high heat until greens wilt. Add lime juice, cilantro, cayenne and remove from heat. Gently toss tofu, marinade and greens. Top with toasted nuts. Serve immediately with rice.