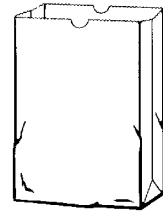


IN THE BAG
Potomac Vegetable Farms
October 12-13, 2004



For all: Sweet Potatoes Lettuce Peppers Eggplant Beans Garlic
For some: Chard Celery Napa Cabbage Arugula Mei Qing Choy

The fall greens are maturing, and every week you will find something leafy in your bag that is delicious sautéed with olive oil and garlic, or added to a stir fry, or perfect for a brothy noodle or bean soup. We are filling bags for nine different groups now, and we pick on Mondays, so it is nearly impossible to tell you exactly what you will find in your share. Try to eat the tender greens soon after you get them.

Napa cabbage is that huge (half) Chinese cabbage with dark green leaves on the outside and white frilly layers in the inside. It is delicious raw in salad as well as cooked. It lasts a long time in the refrigerator.

Mei Qing Choy (may ching choy) is that cute little Chinese cabbage with white ribs and light green leaves. It takes just a few minutes to cook, and it is sweet and delicious all by itself (cooked with a little garlic and onions and oil).

Chinese Cabbage Salad

- 1/2 cup rice vinegar
- 2 T. soy sauce
- 2 tsp. sugar
- 1/2 tsp. salt
- 1 or 2 tiny dried hot peppers (optional)
- 3 T. peanut oil
- 1 T. sesame oil

- 1 scallion, sliced
- 1/2 Napa cabbage, sliced thinly
- 1 carrot, grated
- 1 package Ramen noodles, not cooked

Make the salad dressing. Slice the vegetables and put them in a big bowl. Add the dressing. Just before serving, break up and toss in the crunchy noodles.

Crisp Eggplant Rounds Baked with Bread Crumbs Gardeners' Community Cookbook

¼ cup olive oil	2 cups coarse bread crumbs
2 large eggs	1 cup tomato sauce, warmed
¾ cup milk	2 T. grated Parmesan or romano cheese
2 to 3 Japanese eggplants or 1 regular eggplant	1 T. chopped fresh basil leaves
	1 T. chopped fresh oregano leaves (or dried)

Preheat the oven to 400 degrees. Pour oil onto a baking sheet. Combine eggs and milk in a medium bowl. Slice eggplant into ¼ inch rounds. Dip the rounds into the egg mixture and coat each side with bread crumbs. Place the coated rounds on the baking sheet and turn so both sides are oiled. Bake for 10 minutes on each side. Top each round with a little tomato sauce and cheese and fresh herbs.

Asian Eggplants Marinated with Garlic, Ginger, and Sesame Gardeners' Community Cookbook

1-inch piece fresh ginger, peeled and minced
2 cloves garlic, minced
¼ cup rice wine vinegar
½ cup soy sauce
2 T. sesame oil
6 – 8 Japanese eggplant, sliced lengthwise 1/8 inch thick
2 T. sesame seeds, toasted
3 T. fresh cilantro leaves

Combine the marinade ingredients in a glass bowl big enough to hold the eggplant pieces no more than two layers deep. Add the strips of eggplant, turn to coat and set aside to marinate for up to an hour.

Preheat oven to 400 degrees. Grease baking sheet(s). Spread eggplant on baking sheets and cook for 12 – 15 minutes.

Eggplant in Garlic Sauce (DELICIOUS)

3 medium Japanese eggplant or 1 regular eggplant	1 T. sugar
2 T. chile garlic sauce	7 T. vegetable oil
2 T. thin soy sauce	2 T. minced garlic
2 T. Chinese rice vinegar	2 T. minced ginger
2 T. rice cooking wine	½ cup chopped scallions

Trim eggplants and slice into ½ inch strips. Combine the sauce ingredients, along with 2/3 cup cold water and set aside.

Heat a flat-bottomed wok or heavy skillet over high heat and add 3 T. oil and half the eggplant. Stir fry for two minutes, until some of the eggplant begins to soften. Take that batch out and cook the other half of the eggplant, adding more oil. Then take the second batch out of the pan and cook the garlic and ginger in the remaining oil. Put all the eggplant back in the wok. Stir the chile sauce mixture and pour it over the eggplant in the wok. Bring to a boil over high heat. Reduce heat to medium, cover and cook about five minutes until eggplant is tender. Stir in scallions and serve hot.