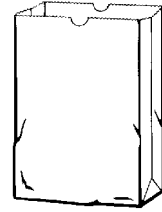


IN THE BAG
Potomac Vegetable Farms
October 26-27, 2004



Sweet Potatoes Cabbage Daikon (radish) Peppers Mei Qing Choi
Some bags: Rapini Arugula Collards Mustard Greens Turnips

After all those days of drizzle and grey skies, it's time to make soup. Here are a few suggestions. For each of them, you need to start with a nice heavy pot, some onions and garlic, and a loaf of good chewy bread. For a very quick lunch soup, you could make some Ramen noodles and add a big handful of chopped greens, a raw scrambled egg, and a drop of hot chili oil. The soup then becomes a vitamin-packed, wholesome lunch instead of just a warm source of calories.

Caribbean Sweet Potato Coconut Soup

(from Moosewood Restaurant Daily Special)

2 cups chopped onions
2/3 cup chopped celery
1 T. canola/vegetable oil
1 T. grated fresh ginger
1 t. curry powder
1/4 t. ground nutmeg
2 bay leaves
1/2 t. salt
3 cups water or vegetable stock
4 cups peeled, cubed sweet potatoes

1/2 t. freshly grated lemon/ orange peel
2 T. dark rum
1 cup pineapple or orange juice
1 3/4 cup reduced-fat coconut milk
2 T. fresh lemon or lime juice

chopped cilantro or scallions (optional)
toasted unsweetened coconut flakes
(optional)

In a soup pot, saute onions and celery in the oil until the onions are translucent, about 10 minutes. Cover the pot and stir often to prevent sticking.

Add the ginger, curry, nutmeg, bay leaves and salt and saute for another minute, stirring constantly. Add the water/stock, sweet potatoes, grated citrus peel, and rum. Cover and bring to a boil. Reduce heat and simmer until vegetables are tender, 15 to 20 minutes.

Remove and discard bay leaves. Add juice and coconut milk into the soup pot. Puree the soup in a blender in batches until smooth. Reheat gently, if necessary. Stir in lemon or lime juice. If desired, garnish with cilantro or scallions and/or toasted coconut.

Butternut Squash-Carrot Soup

| | |
|---|-------------------------------------|
| 2 T. olive oil | 1 tsp. paprika |
| 1 large onion, chopped | $\frac{3}{4}$ tsp. turmeric |
| 3 large carrots, chopped | $\frac{3}{4}$ tsp. ground coriander |
| 1 butternut squash, peeled, seeds removed, chopped | $\frac{1}{2}$ cup plain yogurt |
| 1 tsp. sugar | $\frac{1}{3}$ cup chopped cilantro |
| 1 $\frac{1}{4}$ tsp. ground cumin | 1 T. lime juice |
| | 6 cups stock or water |

In a soup pot, saute onions in olive oil until soft. Add squash, carrots, and sugar and saute 10 minutes. Add paprika, cumin, turmeric and coriander, continue saute 10 more minutes. Add stock/water, boil over high heat. Reduce heat and simmer until squash and carrots are soft

(30 – 40 minutes). Remove from heat and cool slightly. Puree soup until smooth. Thin with water if necessary, warm soup up again. Add salt and pepper to taste. Thin yogurt with a little water, serve soup with chopped cilantro and lime juice added and a little yogurt for each bowl.

Spiced Lentil and Pumpkin Soup (from Pumpkins and Squashes)

1 small chopped onion
 1 finely chopped clove garlic
 2 tsp. grated fresh ginger
 $\frac{3}{8}$ cup vegetable oil
 2 medium tomatoes, peeled and chopped (canned tomatoes work fine)
 2 tsp. mild curry powder
 1-pound red or yellow lentils
 1 pound pumpkin, peeled, seeded, cut into chunks (or other winter squash)
 Salt and pepper to taste

In a big soup pot heat $\frac{1}{4}$ cup oil. Sauté onions, garlic, and ginger until golden brown. Add tomatoes. Add curry powder and lentils. Reduce heat. Sauté five minutes, stirring frequently. Add 2 cups of water; cook until lentils absorb water (10 minutes). Add pumpkin and remaining oil. Sauté five minutes. Add 6 cups water and boil. Reduce heat and simmer covered for about one hour, until lentils are soft. The pumpkin will be soft and disintegrate to a puree. Adjust seasoning. Serve with rice.

Simple Sweet Potatoes

- ❑ For pure and simple delight, just bake those sweet potatoes and eat with a little butter and salt and pepper. Bake at 400 degrees until very tender when poked with a fork. 50-60 minutes may be enough for fist-sized potato (small potatoes are easily baked in the toaster oven). You can cut big ones to cook them faster.
- ❑ You can also steam or boil sweet potatoes, or
- ❑ Slice them into French fry shapes and coat with oil and salt and chili powder for excellent French fries. Bake at 400 degrees until crispy.