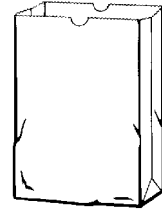


IN THE BAG
Potomac Vegetable Farms
November 9-10, 2004
www.potomacvegetablefarms.com



Butternut Leeks Lettuce Carrots Radishes
Collards Mixed Mustards Arugula

We are aware that you may be feeling overwhelmed by so many greens, and we are trying to be slightly more restrained this week. One of our CSA members told me recently that his family has a refrigerator just for greens. Now, that is dedication. It looks like it will be freezing on Tuesday morning, so we spent Monday morning gathering your weekly treats, and we can't report yet on the effects of those expected low temperatures. But we know the cabbage and sturdy kale and collards will be just fine.

NEXT WEEK is the LAST WEEK of the CSA. Your bag is likely to have a heavy amount of all this familiar food, to help you prepare for Thanksgiving and to get you stocked up for the holidays. If you know that you will not be picking up the last bag, please let us know. We will re-distribute your share so that it won't go to waste.

Leeks are delicious in leek and potato soup, or as the main vegetable in quiche, or if you want to splurge, just sauté them in butter and eat them hot and plain. Nina Planck, in The Farmers' Market Cookbook, gives this advice: "To trim leeks, cut off the roots and remove the tough outer leaves, but keep the tender pale green centre. Cut them into rings or long strips. It's essential to clean leeks properly. Dunk them in plenty of cold water, swish the pieces around, and lift them out with your hands...the tougher green leaves are full of flavour, so add them to stocks." Leeks will keep in the refrigerator for almost a week; store them unwashed and dry in a plastic bag.

Another Pumpkin (or Butternut Squash) Soup

2 pounds pumpkin or squash, peeled,
cubed (about 5 cups)
3 garlic cloves
2 chopped onions
2-3 bay leaves
¼ tsp. marjoram
¼ tsp. celery seeds

1 cup chopped canned tomatoes
5 cups vegetable stock
1/3 cup dry white wine
1 T. honey
1 t. cinnamon
salt and pepper to taste
1 cup heavy cream

Place all ingredients, except cream, in large saucepan. Simmer until pumpkin is soft. Remove bay leaves. Puree in blender or food processor. Heat soup on low heat, gradually stirring in cream. Heat through but don't let it boil. Serve with cheese and arugula sandwiches on pumpernickel bread.

Quick Simple Fried Rice for lunch

4 cups cooked rice
2 bunches greens
1 onion
4 cloves garlic
1 or 2 little carrots
2 eggs
soy sauce, sesame oil, powdered ginger
oil

Coarsely grate carrots, chop 2 bunches greens, onions and garlic. Beat eggs in a little bowl. Sauté onions, garlic, and carrots in heavy frying pan with oil, add cooked rice, then eggs, then chopped greens. Flavor with soy sauce, sesame oil, ginger.

In Vegetarian Cooking for Everyone, Deborah Madison offers this list of “good partners for winter squash and pumpkins:”

- ◆ Olive oil, butter, brown butter, sunflower seed oil
- ◆ Fontina, Gruyere, pecorino Romano, Parmesan
- ◆ Sage, rosemary, garlic, red pepper flakes, chile, cumin, coriander
- ◆ Brown sugar, coconut milk, ginger, lime, lemongrass, curry
- ◆ Onions, radicchio, apple, quince

If you can't seem to eat winter squash every week, you can always bake it whole until fork tender, scoop out the seeds, scoop out the soft, cooked squash, and freeze it in freezer bags. Later you'll have ingredients ready for baking into breads or pies, or the perfect beginnings of a winter soup. My freezer has an embarrassment of riches – Hubbard squash, long-necked pumpkin, butternut.

From Nina Planck's kitchen, another autumn soup (with no precise amounts):

Heat oven to 400 degrees.
Roast **winter squash** in large chunks, skin on with **olive oil** and **salt**.
Roast **onions** and **apples**.

Meanwhile, make squash stock in a pot of water with seeds, trimmings, **onions**, **fresh ginger**, **garlic**. Cook for about half an hour. Strain.

When roasted vegetables are cooked, scrape squash off rind and puree all roasted stuff with stock. Add **butter**, **cream**, in modest amounts, **cider**, **salt** and **pepper** (to taste).

You can thin this soup with **chicken broth**, add chopped braised **mustard greens**, **blue goat cheese**, **roasted pumpkin seeds**.