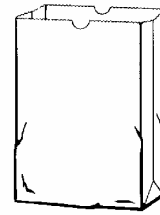


IN THE BAG
Potomac Vegetable Farms
July 12, 2005



Your bag is beginning to be filled with familiar, normal vegetables: cucumbers, squash, potatoes, basil, sweet onions, basil, garlic, chard or cabbage, beans. Remember, the sweet onions need to be kept in the refrigerator because they aren't cured. They are perishable.

The lettuce season is over, for now. Salads will change to summer fare, with cucumbers and tomatoes and sweet onions and other creative solutions using lots of vinaigrette and cooked, cold vegetables.

Note to flowershare folks: I got feedback that the flowers are wilting within a day. This is unacceptable. I am changing two of my flower picking practices this week (picking one day earlier and cooling, and washing the buckets with bleach). Please let me know if this makes a difference. And I appreciate that kind of feedback. Usually our flowers last 4 to 5 days. It may be that they are suffering from the heat, while they wait outside to be picked up. This is a quandary. We will make one improvement at a time.

Mini-share: cucumbers, squash, potatoes, chard, garlic, sweet onion, lime basil

Regular: cucumbers, squash, potatoes, cabbage or cherry tomatoes, beets or sweet onion, basil, beans, escarole (farm only)

Robust: cucumbers, squash, potatoes, cabbage, chard, garlic, onion, basil, beans, cherry tomatoes, parsley

AIOLI – from Nora Pouillon
(garlic dipping sauce for vegetables or fish or steamed potatoes)

3 cloves garlic
½ tsp salt
1 egg yolk, or 1 T Dijon mustard
½ cup olive oil
2 tsp lemon juice
fresh black pepper

Mix the garlic and salt on a cutting board by mashing them together very well using the side of a knife blade.

Place the small bowl in which you will whisk the aioli on a wet paper towel to keep it from slipping. Put the egg yolk or mustard and the mashed garlic and salt into the bowl. Beat until lemony in color.

Add the olive oil, drop by drop, whisking continuously, until the sauce begins to thicken. Whisk in the remaining oil in a slow stream. Add the lemon juice and pepper to taste. If it's too thick, thin with a few drops of water.

Onion and Garlic Quiche

3 T butter or 3 t. olive oil	1 t. Worcestershire sauce
3 large onions, peeled and sliced	1 t. Tabasco sauce
3 cloves garlic, peeled and slivered	1/3 t. salt
a few leaves of chard, chopped	1 t. dried thyme
4 eggs	1 ½ cups grated sharp cheddar cheese
1 cup whole milk	1/3 cup parsley, finely snipped

when in season: 15 cherry tomatoes, cut in half and drained on paper towel

pie shell (make it or buy it – you can make a quick and tasty crust by crushing 12 saltine crackers with a rolling pin and spreading the crumbs in an oiled 9” pie pan)

Preheat oven to 350 degrees. In a heavy skillet, melt butter and sauté onions until lightly browned. Add garlic and chard. Sauté. Put onions, garlic, chard, and ½ cup cheese in pie shell. In a mixing bowl, beat the eggs, add milk, Worcestershire sauce, Tabasco, salt, thyme, and pour over the onion mixture in the pie plate. Mix gently. If you have cherry tomatoes, arrange them on the top of the quiche, cut sides up. Spread remaining cheese over the top and bake in the middle of the oven for about an hour, until puffy in the middle and browned. Lower heat if it seems to be browning too much before the center puffs up.

Cucumber and Yogurt Dip

1 cup plain yogurt
1/3 cup sour cream
3 minced garlic cloves
3 cucumbers, peeled and grated
2 T. chopped mint
2 T. chopped cilantro
2 T. olive oil

Combine ingredients in serving bowl and refrigerate for several hours to let flavors settle. Garnish with whole mint leaves and eat with toasted pita bread.

Pasta and Pesto with Potatoes and Green Beans Essentials for Classic Italian Cooking, Marcella Hazan

3 small new potatoes
½ lb. young green beans
1 ½ lb. pasta
Pesto (2 cups basil leaves, ½ cup olive oil, 3 T. pine nuts or walnuts, 2 garlic cloves, salt, ½ cup grated parmesan blended in food processor or blender)

Boil potatoes with skins on, slice thin.

Snap both ends from beans, cook in boiling salted water until tender, drain.

Cook spaghetti or fettucini for 6. When draining, hold back 2 T of pasta water to thin pesto.

Toss the cooked drained pasta with the potatoes, green beans, and pesto. Serve immediately.