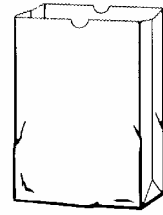


IN THE BAG
Potomac Vegetable Farms
July 26, 2005



Tomatoes!!! They are from Next Step Produce in southern Maryland – ours are almost ready, but these are much redder than ours. Your bag is filled with classic garden variety vegetables: the ubiquitous summer squash, cucumbers, sweet onions, garlic, cherry tomatoes, carrots or celery, maybe an eggplant or a pepper, and a Sugar Baby watermelon for those who pick up at the farm.

Mini: cucumbers, squash, garlic, onion, tomatoes, cherry tomatoes, carrots

Regular: cucumbers, squash, chard, garlic, onion, tomatoes, basil, eggplant or watermelon, potatoes, pepper, celery or carrots

Robust: all of the above, plus beet greens

Summer Squash Chowder
(from *Cooking Light*)

5-1/2 c. diced yellow squash (about 1-1/2 lbs.)
1 c. fresh corn kernels (about 2 ears)
1 c. chopped yellow or red bell pepper (red makes nicer color contrast)
1/2 c. chopped sweet onion
14 oz. can organic vegetable broth
1-3/4 c. whole milk
3/4 tsp. salt
1/8 tsp. white pepper

1. Combine squash, corn, peppers, onion, and broth in a Dutch oven; bring to boil. Cover, reduce heat, and simmer 20 min. Cool.

2. Place half of squash mixture in a blender and process until smooth; pour into a large bowl, then repeat with remaining squash mixture.*
Return mixture to your cooking pot. Stir in milk, salt and pepper. Cook over low heat until heated through, stirring occasionally. Serves 6.

*If you prefer, puree only half the squash mixture and leave the rest in chunks.

From the Smith and Hawken Gardeners' Community Cookbook, here are a few more recipes for the cymplings (pattypan), zucchini, and yellow squash, which are all generally interchangeable in these dishes.

Sautéed Zucchini with Red Onion, Dill, and Aged Gouda

¼ cup olive oil	½ tsp. salt
1 lb. red onions, thinly sliced	½ tsp. black pepper
1 T. sliced garlic	3 T. grated Parmesan cheese
6 medium squash/zucchini, sliced ¼ inch thick	1 ½ cups coarsely grated aged Gouda cheese
1 T. chopped fresh dill	

Preheat the broiler. Heat oil in a large cast iron skillet. Sauté onion and garlic, then add squash/zucchini and sauté until tender but not soggy. Stir in dill, salt, pepper, Parmesan. Sprinkle Gouda on top and place the pan under the broiler until the cheese melts. Less than five minutes. Serve hot.

(contributed by Joan Holmes, Westminster, MD.)

Stuffed Zucchini Boats

2 large or 4 medium zucchini	2 T. fresh lemon juice
2 T. olive oil	1 tsp. salt
1 medium onion, finely chopped	½ tsp. pepper
4 cloves garlic, minced	½ cup sharp cheddar cheese
6 medium celery ribs, finely chopped	½ cup coarse bread crumbs
4 medium tomatoes, chopped	2 T. melted butter
1 T. chopped fresh parsley leaves	
1 T. chopped fresh basil leaves	Parsley or basil leaves for garnish
1 T. chopped fresh oregano leaves	

Preheat oven to 375.

Cut zucchini in half, lengthwise. Hollow out the pulp, but don't pierce the shell. Brush the outsides of the zucchini boats with oil, set aside. Coarsely chop the pulp and transfer to a large bowl. Add onion, garlic, celery, tomatoes, fresh herbs, lemon juice, salt, pepper to zucchini pulp and toss to mix.

Fill zucchini boats with vegetable mixture and place on baking sheet, just one layer. Bake for 25 minutes.

Sprinkle with cheddar and bread crumbs. Drizzle butter over the crumbs and bake for ten more minutes. Garnish with fresh herb leaves and serve hot.

(Nellie Mary Horne from Los Angeles, CA)