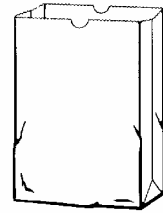


IN THE BAG  
Potomac Vegetable Farms  
August 2, 2005



**Mini:** squash, eggplant, tomatoes, mini-Roma tomatoes, potatoes, watermelon, garlic, pepper, beans

**Regular:** squash, eggplant, tomatoes, cucumbers, mini-Romas, sweet onions, potatoes or celery, watermelon, garlic, peppers, carrots or beets

**Robust:** all of the above

We say this every year at exactly this time: the Tomato Sandwich season is about 6 weeks long, realistically. Now is the time to start indulging your tomato sandwich habit. Sometimes you just have to stand over the sink and eat your drippy lunch, but it's worth it. Add cheese (brie or boursin or swiss or anything you like), lettuce, mayonnaise, basil, avocado, sprouts, or just eat the purist's version with only tomatoes and your favorite condiment. Good chewy bread makes all the difference but squishy white bread is a delicacy too. It's all about the tomatoes.

### Texas Yellow Squash

(from *Seasoned With Sun* -- recipes from the Junior League of El Paso, TX)

2 lbs. yellow squash, diced	2 eggs, slightly beaten
2 medium onions, sliced	½ c. evaporated milk
1 tsp. salt	1 tbl. sugar
½ tsp. pepper	½ c. bread crumbs (save some for topping)
Dash of garlic salt	1/4 c. butter
½ tsp. ground nutmeg	

Cook squash and onions in small amount of salted water until tender. Drain and mash until lumpy. Add remaining ingredients except the butter, and mix well. Place in a buttered casserole, top with more bread crumbs and dot with butter. Bake at 350 until bubbly, about 20 min. Serves 6.

(For a spicier dish, add 1 4-ounce can chopped green chiles and 1 cup shredded Longhorn cheese. Omit nutmeg)

### Casadilla

(from the *Moosewood Cookbook*, 1977 edition)

This is a light, easy to make, refreshing summer soup. Simply combine and chill:

1 cucumber, chopped	4 c. tomato juice
1 scallion, chopped	1 c. yogurt and/or sour cream
1 clove crushed garlic	1 red pepper, chopped
1 tsp. honey	Several fresh raw mushrooms, thinly sliced
½ tsp. dill weed	

Make sure it is well chilled. Serve with croutons. May be garnished with watercress. Serves 4-6.

## **Marinated Tomatoes with Lemon and Summer Savory**

(from *Cooking Light* magazine)

3 tomatoes (about 1 lb), cut into six wedges each  
1/4 c. fresh lemon juice  
1 tsp. sugar  
1 tsp. extra virgin olive oil  
1/4 tsp. salt  
1 garlic clove, minced  
1/2 tsp. chopped fresh or 1/4 tsp. dried savory  
1/8 tsp. ground red pepper

Place tomato wedges in a medium sized bowl. Whisk together remaining ingredients and pour over tomatoes, tossing gently to coat. Let stand 1 hour, stirring occasionally. Serve with a slotted spoon. Serves 4 (1/2 cup per person).

## **Stuffed Summer Squash**

From The Boston Globe, July 27, 2005 – Boston.com

4 summer squash or zucchini  
salt and pepper, to taste  
4 T. olive oil  
2 cloves garlic, chopped  
3 T. chopped fresh herbs, such as oregano, thyme, and basil  
1 cup bread crumbs  
1/2 cup grated Parmesan cheese

Set oven at 400 degrees. Find a 9 x 13" baking dish.

Bring a medium pot of water to boil. Add a generous pinch of salt. Cut the squash in half, lengthwise and drop in boiling water. Cook for 5 minutes or until the squash are almost tender.

With a slotted spoon, remove the squash from the water and leave them to cool. With a teaspoon, scoop out the flesh and transfer it to a bowl.

In a skillet, heat 2 T. of the oil over medium heat. Add the garlic and cook, stirring, for 2 minutes. Add the squash flesh, herbs, salt and pepper. Cook, stirring, for 2 minutes more.

Remove the pan from the heat. Stir in the bread crumbs, remaining 2 T. of oil and Parmesan.

Fill the hollowed squash shells with the stuffing mixture. Set the filled squash in the baking dish. Bake for 15 minutes or until they are very hot and crisp on top.

*Adapted from Sharon Shiner*