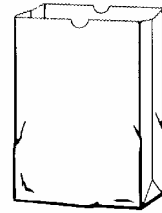


IN THE BAG
Potomac Vegetable Farms
August 23, 2005



Mini: peppers, eggplant, tomatoes, beans, onions, spaghetti squash, cherry tomatoes, garlic, edamame

Regular: peppers, eggplant, tomatoes, beans or Malabar spinach, onions, spaghetti squash, garlic, celery or okra, carrots or leeks

Robust: all of it

In just eleven weeks, you have moved through a series of short seasons. A long time ago, you were eating piles of lettuce every week, and there were sugar snap peas, and some mysterious spring greens. The squash avalanche ended with the long run of extreme humidity – too much water in the air for too long. The vine crops like it hot and dry. But we are swimming in tomatoes, all colors and sizes. If you feel that you are getting too many tomatoes, you can always make a good sauce and store it in freezer bags. Make sure the bag is not too full and is flat when you freeze it so it doesn't take up too much freezer space.

We hope you aren't wasting any of your vegetables. Everything can be frozen for later, if necessary. Good chatty cookbooks, like The Joy Of Cooking give lots of useful tips on putting food away for later. It doesn't have to be a big production. Soup is great in single servings. Chopped up chard (blanche it before freezing) has many, many uses. It can be hidden in soups and lasagne and noodle dishes. You don't have to be a Suzy Homemaker type to fill your freezer with delicious, nutritious future meals.

Sliced Tomatoes with Herbed Vinaigrette Sauce
(from *The New York Times Cookbook*)

2 ripe, red tomatoes
salt and freshly ground pepper
1 tbl. red wine vinegar

3 tbl. olive oil
1 tbl. finely chopped chives
1 tbl. finely chopped parsley

Core the tomatoes. Slice tomatoes and arrange on a serving dish. Sprinkle with salt and pepper to taste. Blend remaining ingredients, adding salt and pepper to taste. Pour gently over the tomatoes and serve. Serves 4.

Herbed Lemon-Buttermilk Dressing (use as salad dressing and/or a dip for veggies)
(from *Cooking Light* magazine)

3/4 c. fat free buttermilk
1/3 c. low-fat mayonnaise
1 tbl. grated lemon rind
1 tbl. finely chopped onion
1 tsp. finely chopped fresh chives
1 tsp. finely chopped fresh basil

1 tsp. finely chopped fresh thyme
2 tsp. fresh lemon juice
2 tsp. Dijon mustard
1/2 tsp. coarse ground black pepper
1/4 tsp. salt
1 garlic clove, minced

Whisk together all ingredients until well blended. May be refrigerated in an airtight container for up to five days. Yield: 1-1/4 cups.

Quick Garlic Mayonnaise (another way to eat tomatoes in bulk)

4 cloves garlic, unpeeled
1/3 cup mayonnaise
½ tsp. white wine vinegar
1 T. good olive oil
pinch of cayenne pepper

Preheat oven to 325. Put garlic cloves on aluminum foil, drizzle with olive oil and roast, uncovered, for 12 – 14 minutes. Set aside to cool. Squeeze the soft garlic into a small bowl. Throw away peels. Mash garlic with a fork. Add mayonnaise and whisk it together. Add vinegar and oil and keep whisking. Season with cayenne.

Chilled Tomato and Basil Soup

(this can be made with all Potomac Vegetable Farms ingredients)

6 large, ripe juicy tomatoes, peeled	salt
3 T. olive oil	pepper
2 cloves garlic, peeled	2 T. finely chopped fresh basil
¼ cup diced yellow onions	hot red pepper sauce (like Tabasco)

Place a strainer over a stainless steel bowl and use a sharp paring knife to cut tomatoes in half crosswise, holding them over the strainer. The seeds and juices will fall into the strainer. Set the tomato aside. Press the juices and pulp from around the seeds with a wooden spoon. Toss the seeds, keep the juice. Chop tomatoes.

In a large skillet, heat the oil. Add garlic and cook until barely brown. Add onion and cook until both are evenly browned, just a few minutes. Add tomatoes, pinch of salt and pepper, and cook, stirring, for a minute. Add reserved tomato juice, a little more salt and the basil. Remove the skillet from heat and let cool to room temperature.

In a blender or food processor, pulse the mixture just enough to blend to a soup consistency. No more than ten times. Taste and adjust the seasoning, adding hot sauce if desired. Cover and refrigerate until chilled through.

Let us know soon if you are thinking of signing up for the Autumnshare. It costs \$125, plus \$14 for those who pick up off the farm. It goes for seven weeks -- we start in the first week of October and end the week before Thanksgiving. The sweet potatoes and winter squash crops both look good, and we are about to plant the fall greens. If you are going to change your mind and join up, we need to know as soon as possible, so we can plant enough for you.

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