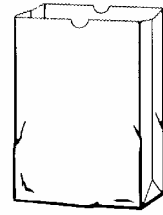


**IN THE BAG**  
**Potomac Vegetable Farms**  
**September 13, 2005**



**Mini: tomatoes, eggplant, onions, garlic, beans, spinach, acorn squash**  
**Regular: tomatoes, eggplant, mini-Romas, celery, onions, garlic, beans, butternut squash, turnip or rutabaga greens or lettuce, basil**

**We just started digging sweet potatoes on Monday, and some of them are almost as big as a football. They look wonderful, and there are also many normal-sized potatoes, so don't worry. They need to cure in the greenhouse for about a week, and then they will be sweet instead of tasting like a root that just came out of the dirt. We have also begun the winter squash harvest. Soon we will have hundreds of pounds of butternut squash, acorn squash, buttercup, and Red Kuri stored in the greenhouse, and it will be a challenge to keep the squirrels from nibbling on them. The problem with these voracious animals is that they rarely finish what they start. We have made great progress with the deer problem, but squirrels and groundhogs still prevail.**

**Pasta with Leeks (or onions) and Greens**

**This recipe can be adapted to use any greens you might get in your bag. Tender greens are best as they cook faster. Big tough greens are too chewy.**

**3 to 4 T. olive oil**  
**3 leeks or large sweet onions, white and light green part washed and sliced thinly**  
**3 garlic cloves, peeled and minced**  
**2 bunches mixed greens (arugula, chard, spinach, mustard), washed and chopped**  
**1 pound pasta**  
**salt and pepper**  
**grated Parmesan cheese to taste**

**In a large heavy pot, heat 3 T. olive oil over medium heat. Add leeks and sauté until very soft, about 10 minutes. Add minced garlic and sauté for one more minute. Do not let the garlic get brown.**

**Add chopped greens and keep cooking until greens are soft and tender. Set aside.**

**Cook pasta. Drain and toss with greens. Moisten mixture with olive oil or stock. Season to taste with salt, pepper, Parmesan cheese if desired.**

**Zucchini Puree**  
(from the *Moosewood Cookbook*)

<b>3 medium zucchini (or yellow squash)</b>	<b>Freshly ground black pepper</b>
<b>2 c. stock or water</b>	<b>Pinch of celery seed</b>
<b>1 c. chopped onion</b>	<b>1 tsp. fresh basil or ½ tsp. dried)</b>
<b>1½ tsp. salt</b>	<b>1/4 c. sour cream or yogurt</b>
<b>¾ c. skim milk powder</b>	

Combine zucchini, onion, water/stock, and salt in a saucepan and cook until zucchini is just tender. Puree in a blender and return to a kettle or double boiler. Whisk in the dry milk and the sour cream and herbs. Heat until just hot enough to serve. *Top with minced scallions or chives.* Serves 4 - 6.

**Roasted Peppers or Eggplant**  
(delicious hot or cold, as a side dish, in sandwiches, or on pasta)

Preheat oven to 400.

Cut peppers or eggplant into ½ inch strips, and put in a baking pan.

Add olive oil, about 2 tsp. per medium pepper , 1 T. per medium eggplant.

Sprinkle liberally with salt, and stir.

Put on the top rack in the oven. When you hear them start to sizzle, stir them.

Stir every few minutes until they are the softness you like. Takes 20 to 30 minutes.

You can add onion, garlic, or spices if you like. The roasting really brings out the flavor of the vegetables, though, and they are delicious just plain.

**Crustless Quiche**

Preheat oven to 350 degrees.

Stir together:

½ cup flour

½ tsp. salt

½ tsp. herb seasoning of your choice

Thoroughly mix flour mixture into 1 cup evaporated milk, stirring with a wire whisk. Beat in 5 eggs.

Stir in ½ - 1 cup chopped cooked vegetables (anything) and the same amount of grated mild cheddar cheese.

Pour into a 9" pie plate, lightly greased. Bake in center shelf of oven 35 – 40 minutes, or until center of pie is set. Cool for 5 – 10 minutes before cutting.

