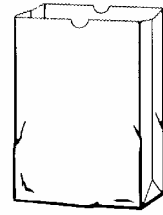


IN THE BAG
Potomac Vegetable Farms
September 20, 2005



Mini: tomatoes, peppers, beans, butternut squash, basil, eggplant, garlic, okra, celery
Regular: tomatoes, sweet potatoes, mini-Romas or beans, basil, eggplant, garlic, squash, perhaps some baby Arugula (spicy green for salad) or chard, maybe some baby mustard greens, okra
Robust: plus some beautiful beets with greens

Swiss Chard with Pine Nuts and Raisins
(from *Cooking Light* magazine)

1 lb. trimmed Swiss chard	1/8 tsp. freshly ground black pepper
2 tbl. fresh lemon juice	1/2 cup golden raisins
1 1/2 tsp. olive oil	2 tbl. pine nuts
1/2 tsp. salt	

Slice chard leaves crossways into thin strips; place in a large bowl. Whisk together juice, oil, salt, and pepper. Drizzle juice mixture over chard; toss to coat. Add raisins and pine nuts; toss to combine. Let stand at room temp. 15 min. before serving. 4 servings, one cup each

Green Beans with Pecorino Cheese, Parsley and Garlic
(from the *Washington Post*)

1 lb. green beans, ends trimmed	2 tbl. chopped fresh parsley
salt to taste	3 to 4 tbl. (about 1 oz) pecorino cheese
3 tbl. olive oil	Freshly ground black pepper to taste
1 clove garlic, minced	

Bring large saucepan of water to a boil. Add the beans and salt and cook until beans are bright green and barely tender (about 4 or 5 min.). Run beans under cold water, drain, and pat dry.

Just before serving, in a large pan over medium heat, heat the oil with the garlic and parsley until just warmed (about 3 min.). Add the beans and cook, tossing gently, until beans are just warmed through (about 2 min.). Remove pan from heat, add cheese and pepper and toss again. Serve immediately.

Green Beans with Garlic Vinaigrette

(from *Cooking Light* magazine)

12 1-cup servings

Vinaigrette:

½ tsp. grated lemon rind
1 tbl. fresh lemon juice
2 tsp. olive oil
1 tsp. Dijon-type mustard

½ tsp. salt
¼ tsp. freshly ground black pepper
2 garlic cloves, minced

Beans:

2½ lbs. green beans, trimmed
1/3 c. sliced almonds, toasted in a pie pan at 350 for 5-10 min. until light brown
1 tbl. fresh thyme leaves

Prepare vinaigrette by whisking together all ingredients in a small bowl.

Cook beans in a large pot of boiling water about 4 min., until crisp-tender. Rinse with cold water and drain well. Place beans in a large bowl. Add vinaigrette mixture; toss well to coat. Sprinkle with almonds and thyme.

Mustard Greens, Spinach, and Avocado with Sweet Dressing

(from **Vegetables from Amaranth to Zucchini*) serves 4

½ lb. mustard greens, stems removed
½ lb. baby spinach or chard leaves
1 medium California avocado
1 small to medium red onion
3 tbl. cider vinegar
3 tbl. currants or raisins

1 tsp. Worcestershire sauce
1/4 tsp. (or more) hot pepper sauce
½ c. tomato juice
1½ tbl. vegetable oil
½ tsp. cornstarch blended with 1 tbl. water
Salt to taste

Wash mustard greens and spinach/chard in plenty of tepid water a few times to get rid of sand and debris. Spin the greens dry. Stack or bunch the leaves and cut into very thin slices. Transfer to a serving bowl.

Halve, pit, and peel avocado; cut into small dice. Peel and dice onion.

Combine vinegar, currants, Worcestershire, and hot sauce in a small, non-aluminum and bring to boil, stirring. Remove from heat and let stand 5 min., then add onion, tomato juice, oil, and cornstarch mixture. Bring to a boil, stirring. Season to taste.

Pour over greens and toss at once. Add avocado, toss, and serve immediately.

**This gigantic cookbook is filled with wonderful information about all kinds of vegetables, and great recipes.*