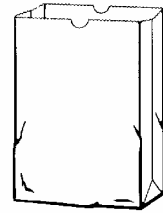


IN THE BAG
Potomac Vegetable Farms
September 27, 2005



Mini: sweet potatoes, eggplant, tomatoes, garlic, Hakurei turnips or mustard greens, Arugula, basil, spinach or beans

Regular: butternut squash, eggplant, tomatoes, onions, garlic, okra, Arugula, celery or mustard greens, basil, beans or peppers

This is the last bag for the summershare members – we’re kind of straddling both seasons, with plenty of beautiful tomatoes (they made an incredible comeback!) and more basil and the first fall greens. The sweet potatoes are superb – if you get little skinny ones, bake them whole on a greased cookie sheet or in the toaster oven. The big ones are just as sweet as the small ones, but they’ll cook much faster if you cut them up. Plain baked sweet potatoes are perfect for lunch, snacks, or dinner. If you have never liked sweet potatoes before, don’t give up so easily. There are lots of ways to cook them – stews, quesadillas, French fries, in pies and cakes...

Next week begins the autumnshare. In observance of Rosh Hashanah, we will not be distributing next Tuesday. We will distribute on Wednesday instead. The last distribution will be Tuesday, November 15. With the huge range of details already crammed into your brains and day-timers, it would be very prudent to mark that date on your calendars now. And PLEASE continue to pick up your vegetables every week. History shows that our members get increasingly lackadaisical about retrieving their shares as the autumn goes on – but we farmers still keep picking and washing and packing...

Ratatouille

Adapted from Health Smart Gourmet Cooking, by Arlyn Hackett

1 small eggplant, cut into 1" cubes

1 medium red onion, diced

3 cloves garlic, finely minced

½ tsp. cinnamon

¼ tsp. black pepper

1 cup dry white wine

8 plum tomatoes, coarsely chopped

1 medium zucchini, sliced

1 small pepper, diced

½ cup tomato puree

1 T. fresh basil, minced

1 T. olive oil

In a large pot, combine eggplant, garlic, onion, cinnamon, black pepper, and wine. Simmer, covered, at medium temperature until eggplant begins to soften (about 10 minutes). Add tomatoes and simmer for 5 minutes. Add zucchini and bell pepper and simmer for another 5 minutes. Stir in tomato puree, basil, and olive oil. Heat through and serve over pasta. Serves 4.

Spicy Sweet Potato Fries

Wash and cut sweet potatoes into wedges. Mix in a bowl with a bit of vegetable oil and chili powder and cayenne pepper to taste. Spread on a cookie sheet and bake until tender and crispy – about 15-20 minutes. Serve with catsup.

Eggplant Patties

Marcella Hazan, *Essentials of Classic Italian Cooking*

About 2 lbs eggplant	3 Tbs freshly grated parmigiano-reggiano
1/3 cup unflavored breadcrumbs, lightly toasted	cheese
3 Tbs parsley, chopped fine	salt and pepper
2 garlic cloves, minced	vegetable oil
1 egg	flour, spread on plate

Bake whole washed (untrimmed) eggplants at 400 F until tender (about 40min., test with toothpick). When cool, peel and cut into large pieces. Place in colander and let juices drain for about 15 min. (squeeze a little). Chop the eggplant very fine and combine with breadcrumbs, parsley, garlic, egg, cheese, salt and pepper. Shape into patties about 2 inches by ½ inch thick. Heat ½" oil in frying pan until hot. Coat both sides of patties in flour and slip them into the pan without crowding. Cook until nice dark crust forms on each side. Transfer to drain on paper towel lined platter. Serve either hot or lukewarm.

Variation with onion and tomatoes:

Saute 1 ½ cup finely sliced onion in 1/3 cup extra virgin olive oil until colored deep gold. Add 1 ½ cups chopped canned Italian tomatoes, with their juice. Simmer until oil floats free, about 20 min., and season with salt and pepper. Add eggplant patties and heat through.

French-style Sandwich

from *Moosewood Restaurant New Classics*, serves 3

1 c. sliced tart-sweet apples	1 tbl. chopped fresh dill
½ c. thinly sliced onions	20" baguette
1 c. thickly sliced mushrooms	1 c. arugula
1 tbl. melted butter	½ c. packed grated Gruyere cheese
1 tbl. mayonnaise	

Preheat oven to 400. Lightly oil a 7 x 11" baking dish. Toss apples, onions, and mushrooms with the butter and place them in the baking dish. Roast for 15 min., until apples and vegetables are tender and have released some of their juices.

Meanwhile, combine mayonnaise and dill in a small bowl. When you are done with the roasting, slice the baguette lengthwise. Cover one half with the arugula, spoon on the roasted mixture, and top with the cheese. Spread the dilled mayonnaise on the other half of the baguette and put the two sides together. Slice baguette into thirds to make three sandwiches.