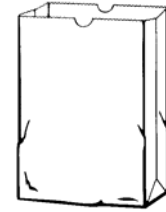


IN THE BAG
Potomac Vegetable Farms
June 13-15, 2006



Week #2 brings more springtime meals of salads, stir fry, and delicious fresh greens. This may be the time to restock your pantry with a trip to the Asian supermarket for sesame oil, Chinese hot oil, rice vinegar, red pepper flakes, and other sauces to diversify your greens menus. And remember, when in doubt, just about anything can be chopped and sautéed with olive oil and garlic and it will be absolutely delicious.

A few of you may find some **fava beans** in your share this week. They are large pods with a purplish tinge. These need to be taken out of the pod and boiled – like fresh peas or lima beans.

Others of you may find **snow peas** or **sugar snap peas**. Snow peas are flat and light green. Sugar snap peas are a cross between an English pea and a snow pea. Unlike some combinations, you get the best of both peas. These pods don't have the tough inner lining of the English pea (the French apparently call them *pois sans parchemin*, peas without parchment). You eat the pod, which has lovely little peas inside, and it is delicious, raw or cooked. Snap the stem end off and pull down along the length of the pea, removing the strings on both sides. Sauté in butter or olive oil, with a little salt or soy sauce. Do not overcook – they should be dark green, not grey-green.

Dandelion greens have a strong flavor and aren't meant to be eaten raw, without some other greens to moderate the bitterness. They go well with citrus, apples, pears, walnuts, blue cheeses. Hot dressings help to sweeten them. This is also true of **escarole**, **endive**, and radicchio.

All season long, we will be giving you recipes that match the vegetables of the week. Many of these come from our CSA recipe maven, Rosalind Gold, who goes through her extensive files and reads magazines and types out her selections for us. We also welcome your discoveries and creations – this week we received the Lemony Lentil recipe from Nancy Gross. These get added to our list on our website, so if you lose your crumpled piece of paper, it's always out there on the web. Another CSA member tells me she has a 3-ring binder with five years worth of newsletters and "In the Bag" sheets. (We may have to borrow her binder sometime and make a copy.)

Sicilian-Style Greens over Polenta
(Cooking Light Magazine)

(Serves 4)

Cooking Spray
4 c. chopped Belgian Endive
4 c. chopped kale
4 c. chopped beet or turnip greens
1/3 c. golden raisins
1/4 tsp. salt
1 c. yellow cornmeal
1/4 tsp. crushed red pepper

2 c. vegetable broth
1 c. skim milk
½ c. (2 oz) grated Parmesan cheese (div.)
2 tsp. olive oil
1 garlic clove, thinly sliced
1/4 c. dry breadcrumbs
4 tsp. pine nuts, toasted

1. Heat large non-stick pan over med. heat; coat with cooking spray. Add endive and cook until it begins to wilt. Add kale and cook until begins to wilt, stirring constantly. Add beet greens and cook until begins to wilt. Stir in raisins and salt. Cover, reduce heat, simmer 6 min. or until greens are tender. Set aside.
2. In a sauce pan, combine cornmeal and red pepper over med. heat. Gradually add broth and milk, stirring with whisk. Bring to the boil; cover, reduce heat, and simmer 10 min., stirring occasionally. Add 1/4 c. of Parmesan cheese.
3. Heat oil in small skillet over med. heat. Add garlic; cook 1 min or until lightly browned, stirring constantly. Add breadcrumbs, cook 1 min., stirring. Remove from heat; stir in remaining 1/4 c. Parmesan.
4. Spoon 1 c. polenta onto each of 4 plates, top each with 1 c. greens mixture. Sprinkle each with 2 Tbl. breadcrumb mixture and 1 tsp. pine nuts.

Wilted Dandelion Salad

1 bunch dandelion leaves
1 hard boiled egg
salt and pepper

2 T. tart vinegar
1-2 T. olive oil

4 slices bacon or heated vegetable oil

Put the dandelions in a salad bowl. Coarsely cut the egg and add to the greens. Lightly sprinkle with salt and pepper. Cut bacon crosswise and sauté until crisp. Lift bacon out of pan with slotted spoon, add to greens. (Or heat a little vegetable oil instead.) Sprinkle on vinegar and toss gently. Pour a little bacon grease over the greens, add oil to taste and gently toss. Serve immediately.

Lemony Lentil Soup

Lemon is the perfect accent for lentils and Swiss chard -- the main ingredients in this meal-in-a bowl soup from Lebanon. Enjoy it as an entree accompanied by black bread and cucumbers with yoghurt.

1 1/2 cups lentils
8 cups vegetable stock
1 large potato
2 bunches (about 1 1/2 pounds) Swiss chard
1 medium-size onion, finely chopped
4 tablespoons olive oil or salad oil
1/2 cup coarsely chopped fresh coriander (cilantro),
or 1/2 cup chopped parsley plus 3/4 teaspoon
ground coriander

3 cloves garlic, minced or pressed
Salt
1/4 teaspoon pepper
1/2 teaspoon ground cumin
3 tablespoons lemon juice
Lemon slices

Rinse lentils; sort through and discard any foreign material. Drain well. Combine lentils and stock in an 8-quart pan; cover and bring to simmering.

Peel potato and cut into 1/2-inch cubes; add to lentils. Cover and simmer for 20 minutes. Slice chard leaves and stems crosswise in 1/2-inch wide strips. Add to soup, cover, and continue simmering until lentils are tender (about 20 more minutes).

In a small frying pan over medium heat, cook onion in oil, stirring occasionally, until onion is soft and golden (about 10 minutes). Add to onion 1/3 cup of the fresh coriander (or 1/3 cup of the parsley-coriander mixture) along with garlic and cook for 1 to 2 minutes.

Add onion mixture to soup during the last 5 minutes of cooking. Stir in salt to taste, pepper, cumin, and lemon juice. Garnish soup with lemon slices and remaining chopped coriander or parsley-coriander mixture.

Spicy Collard Greens (adapted from *Cooking Light Magazine*) serves 6

1 smoked turkey wing, skinned
1/2 tsp. olive oil
1 dried Anaheim chile, stemmed and
chopped (about 3 Tbl.)
1 c. chopped onion
1 garlic clove, minced

1 bunch collard greens, chopped & steamed
1/2 tsp. salt
1/2 tsp. crushed red pepper
1/4 tsp. freshly ground black pepper
2 tsp. fresh lemon juice

1. Remove meat from turkey wing; chop and reserve 1/2 cup. Reserve remaining meat for another use. Separate wing bone at joint, reserving drumstick portion of wing. Discard remaining bones.

2. Heat oil in Dutch oven over med. high heat. Add chile; sauté 30 seconds. Add onion, sauté 2 min. Add garlic, sauté 30 sec. Add drumstick bone, greens, salt, and red and black peppers to pot; cover with water to 1" above greens. Bring to a boil over medium heat; reduce heat and simmer, uncovered, for 2 hours.

3. Drain greens in a colander over a bowl, reserving cooking liquid. Discard turkey bone. Return cooking liquid to pan and cook over high heat until reduced to 3/4 cup (about 40 min.) Add greens and reserved 1/2 cup turkey meat to pan; reduce heat and cook 3 min. or until thoroughly heated, stirring frequently. Stir in lemon juice. Serve warm.