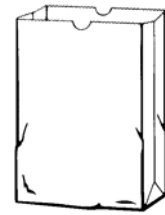


IN THE BAG
Potomac Vegetable Farms
August 29-31, 2006



We are coming to the end of the sweet onions, and switching over to the spicier variety, which has a lovely yellow skin and does not need to be refrigerated. These are “storage” onions and they are not nearly as perishable as the sweets.

Some of you will find some long red noodle beans in your share this week. You can chop them into smaller pieces and add them to a stir fry, you can cook them like green beans, you can experiment. They keep their purple color even when they are cooked, and they have a nice texture.

Others will find “cutting celery” which is best eaten cooked, rather than raw. It has great celery flavor and is perfect for chicken soup or any sauce or stew or vegetable mixture.

We are hoping that you will join us at the Open House on Sunday, September 3 at 5 PM at the Vienna farm. Even if you don't manage to send an RSVP, we would love to have you anyway. Bring some food to share. We'll have dinner and a brief tour of the farm. (You can still RSVP through our website)

Vegetarian Onion Soup
(*Moosewood Cookbook*)

5 cups thinly sliced onions
1 T. Tamari (a mild soy sauce)
6 T. Butter
3 T. dry white wine
½ tsp. dry mustard

Few dashes white pepper
Dash of thyme
Salt to taste
1 qt. stock or water
(Optional: 2 cloves garlic, crushed)

Sauté the onions (and optional garlic), lightly salted, in the butter in a large pot over medium heat until very, but-not-too brown. Add mustard and thyme. Mix well. Add remaining ingredients. Cook slowly, covered, at least 30 min. *Serve topped with croutons and grated Swiss or Gruyere cheese.* Serves 4 - 6.

And from Ryan McMichael, a perfect late summer soup from the Moosewood Restaurant Daily Special

8 tomatoes (about 3 pounds)
3 T extra virgin olive oil
4 garlic cloves, minced or pressed
3 T chopped fresh basil
1 T red wine vinegar

1 t salt
3 c. chilled tomato juice
chopped fresh basil
cubed fresh mozzarella (optional)
minced red onions (optional)

Coarsely chop 6 of the tomatoes. Place them in a blender with 2 tablespoons of the olive oil and puree until smooth. In a small skillet, warm the remaining tablespoon of olive oil and briefly sauté the garlic on medium heat until just golden, taking care not to scorch it.

Add the sautéed garlic, the basil, vinegar, and salt to the blender and puree until thoroughly mixed. Pour the puree into a large nonreactive bowl or soup pot. Stir in the tomato juice. Chop the remaining tomatoes into bite-sized pieces and stir them into the soup. Chill for about an hour.

Serve each bowl of soup topped with basil. If you like, sprinkle in a few small cubes of fresh mozzarella and some minced red onions.

Tomato, Basil & Mozzarella Pasta Salad
The Washington Post

Serves 4 - 6

| | |
|--|-----------------------------------|
| 8 oz. rotini | 2 scallions, white & tender green |
| salt | parts, |
| 8 oz. mozzarella cheese in 1/2" dice | finely chopped |
| 3/4 lb. plum tomatoes, peeled and seeded, in 1/2" dice | 1/4 c. extra virgin olive oil |
| 10-12 med. basil leaves, coarsely chopped | 2 tsp. balsamic vinegar |
| | Freshly ground black pepper |

Cook pasta in large pot of boiling, salted water until al dente. Drain, and rinse with cold water until pasta is completely cool. Drain well and transfer to a large bowl. Add remaining ingredients and season to taste. Serve immediate at room temp., or cover and refrigerate.

Potatoes Supreme
(Seasoned With Sun)

Serves 8 - 10

| | |
|------------------------------------|--------------------------|
| 6 med. potatoes, peeled | 1/3 C. chopped scallions |
| salt | 1 pt. sour cream |
| 1/2 C. butter or margarine, melted | 1/4 tsp. pepper |
| 2 C. shredded Cheddar cheese | 1/2 tsp. salt |

Cook potatoes in boiling salted water until done; drain, cover and refrigerate overnight. The next day, grate potatoes coarsely. Mix with remaining ingredients. Place in shallow 1 1/2 - 2 qt. baking dish and bake about 35 min. in preheated 350-degree oven.

From CSA member Carol Breitner:

TOMATO "CANDY"

cherry tomatoes, seasoning (I use Emeril's Essence, which is a mixture of: salt, paprika, garlic powder, black pepper, onion powder, thyme oregano and cayenne pepper.) One or two people will gobble an entire tray up in about 10 minutes.

Line a cookie sheet with baker's parchment or foil. Cut cherry tomatoes in half; place on sheet cut side up. Sprinkle with your favorite spice blend Bake at 250 degrees for 3-4 hours. They are ready when thoroughly dry and somewhat brown and crispy around the edges. Part of the fun is tasting them every so often to see when they're ready.