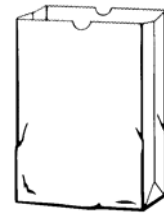


IN THE BAG  
Potomac Vegetable Farms  
June 5, 2007



**Mini:** garlic scapes, Hakurei salad turnips, endive, summer squash, a small head of lettuce, a bag of lettuce mix, Napa cabbage

**Regular:** garlic scapes, Swiss chard, escarole, summer squash, basil tips, Bok Choi, lettuce, a sweet Walla Walla onion

**Robust:** garlic scapes, Hakurei salad turnips, Scarlet Queen radishes, Swiss chard, escarole, squash, basil tips, Bok Choi, lettuce, Napa cabbage, a sweet Walla Walla onion

We pick many of your vegetables on the morning that you receive them, and we write these notes the day before. We don't know for sure how much of everything we will find when we go to the field, so your collection of vegetables may not match the list perfectly. Rest assured that your share is the same in volume and quality as everyone else's share – but it might have turnips instead of radishes, or escarole instead of endive.



**About Lettuce**

The best way to wash lettuce is to break up the head and float it in a sink full of cold water. We have already washed it once in a big sink, and sometimes it's clean enough to eat after one washing, but in general it's best to float it once more. Shake the leaves dry and store them in a plastic bag in the refrigerator. You are much less likely to waste lettuce if you wash it as soon as you get it, and make it easy to use throughout the week.

**How to clean and store your greens**

Store greens unwashed in plastic bags in the refrigerator crisper. Any added moisture will cause them to spoil more rapidly. Use within five days, not washing until you are ready to use them.

To remove grit from greens, dunk them in a large bowl or sink filled with cold water (simply rinsing under running water won't do it). The dirt will sink to the bottom while the greens rise to the top. Remove the greens by hand, and repeat procedure to make sure all grit and dirt are gone. If using greens raw, cut or tear them to the desired size and spin them in a salad spinner. If cooking, cook them with the water that clings to them.

**Garlic curls** (or “scapes”) are the tender flower stalks that grow out of the middle of hardneck garlic, before the garlic below is full grown. We break them off so that the plant can devote its growing energy into the storage bulb and not into making flowers and seeds. The garlic curl season is about three weeks long, so if you like the pesto (see recipe below), you could freeze some in ice cube trays, and store the cubes in a freezer bag to enjoy later in the season.

**Swiss chard** is in the spinach family, but it grows all summer (spinach can’t take the heat). That’s the bunch of large, dark green leaves with a long stem. The crunchy stem is delicious, so don’t throw any part of the chard away. The simplest way to prepare Swiss chard is to chop it into 1” pieces and sauté in a hot frying pan with onions and garlic in olive oil. You’ll have many opportunities to expand your horizons with chard this year – the plants are unusually gorgeous.

**Salad Turnips** -- These perfectly round, white, mild turnips are best eaten raw in salads and sandwiches. You can also steam or roast them or add them to a clear soup.

**Escarole** -- Its coarse, mildly bitter and sweet leaves are commonly used in Italian salads. Like other greens, it can be sautéed lightly in garlic and olive oil, seasoned and served as a vegetable with a vinaigrette dressing.

**Endive** -- Also called “frisee.” It looks like lettuce but it’s very frizzy and you eat it like escarole. Much stronger flavored than lettuce and not really suitable as a solo salad ingredient.

### **Garlic Curl Pesto**

1 bunch garlic curls  
¼ cup dry roasted peanuts or walnuts or pine nuts  
¼ cup olive oil  
¼ cup parmesan cheese

Chop garlic, puree in food processor or blender. Add nuts and puree. Add oil and cheese and puree. Use as a dip, pasta sauce, pizza topping (after thinning with more oil) or on bagels. Also delicious in scrambled eggs! Appropriate for breakfast, lunch, and dinner.

I got a new cookbook this spring, [Farmer John’s Cookbook: The Real Dirt on Vegetables](#). It comes from a farm with a giant CSA in Illinois, and is packed with recipes that we are allowed to share with you. Here is the first of many this season:

### **Swiss Chard with Raisins and Pine Nuts**

A great side dish, or you can stuff this into roasted portabella mushrooms, or use it as a pizza topping or a bed for grilled meats. Serves 4.

1/4 cup extra virgin olive oil  
1/2 cup thinly sliced onion  
1 clove garlic, minced (OR 1 chopped garlic scape)  
1 bunch Swiss chard, rinsed, coarsely chopped  
1/3 cup raisins  
1/4 cup pine nuts, toasted  
1 T. freshly squeezed lemon juice  
Salt  
Freshly ground black pepper

Heat 3 T. oil in large skillet, over medium-high heat. Add the onion, stir occasionally until golden. Stir in garlic and cook for one more minute. Add chard in batches, adding more as each batch wilts and kept the pan covered between batches. When all the chard is wilted, stir in raisins, pine nuts, lemon juice and the last tablespoon of olive oil. Season with salt and pepper to taste.