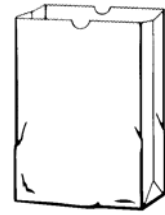


IN THE BAG
Potomac Vegetable Farms
July 5, 2007



Mini: Swiss chard, garlic, carrots, beans, cabbage, lettuce, parsley

Regular: squash, beets, escarole, cabbage, cucumbers, basil, a few small tomatoes, lettuce

Robust: squash, Swiss chard, beans, garlic, escarole, beets, carrots, cabbage, basil, cucumbers, tomatoes

This is just about the last week for lettuce, although we are attempting to grow a small quantity for the CSA throughout the summer. It all depends on how hot and dry it gets – if the weather stays like this, the lettuce will be very happy. Salads will change to summer fare, with cucumbers and tomatoes and sweet onions and other creative solutions using lots of vinaigrette and cooked, cold vegetables.

We have a small quantity of Lamb's Quarters, a weed that is particularly delicious at this time of year. It is in the spinach family, packed with Vitamin C, and makes a great quiche ingredient, or can be eaten raw in salad. Since it is a weed, we don't have enough to pick for 125 shares all at once, so we will bequeath it to you randomly. We'll label it so you can tell when you have won the prize. At the farmers markets, we always sell out of this wild delicacy.

Swiss Chard and Tomato Frittata

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|---|-----------------------------------|
| 1 lb Swiss chard (or other greens), chopped | 4 whole eggs |
| 2 garlic cloves, minced | 3 tablespoons chopped fresh basil |
| 1 cup onions or green onions, chopped | 1/4 teaspoon salt |
| 2 teaspoons olive oil | 1/4 teaspoon black pepper |
| 4 egg whites | 1 medium tomato, sliced |

1. In a skillet, sauté the garlic and onions in 1 tablespoon of the oil.
2. Add the chard, cover, and lower the heat and cook for 10 minutes. Remove from heat and drain if too juicy.
3. In a large bowl, beat the eggs, salt and pepper until blended.
4. If needed, coat the bottom of skillet with the remaining oil and return to medium heat.
5. When hot, pour egg mixture into veggies and arrange tomato slices on top.
6. Cover and cook until the edges are firm and the bottom is golden and beginning to brown.
7. Turn frittata over and cook for about 5 more minutes until eggs are cooked.

Serve immediately or at room temperature.

Onion and Garlic Quiche

3 T butter or 3 t. olive oil	1 t. Worcestershire sauce
3 large onions, peeled and sliced	1 t. Tabasco sauce
3 cloves garlic, peeled and slivered	1/3 t. salt
a few leaves of chard, chopped	1 t. dried thyme
4 eggs	1 1/2 cups grated sharp cheddar cheese
1 cup whole milk	1/3 cup parsley, finely snipped

when in season: 15 cherry tomatoes, cut in half and drained on paper towel

pie shell (make it or buy it – you can make a quick and tasty crust by crushing 12 saltine crackers with a rolling pin and spreading the crumbs in an oiled 9" pie pan)

Preheat oven to 350 degrees. In a heavy skillet, melt butter and sauté onions until lightly browned. Add garlic and chard. Sauté. Put onions, garlic, chard, and 1/2 cup cheese in pie shell. In a mixing bowl, beat the eggs, add milk, Worcestershire sauce, Tabasco, salt, thyme, and pour over the onion mixture in the pie plate. Mix gently. If you have cherry tomatoes, arrange them on the top of the quiche, cut sides up. Spread remaining cheese over the top and bake in the middle of the oven for about an hour, until puffy in the middle and browned. Lower heat if it seems to be browning too much before the center puffs up.

Pasta and Pesto with Potatoes and Green Beans

Essentials for Classic Italian Cooking, Marcella Hazan

3 small new potatoes
1/2 lb. young green beans
1 1/2 lb. pasta
Pesto (2 cups basil leaves, 1/2 cup olive oil, 3 T. pine nuts or walnuts, 2 garlic cloves, salt, 1/2 cup grated parmesan blended in food processor or blender)

Boil potatoes with skins on, slice thin.
Snap both ends from beans, cook in boiling salted water until tender, drain.
Cook spaghetti or fettucini for 6. When draining, hold back 2 T of pasta water to thin pesto.
Toss the cooked drained pasta with the potatoes, green beans, and pesto. Serve immediately.