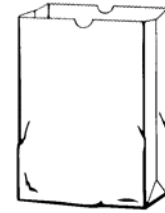


IN THE BAG  
Potomac Vegetable Farms  
July 17, 2007



**Mini:** cucumber, beans, garlic, beets, chard, tomatoes, potatoes, basil

**Regular:** squash, cucumbers, carrots, sweet onions, tomatoes, sweet pepper, lettuce, basil

**Robust:** squash, cucumbers, carrots, beans, garlic, onions, chard, tomatoes, potatoes, sweet pepper, lettuce, basil

**Summer Squash Chowder** (from *Cooking Light*)

- 5-1/2 c. diced yellow squash (about 1-1/2 lbs.)
- 1 c. fresh corn kernels (about 2 ears)
- 1 c. chopped yellow or red bell pepper (red makes nicer color contrast)
- 1/2 c. chopped sweet onion
- 14 oz. can organic vegetable broth
- 1-3/4 c. whole milk
- 3/4 tsp. salt
- 1/8 tsp. white pepper

1. Combine squash, corn, peppers, onion, and broth in a Dutch oven; bring to boil. Cover, reduce heat, and simmer 20 min. Cool.

2. Place half of squash mixture in a blender and process until smooth; pour into a large bowl, then repeat with remaining squash mixture.\*

Return mixture to your cooking pot. Stir in milk, salt and pepper. Cook over low heat until heated through, stirring occasionally. Serves 6.

\*If you prefer, puree only half the squash mixture and leave the rest in chunks.

**Sautéed Zucchini with Red Onion, Dill, and Aged Gouda**

From the Smith and Hawken *Gardeners' Community Cookbook*

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|--|--|
| 1/4 cup olive oil                                  | 1/2 tsp. salt                                |
| 1 lb. red onions, thinly sliced                    | 1/2 tsp. black pepper                        |
| 1 T. sliced garlic                                 | 3 T. grated Parmesan cheese                  |
| 6 medium squash or zucchini, sliced 1/4 inch thick | 1 1/2 cups coarsely grated aged Gouda cheese |
| 1 T. chopped fresh dill                            |  |

Preheat the broiler. Heat oil in a large cast iron skillet. Sauté onion and garlic, then add squash/zucchini and sauté until tender but not soggy. Stir in dill, salt, pepper, Parmesan. Sprinkle Gouda on top and place the pan under the broiler until the cheese melts. Less than five minutes. Serve hot.

### PVF Salsa

4 ripe tomatoes  
up to 8 tomatillos (optional)  
1 small onion  
1 sweet pepper  
1 hot pepper (optional)

1 small bunch cilantro  
1 sprig fresh basil  
2 cloves garlic  
2 T. vinegar or lime juice  
salt to taste

Chop tomatoes, onion, peppers enough to fit into food processor. Process all ingredients to desired consistency. You can reserve some of the vegetables and chop by hand for a chunky texture if you don't like such soupy salsa. Our children consider this a staple of summer.

### Cucumber and Yogurt Dip

1 cup plain yogurt  
1/3 cup sour cream  
3 minced garlic cloves  
3 cucumbers, peeled and grated  
2 T. chopped mint  
2 T. chopped cilantro  
2 T. olive oil

Combine ingredients in serving bowl and refrigerate for several hours to let flavors settle. Garnish with whole mint leaves and eat with toasted pita bread.

### Garlic Green Beans

At our house, this is just about the only way we ever eat green beans, cold or hot, and the kids often finish them before the adults get their fair share.

A pile of green beans, with the ends snipped off  
About 4 cloves of garlic, minced  
Olive oil  
Salt

In a large cast iron frying pan, steam or boil the green beans until dark green. Remove them from the pan, dump out the water and replace it with some olive oil. Sauté garlic quickly, add beans, cook for less than a minute, salt to taste.