



IN THE BAG
Potomac Vegetable Farms
July 24, 2007



Mini: cucumbers, carrots, onions, tomatoes, peppers, lettuce, squash
Regular: cucumbers, beans, garlic, chard, tomatoes, cabbage, perhaps eggplant
Robust: cucumbers, carrots, beans, garlic, onions, tomatoes, peppers, squash, beets

As we may have said before, the distribution chart is very complex, and we decide who gets what based on supply (not demand). But for the first time this year, everyone will get a good number of tomatoes – and if all goes well, this is the beginning of a long and wonderful run of tomatoes of all shapes and colors and sizes. In general, the non-red tomatoes are sweeter. Yellow tomatoes are called “low acid” and pink tomatoes are our favorites.

Potato-Garlic Gratin

Serves 6-8

(Gardener's Community Cookbook)

Butter for greasing baking dish
3 lbs. white potatoes, scrubbed or peeled
6 cloves garlic, finely chopped

1 C. heavy cream
1 tsp. salt
½ tsp. white pepper

1. Preheat butter to 350. Butter a 2-qt. casserole or gratin dish.
2. Slice potatoes 1/8" thick and layer them in dish. Combine the garlic, cream, salt and pepper in a small bowl. Pour mixture over potatoes, distributing cream evenly.
3. Place dish on stovetop and heat over low heat until warmed through. Transfer to the oven and bake until the cream is bubbling and the top is browned, 45-50 min. Cool for 10 min. before serving.

Eggplant Stuffed with Red Bell Peppers and Tomatoes

Serves 4-6

(Gardener's Community Cookbook)

1 large eggplant
¾ C. olive oil
1 medium onion
½ tsp. cayenne pepper
½ tsp. chili powder
2 large bell peppers, stemmed, seeded
and finely chopped

2 small tomatoes, finely chopped
2-4 cloves garlic, pressed or minced
½ C. tomato sauce
½ C. coarse bread crumbs
½ tsp. salt
Grated Parmesan cheese

1. Preheat oven to 350. Lightly grease a baking sheet.
2. Cut eggplant in half lengthwise. Carefully scoop out the pulp. Set eggplant shells aside and coarsely chop the pulp.

3. Heat ½ C. of the oil in a large heavy skillet over high heat. Add the eggplant pulp and sauté until tender, about 5 min. Transfer to a large bowl and set aside.
4. Pour remaining oil into the skillet and stir in the onion, cayenne, chili powder, red peppers, and tomatoes. Sauté until the red pepper is softened but still brightly colored, about 12 min. Stir in garlic, tomato sauce, bread crumbs, and salt. Add to bowl of eggplant pulp mix well.
5. Fill the eggplant shells with above mixture. Place on baking sheet and bake for 20-25 min., or until lightly browned.
6. Serve hot or at room temp., accompanied with a bowl of grated Parmesan cheese.

Summer Squash Baked with Cherry Tomatoes, Olives, and Fresh Thyme
(*Gardener's Community Cookbook*)

Serves 6

1/4 C. olive oil	2 C. cherry tomatoes, halved
2 tsp. finely chopped fresh thyme	12 good black olives, pitted and halved
1 or 2 Tbl. minced garlic	1/4 C. crumbled good feta cheese (optional)
1½ lbs. summer squash (any kind), trimmed and sliced ½" thin	

1. Preheat oven to 425.
2. Combine oil, thyme, and garlic in an 8x12" baking dish. Add the squash, tomatoes, and olives and toss to coat. If using feta, sprinkle it over the top. Bake for 20-25 min., or until squash and tomatoes have thoroughly wilted down but still hold their shape.
3. Remove and cool enough to handle, then serve.

Chickpea and Cucumber Salad with Parsley, Lemon and Sun-Dried Tomatoes
(*epicurious.com*)

¼ cup olive oil	1/3 cup thinly sliced drained oil-packed sun-dried tomatoes
1 T. ground cumin	¼ cup fresh lemon juice
¼ tsp. dried crushed red pepper	1 garlic clove, minced
2 15.5 oz cans garbanzo beans (chickpeas), rinsed and drained	¼ tsp. dried crushed red pepper
2 cucumbers, peeled, seeded, chopped	4 oz. feta cheese, crumbled
½ cup fresh parsley	

Combine oil, cumin, and red pepper flakes in a heavy small saucepan. Cook over medium heat 3-5 minutes to blend flavors, stirring occasionally. Cool completely.

Combine remaining ingredients in large bowl. Add cumin oil and toss to blend. Season salad to taste with salt and pepper and top with crumbled feta. (Can be made 1 day ahead. Cover and refrigerate. Bring to room temperature before serving.)

Makes 4-6 servings.

