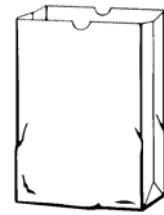


IN THE BAG
Potomac Vegetable Farms
July 31, 2007



Mini: cucumbers, beans, garlic, chard, tomatoes, peppers, eggplant, lettuce

Regular: cucumbers, potatoes, tomatoes, Juliets (baby Roma tomatoes), peppers, eggplant, squash, lettuce, basil

Robust: cucumbers, garlic, chard, potatoes, tomatoes, Juliets, peppers, eggplant, squash, lettuce, basil

We finally got some rain on Friday and Sunday – a whole inch of free water, spread evenly over the entire farm. It is such a relief to know that all of the plants are happy for now, and we can devote our energies to picking tomatoes and pulling weeds. The combination of lots of water and heat has made the squash grow very fast – if you haven't figured it out yet, those large scalloped squash are delicious sliced and cooked on the grill or roasted in the oven. Just brush them with a little olive oil before grilling, and add a little salt.

Mondo Bizzaro Sauce (jazzy pesto sauce for pasta)
(from the *Moosewood Cookbook*, 1977 edition)

Puree in blender:

4 cloves garlic

10 fresh basil leaves

2 c. tomato puree

½ lb. fresh, chopped spinach leaves

½ c. chopped parsley

¾ c. olive oil

¾ c. freshly grated Parmesan or Romano cheese

Heat gently and toss with hot pasta (note: I think it would also be OK to have the pesto at room temp. and toss with hot pasta, for a cooler kitchen)

Oven Dried Tomatoes

Adapted from Nina Planck's [The Farmers' Market Cookbook](#)

2 pounds ripe tomatoes (any color, any size, including cherries)

2 tablespoons olive oil

salt

Set the oven at 250 degrees.

Leave cherry tomatoes whole. Halve or quarter regular tomatoes. Put tomatoes of equal size in each baking dish. Roll the tomatoes in oil and salt and put them in a baking dish – just one layer. Bake for 3 – 8 hours and remove when they are ready. After 3 hours, smaller tomatoes are ready for a mozzarella sandwich. After 8 hours they are leathery and intensely flavored.

Packed in oil, they keep for a week to 10 days in the refrigerator or a cool pantry.

Add to minestrone soup, bean soups, salads. They are good in sandwiches spread with soft cheese, or on pasta, pizza, crostini, or bruschetta. When cherry tomatoes are still juicy and hot, toss them with pasta, olive oil, and basil. The longer the tomatoes sit in the oil, the tastier they get. Strained, the reddish oil is wonderful on bread and salads.

You could blend one or two tomatoes with their oil for a more intense flavor, or you could add a clove of garlic or an anchovy for every 3 tablespoons of oil.

Pesto Dip (from the Weight Watchers cookbook)

One can drained and rinsed chickpeas
½ cup coarsely chopped basil
1 – 3 T. fresh lemon juice
4 tsp. olive oil
1 large clove garlic
½ tsp. salt

Process these together until fairly smooth and let stand at room temperature, covered, for 2 to 3 hours to let the flavors blend. Serve with pita wedges

Zuke-a-mole aka Summer Squash "Guacamole"

Adapted from "Vegetables from Amaranth to Zucchini: the Essential Reference" by Elizabeth Schneider

Ingredients:

3 pounds summer squash
Approximately 1/2 head garlic
1 large onion (sweet varieties preferred, i.e. Vidalia, Walla Walla)
1 teaspoon coarse salt
2 tablespoons olive oil, plus 1/4 cup
1/2 cup basil and/or mint leaves
1/2 cup parsley, stemmed
2 tablespoons juice of lemon
salt and pepper to taste

Preheat oven to 375. Slice zucchini in half, lengthwise. Separate garlic cloves but keep skins on. Quarter onion. Place vegetables in roasting pan and slather with the 2 tablespoons of olive oil and the teaspoon of salt. Roast until extremely tender, at least 1 hour and up to 90 minutes. While vegetables are roasting, prepare herbs; pull leaves off stems and tear or chop coarsely. Let vegetables cool slightly and squeeze garlic from skins. Place all vegetables into bowl of food processor and pulse. Add herbs. Puree until smooth and combined. Add lemon juice and salt. Drizzle in remaining olive oil. Taste for seasonings and adjust accordingly. Chill and serve with crackers, pita crisps, crudités or make as part of a sandwich. Makes about 1 quart.

