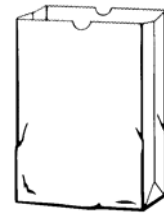


IN THE BAG
Potomac Vegetable Farms
August 9, 2007



Mini: cucumbers, potatoes, tomatoes, Juliets, eggplant, basil, peppers

Regular: garlic, tomatoes, cherry tomatoes, peppers, Italian parsley, potatoes, eggplant, lettuce

Robust: cucumbers, garlic, potatoes, tomatoes, cherry tomatoes, peppers, parsley, eggplant, lettuce, basil, chard

And there will be a Sugar Baby watermelon for each of you! They won't be in the bag because they are too heavy, so please remember to take one from the basket. They look like dark green bowling balls.

Tomato Basil Concasse (use this as a salsa, or as a sauce over hot pasta)

(*Gourmet* magazine)

2 large tomatoes, seeded and chopped

1 tsp. red wine vinegar

½ c. finely chopped fresh basil leaves

2 tsp. extra virgin olive oil

salt and pepper to taste

In a bowl, combine the tomatoes, oil, vinegar, salt and pepper. Then stir in the basil. Chill if using as a salsa or a side dish.

Feta-Basil Sandwiches

(*Cooking Light* magazine)

1 c. (4 oz) crumbled feta cheese

1/4 c. chopped fresh basil

1/4 c. fat-free mayonnaise

1/4 tsp. freshly ground black pepper

8 slices of firm, hearty white bread, toasted

8 (1/4-inch thick) slices tomato

Combine first 4 ingredients, tossing with fork until well mixed. Spread about 2-1/2 T. of mixture onto each of 4 bread slices; top each with 2 slices tomato and one slice bread. Serves 4.

Roasted Eggplant and Garlic Salad with Tomatoes

(*Bon Appetit*, June 1998)

1 large eggplant, peeled, cut into 1-inch pieces

2 tablespoons olive oil

8 large garlic cloves, peeled

1 basket cherry tomatoes, halved

1/4 cup chopped onion

2 tablespoons chopped fresh parsley

2 tablespoons chopped fresh dill

2 tablespoons red wine vinegar

Preheat oven to 350°F. Place eggplant in 13 x 9 x 2-inch roasting pan. Drizzle oil over; toss to coat. Roast 20 minutes. Add garlic; continue to roast until eggplant and garlic are tender, stirring occasionally, about 25 minutes longer. Remove from oven. Cool slightly. Finely chop garlic cloves. Transfer eggplant and garlic to medium bowl. Mix remaining ingredients into eggplant mixture. Season with salt and pepper. Cool to room temperature. (Can be made 2 hours ahead. Let stand at room temperature.) Serves 4.

Coriander & Cumin Broiled Eggplant

Serves 2

(Gourmet magazine)

1/2 large eggplant	1 tsp. ground cumin
1/4 C. packed fresh cilantro	1/2 tsp. ground coriander seeds
2 Tbl. extra-virgin olive oil	A pinch cinnamon
1 Tbl. Fresh squeezed lemon juice	

Preheat broiler and lightly oil a baking pan. Cut eggplant into 1/4"-thick slices. Chop cilantro and in a bowl stir together with remaining ingredients, and salt and pepper to taste. Brush cilantro mixture on both sides of eggplant slices and transfer to baking pan. Broil eggplant 5 to 6 inches from heat until golden and cooked through, about 10 min.

Potato Salad Caesar Style

Serves 8

1/2 C. Salad oil	1/4 tsp. pepper
1/4 C. grated Parmesan cheese	3 lb. new potatoes, boiled and cubed
1/4 C. lemon juice	1 med. onion, chopped
1 Tbl. Worcestershire sauce	1/4 C. parsley, chopped

Combine first 5 ingredients until well blended. Add remaining ingredients and toss gently. Cover tightly and chill at least 4 hours before serving.

From shareholder Elke Martin: "Here is my **favorite cucumber recipe**, adapted from Lorna Sass, because it is soooo easy. It is fabulous, but with a bit of mustard you can add some pizzazz – yum!"

2 lg cucumbers, peeled and cut into chunks (about 12 oz)
12 oz silken tofu
4-5 tblsp freshly squeezed lime juice
1 tblsp canola or corn oil
1 cup tightly packed mint leaves
1/2 cup tightly packed cilantro leaves
1 3/4 tsp salt, optional
1-2 tsp Dijon mustard

In a blender, puree everything and chill at for 30 min before serving.
Depending on how thin or thick you like it, it can be a soup, drink or salad dressing.

