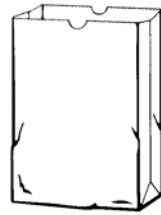


IN THE BAG
Potomac Vegetable Farms
July 10, 2008



Mini: sweet onions, summer squash, endive, potatoes, cherry tomatoes, squash or beans, beets or celery

Regular: garlic, sweet onions, parsley, cherry tomatoes, basil, carrots, potatoes, lettuce

Robust: garlic, sweet onions, summer squash, beans, endive, cherry tomatoes, lettuce, chives, basil, carrots, potatoes

Squash is a fun vegetable to have around. It comes in all kinds of fun colors and sizes and is delicious. The summer squash you're getting now is different from winter squash (such as pumpkins) because it has a much more tender rind – an edible rind, in fact. Summer squash won't store for months, for example, while winter squash could. We suppose that you could grow summer squash long enough that the rind would get that hard and it *could* store for all that time ... but we have no idea why anyone would want to eat hard-as-nails zucchini. Don't let the varied colors fool you – squash is squash is squash. If your recipe calls for yellow squash, you can use zucchini, no problem (warning: it will look different).

You've probably seen zucchini and yellow squash before, but patty pan squash – the one that's shaped like a flying saucer – might be a new discovery for you. Despite its ornamental shape, it is perfectly edible. You can use it as just summer squash in any recipe, and we like it grilled with a little olive oil. Fancier establishments than our kitchen here like to make pretty dinner dishes with this unusual squash – like scooping out the insides, seasoning it with garlic and butter, and then filling it up again, or using the rind as a vessel for some other dish.

A new addition to some of the bags this week is endive. Endive is a chicory, like escarole or radicchio, and most importantly, it is *not* lettuce. Endive is more bitter and has very frilly leaves. It's hard to eat endive all on its own, but it makes for a great opportunity to experiment with combinations of flavors. If you like salads, you could balance endive with milder greens like basil or parsley, sweet things like apples or raisins, or rich foods like cheese or hard-boiled eggs. Cooking endive sweetens it up a bit, too—just make sure to drain it so it loses some of its stronger flavors.

And many of you have a special treat from Next Step Produce in Newburg, Maryland—extremely fresh potatoes. In fact, these potatoes were dug Monday, and they are so new the skin is coming off. It's hard to mess up preparing a potato like this—just a little bit of butter and salt will do—but many of you also have chives in your bags, and there's no better use for chives than potatoes.

Grilled Patty Pan Squash

Just in case you're still not sure what to do with your weird-looking squash.

A few medium-sized **patty pan squash**

¼ cup olive oil

1 tsp minced **garlic**

1 tsp **fresh basil**

Other herbs or spices if desired: rosemary, oregano, marjoram, red pepper flakes, salt and pepper, onion powder, **parsley**

Slice squash into rounds. Wash thoroughly in cold water and pat dry. Pour olive oil into a cup and add whatever herbs and spices you want. Pre-heat grill to 400°F. Brush squash on one side with olive oil mixture and place face down on grill. Cover for 6 to 10 minutes then brush top of squash with olive oil, turn over and cover again. Repeat this process until squash is golden brown on both sides. Serve hot. Can be sprinkled with cheese of your choice.

Endive Frittata

(adapted from Farmer John's Cookbook)

1 **onion**, thinly sliced

1 **endive**, chopped

1 clove **garlic**, minced

8 eggs

4 tablespoons chopped fresh herbs (any combination of **parsley**, **basil**, cilantro or thyme)

1 cup grated cheese (recipe calls for Gruyere, but any cheese will do)

Salt and pepper to taste

Olive oil or butter

A little extra grated cheese to sprinkle on top

An ovenproof skillet, preferably nonstick

Sauté the onion over low heat in the skillet until it is soft but not browned, about 15 minutes. Add the chopped endive; cook, stirring occasionally, until it is tender and the moisture has cooked off, about 15 minutes. Add the garlic and let cook. Lightly beat the eggs in a large bowl. Stir in the herbs, salt, and pepper. Pour the egg mixture into the skillet. Add the cheese. Preheat the broiler. Cook the mixture in the skillet over very low heat, without stirring, until the eggs are set on top but still a little moist—10-15 minutes. Remove the skillet from heat. Sprinkle the extra cheese on top and place the skillet in the broiler. Broil for a minute until lightly browned. Remove and slice into wedges. Serves 6.

Garlic Mashed Potatoes with Fresh Chives

(from Robin Miller)

1 lb. **potatoes** (5-6 of our potatoes)

4 cloves **garlic**, peeled

Water

1/2 cup buttermilk

1/4 cup chopped **fresh parsley** leaves

2 tbs chopped **fresh chives**

1/2 tsp salt

1/4 tsp ground black pepper

In a large saucepan, combine potatoes and garlic. Pour over enough water to cover and set pan over high heat. Bring to a boil, reduce heat to medium and simmer 10 minutes, until potatoes are fork-tender. Drain and return potatoes and garlic to cooking pot. Add buttermilk and mash until large lumps disappear. Fold in parsley, chives, salt, and pepper.