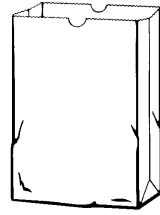


IN THE BAG
Potomac Vegetable Farms
August 13, 2008



Mini: garlic, onions, potatoes, bicolor corn, peppers, tomatoes, lemon basil, green beans
Regular: onions, bicolor corn, tomatoes, basil, cherry tomatoes, green beans, eggplant, lettuce
Robust: garlic, onions, potatoes, bicolor corn, peppers, tomatoes, basil, cherry tomatoes, green beans, eggplant, salsa kit

As we await the annual tomato deluge (we can feel it coming), we are preparing for the fall season. We have planted the cabbage and broccoli and collards and we are getting the ground ready for planting arugula, mustard, and other fall leafy greens. The soil is quite dry and powdery, which is not optimal for germinating seeds, but in the past we have used micro-sprinklers to help the seeds along, with good results.

Our salsa kit is a little bag with a tomatillo, peppers, an onion, tomatoes and some garlic. It's all PVF-grown and we spend time hunting for small garlic cloves to fit into your neat little packages. You can toss them all into the blender with salt and vinegar to make your very own homemade salsa. (Don't forget to peel your onion and tomatillo. And take out the seeds from the peppers. And cut off the stems. But otherwise, it's a snap.)

Summer Beans with Herbs, Tomatoes, and Caramelized Onions

(adapted from *The New York Times*)

3 tablespoons olive oil	1/4 cup white wine
1 large onion , thinly sliced	1/2 cup chopped mixed fresh herbs, including basil and parsley
4 fresh thyme sprigs	coarse salt, for serving (optional)
Kosher salt and freshly ground black pepper	2 pounds your favorite sausages, grilled (optional)
Pinch of sugar	
1 cup halved cherry tomatoes	
1 pound green beans , trimmed	

Heat oil in a large skillet with a cover until shimmering. Add onion, thyme sprigs and a pinch each of salt, pepper and sugar. Sauté over medium-high heat until onions are golden in spots and browned around edges, about 7 minutes.

Add cherry tomatoes and sauté until they start to release their juices, 2 minutes. Add beans and wine and toss everything in pan. Cover, reduce heat to medium-low, and let cook for 3 minutes. Uncover pan, add herbs and continue to cook. Toss beans occasionally, until liquid evaporates and beans are done to taste, 2 to 5 minutes longer. Garnish with coarse salt if you like and serve hot or at room temperature, with sausages if preferred.

Roasted Tomato Basil Pesto

(adapted from *Farmer John's Cookbook*)

If you're freezing up pesto for later in the year, you might want to make a batch of this with some of our tomatoes. The roasting is to bring out the flavor of the tomato – so if you happen to have a really ripe one in your bag, that's enough flavor for this pesto.

2 oven-roasted **tomatoes** or 1 large fresh **tomato**
2-3 cloves **garlic**, peeled and halved
3 tbsp pine nuts
2 tbsp extra virgin olive oil

1 cup fresh whole **basil** leaves
½ cup freshly grated Parmesan cheese
2 tbsp butter, softened
Salt and pepper

Combine the tomatoes, garlic, pine nuts, and oil in a blender and process until just combined. Add a handful of basil and process again briefly; continue adding the basil in small amounts until all is combined. Stir in the Parmesan cheese and butter, and season with salt and pepper to taste.

Eggplant, Pasta, and Grilled Pepper Salad

(adapted from Elizabeth Schneider)

Green bell peppers are not the sweet peppers you want to put in this recipe. Neither are the pale-green banana peppers. But the rest of the peppers we give you are either mild or sweet enough to work with this dish.

2 medium **eggplants**
About ½ cup olive oil, or more to taste
3 small to medium **sweet peppers**
About 1 tsp salt
½ pound curly pasta, such as rotini or fusilli
1 large **tomato**, peeled

1 small garlic clove, minced
About a dozen black olives (Kalamata works), halved and pitted
¼ cup coarsely slivered basil
Dash vinegar
Pepper to taste

Trim off eggplant caps. Slice eggplants in half lengthwise, then in crosswise slices about ¼ inch thick. In a very large skilled sauté eggplant in batches over moderate heat until browned and tender, using as much oil as needed to prevent sticking. Reserve.

Set peppers on preheated broiler pan as close to the heat source as possible (on the open flame if you have a gas stove). Turn until blackened and blistered all over, but not charred deeply. Let stand a minute or two, then wrap in damp towels or enclose in plastic bag 5-10 minutes to steam off skins. Cut off stems and scrape off skins.

Cut open peppers and remove seeds and membranes. Rinse peppers, cut into ½-inch squares. Toss with salt to taste and about 1 tbsp olive oil. Set aside. Dump pasta into boiling salted water and cook until just barely tender (pasta will soften more when dressed). Drain well; toss with 2 tbsp olive oil. Cool, tossing occasionally.

Cut tomatoes in coarse dice. Combine with garlic, 2 tbsp oil, and salt to taste. Combine pasta, eggplant, peppers, tomatoes, and olives. Season assertively and let stand, lightly covered, for several hours or more before serving. At serving time, toss gently with the basil and adjust vinegar, salt, and pepper to taste.