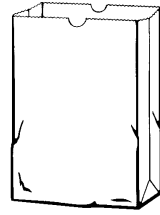


IN THE BAG

Potomac Vegetable Farms

September 10, 2008



..... peppers (sweet red and green), tomatoes, pole beans, basil, celery, squash...

Regular: peppers (sweet red and green), tomatoes, pole beans, basil, chard, squash, cucumbers, fennel

Robust: peppers (sweet red and green), tomatoes, pole beans, basil, chard, squash, cucumbers,

Well! Tropical Storm Hanna (no relation) dumped five inches of rain, and it was an exciting day on Saturday. Most of our markets were cancelled, but Arlington market went on as usual. Three brave souls ventured out at dawn and the rain began as soon as we starting setting up. It got wetter as each hour passed. But, we were the only vegetable growers to show up – so we were BUSY! We packed up early and headed home happy and very soggy. We are at the end of the abundant tomatoes. So enjoy them for these last few weeks. We never know when Jack Frost will come and finish off the whole thing!

Another great recipe in today's Post using Tomatoes!

Two recipes from CSA member Carol Breitner:

Chard Quesadillas

Big bunch of chard, or bitter greens, or spinach

2 flour tortillas per serving

Salsa Picante – 2 tablespoons = 1/8 cup per serving, or more

Grated Cheddar Cheese or your choice of mixed grated cheeses – 1 ounce = 1/4 cup per serving, or more

1. Wash and chop the chard and cook it. I like to pile the washed chard in a ceramic or plastic colander in the microwave and cook it for a couple of minutes. Just put the colander on a dinner plate and cover everything with a paper towel., cook until it wilts. Very quick and easy. You can also steam or saute the greens as usual.

2. For each serving,

Heat a large griddle or cast iron skillet on high. Cook 2 tortillas so they begin to brown slightly on one side. Then remove them to your work surface, and make the "stacks" with the pre-cooked sides facing the inside:

3. Start with a tortilla, browned side up; sprinkle with cheese(s); then put a layer of cooked chard, 2 tablespoons of salsa, spread around, another handful of cheese, and finally the second tortilla, browned side down. The idea is to have cheese touching both tortillas, so the whole thing fuses together when you put it back on the griddle. Remember: tortilla, cheese, chard, salsa, cheese, tortilla, in that order.

4. Heat the quesadilla stacks on the griddle, carefully turning until gently browned on both sides. You can cut them into quarters to serve.

Chard Fried Rice w/ Anything and Everything

Yield: "family size," about 2 quarts

Modify this recipe depending on your preferences and what's in the bag each week.

The two ingredients I consider essential are soy sauce and sesame oil. Other than that, anything goes.

2 tablespoons vegetable oil

6 scallions = 2 ounces = 1/2 cup, chopped fine
Nugget of fresh ginger, peeled and minced
1 or 2 cloves garlic, chopped or pressed
1 cup mixed chopped veggies of your choice - I used a combination of green beans, carrot and celery
1-2 bunches of chard, about a pound = 4 cups chopped stems and leaves
3 cups cold, cooked rice
1-1/2 cups cooked chicken or 1 bag Morningstar Farms Chik'n Strips, cut in
1-inch pieces, or tofu/meat/whatever (optional, great)
3 tablespoons soy sauce
3 tablespoons Japanese toasted sesame oil
Salt and pepper to taste, optional
1 egg, beaten, optional

1. Heat 2T vegetable oil in a wok or large frying pan. Add garlic, ginger, scallions, stir fry 1 minute.
2. Add the cup of mixed chopped veggies and toss to combine.
3. Stir in chard, and cook stirring every minute, for 5 minutes (crispy) or 10 minutes (crunchy).
4. Add the rice, chik'n strips or meat, toss to combine.
5. Sprinkle on 3T each of soy sauce and toasted sesame oil. Stir and fry for five minutes or more.

Optional egg: Remove the rice mixture to a bowl or serving dish, and scramble the egg in your wok, using a tiny bit of oil if needed. Then put the rice mixture back in the wok and toss it all together.

Taste and adjust if you want more soy sauce, or salt/pepper. "Eat slowly," a Chinese way of saying "Bon Appetit!"