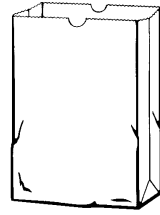


IN THE BAG

Potomac Vegetable Farms

October 1, 2008



..... peppers, eggplant, radishes or kohlrabi, cherry tom, roma tom, Arugula, thyme

Regular: peppers, eggplant, kale or collards, mizuna mustard, cherry tom, roma tom, Arugula, thyme

Robust: peppers, eggplant, kale or collards, mizuna mustard, cherry tom, roma tom, Arugula, thyme, celeriac, potatoes

New this week:

Kohlrabi: you should have seen this in the spring??? It's in the broccoli/cabbage family = Brassica family, and is like eating the stem of broccoli. Peel the fibrous outer skin to find crispy delicious white flesh inside. Excellent raw as a something to plunge into dip, or steamed lightly with butter and salt (after cutting up of course!)

Mizuna mustard: this is the beginning of the influx of the myriad of mustard greens. These are also in the Brassica family. Mizuna is a very mild Japanese mustard that is often used in salad mixes. This week the mizuna could go either as a salad ingredient or is very easy to incorporate into any sautéed vegetable dish or soup.

Arugula: this is another Brassica member....are you getting the picture about who likes to live in the colder months??? This once obscure green has become almost a staple in many households. It has a strong nutty flavor and either you love it or you don't. I don't. So if received it in my bag I'd hide it among many veggies in a stir fry or soup. The rest of you could just munch the bunch right out of the bag. Salad of course. Goes well with other strong flavors like goat cheese, nuts, etc.

Celeriac: this relative of celery is a very common vegetable in Europe. The French grate it raw and put a remoulade (like a creamy mayo dressing) sauce over it and call it salad. It is a celery flavored potato like object. I include it in soups and any roasted vegetable medley. You need to peel away the scary dirty exterior to find the creamy white flesh inside. The chop into any shape and ENJOY. It stores for months, especially with the tops removed (soup stock!) so no hurry in conquering this beast.

Next Week = Sweet Potatoes!

From CSA member Colleen Levine --

I wanted to share a celery apple soup recipe we made with last week's celery, which was terrific. My toddler loved it as well.

Creamy Apple Celery Soup

Colleen Levine/FoodieTots.com

2 T butter
1 small yellow onion, chopped
1 cup chopped celery
4 large apples, peeled and chopped
2 cups chicken or vegetable broth
black pepper to taste

Melt butter in stock pot over medium low heat. Add onions and cook until soft, about 5 minutes. Add celery and cook 2 minutes more. Stir in apples and broth and bring to a boil over high heat. Reduce heat and simmer over medium low heat for 20 minutes. Remove from heat and puree with immersion blender. Serve with freshly ground pepper warm, or chill for at least 1 hour to enjoy cold. Makes 4 servings.

Eggplant, Pasta, and Grilled Pepper Salad

(adapted from Elizabeth Schneider)

2 medium eggplants	1 small garlic clove, minced
About ½ cup olive oil, or more to taste	About a dozen black olives (Kalamata works), halved and pitted
3 small to medium sweet peppers	¼ cup coarsely slivered basil
About 1 tsp salt	Dash vinegar
½ pound curly pasta, such as rotini or fusilli	Pepper to taste
1 large tomato, peeled	

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.