

IN THE BAG

Potomac Vegetable Farms

June 10, 2009

Mini shares: garlic curls, Swiss chard, lettuce, cilantro, sugar snap peas

Regular: garlic curls, lettuce, cilantro, kale, sugar snap peas, Kohlrabi

Cilantro: the go-to herb in latin and asian cooking. We use it on burritos at least once a week, and in a most delicious thai coconut soup. It should last the week in a bag in the frig.

Kohlrabi: this alien looking vegetable belongs to the Brassica family (broccoli/cabbage family) and is very popular in Germanic countries. The leaves can be eaten like kale, but the real deal is the succulent bulb. It has a fairly fibrous outer skin that should be peeled. Inside, the crispy white flesh is wonderful raw, like a radish or like celery stick for dipping. Or it can be sliced and steamed/sautéed lightly and it tastes like broccoli stems.

Kale or Chard Pie

Mark Bittman, *How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food*.

Makes 4-6 servings as a main dish or more as an accompaniment

2 tablespoons butter

About 8 LARGE kale or Chard leaves (I used the whole bundle of "baby chard" and would add more next time)

1 medium onion sliced

Salt and pepper to taste

¼ cup chopped mixes herbs, like parsley, thyme, chervil and chives

¼ cup feta crumbles

¼ toasted pine nuts

3 eggs

1 cup whole-milk yogurt or sour cream

3 tablespoons mayonnaise

½ teaspoon baking powder

1 ¼ cup all-purpose flour

Preheat the oven to 375°. Put butter in a large skillet, preferably nonstick, over medium heat. When butter has melted add kale/chard and onions. Sprinkle with salt and pepper and cook, stirring occasionally, until the leaves are quite tender, about 10 minutes; do not brown. Remove from heat, add the herbs, feta and pine nuts.

Combine the yogurt, mayonnaise and eggs. Add the baking powder and flour and mix until smooth. Lightly butter a 9x12-inch ceramic or glass baking dish. Spread half of the batter over the bottom, then top with the kale/chard filling; smear the remaining batter over the kale/chard.

Bake for 45 minutes; pie will be golden brown. Let the pie cool for at least 15 minutes before slicing. Eat warm or at room temperature.

Swiss Chard and Tomato Frittata

- 1 lb swiss chard (or other greens), chopped
- 2 garlic cloves, minced
- 1 cup onions or green onions, chopped
- 2 teaspoons olive oil
- 4 egg whites
- 4 whole eggs
- 3 tablespoons chopped fresh basil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 medium tomato, sliced

In a skillet, sauté the garlic and onions in 1 tablespoon of the oil. Add the chard, cover, and lower the heat and cook for 10 minutes. Remove from heat and drain if too juicy.

In a large bowl, beat the eggs, salt and pepper until blended. If needed, coat the bottom of skillet with the remaining oil and return to medium heat. When hot, pour egg mixture into veggies and arrange tomato slices on top.

Cover and cook until the edges are firm and the bottom is golden and beginning to brown. Turn frittata over and cook for about 5 more minute until eggs are cooked. Serve immediately or at room temperature.

Sicilian-Style Greens over Polenta

(Cooking Light Magazine)

Cooking Spray	2 c. vegetable broth
4 c. chopped Belgian Endive	1 c. skim milk
4 c. chopped kale	½ c. (2 oz) grated Parmesan cheese (div.)
4 c. chopped beet or turnip greens	2 tsp. olive oil
1/3 c. golden raisins	1 garlic clove, thinly sliced
1/4 tsp. salt	1/4 c. dry breadcrumbs
1 c. yellow cornmeal	4 tsp. pine nuts, toasted
1/4 tsp. crushed red pepper	

1. Heat large non-stick pan over med. heat; coat with cooking spray. Add endive and cook until it begins to wilt. Add kale and cook until begins to wilt, stirring constantly. Add beet greens and cook until begins to wilt. Stir in raisins and salt. Cover, reduce heat, simmer 6 min. or until greens are tender. Set aside.
2. In a sauce pan, combine cornmeal and red pepper over med. heat. Gradually add broth and milk, stirring with whisk. Bring to the boil; cover, reduce heat, and simmer 10 min., stirring occasionally. Add 1/4 c. of Parmesan cheese.
3. Heat oil in small skillet over med. heat. Add garlic; cook 1 min or until lightly browned, stirring constantly. Add breadcrumbs, cook 1 min., stirring. Remove from heat; stir in remaining 1/4 c. Parmesan.
4. Spoon 1 c. polenta onto each of 4 plates, top each with 1 c. greens mixture. Sprinkle each with 2 Tbl. breadcrumb mixture and 1 tsp. pine nuts.