

IN THE BAG

Potomac Vegetable Farms

July 13, 2009

Mini shares: sweet onions, fresh garlic, thai basil, asian eggplant, shallots, swiss chard, squash

Regular: sweet onions, fresh garlic, thai basil, asian eggplant, shallots, swiss chard, chocolate mint, squash, blueberries

Robust: sweet onions, fresh garlic, thai basil, asian eggplant, shallots, swiss chard, chocolate mint, squash, okra, blueberries

This is your first view of the actual head of **garlic**. They were pulled yesterday. They can be stored in the frig or on the counter. I would cut off the top. We grow a type of garlic called ophio or hard-neck or Rocombole garlic. It is considered a gourmet garlic = more flavor, less pungency. The other great thing about this garlic is there is just one ring of nicely sized cloves around the central stem or neck and they are easy to peel! We will keep you well stocked with garlic, but you can always let it dry and it will store for months.

Thai Basil = a more anise flavored basil popular in asian cooking. Store in a bag at room temp or recut stems and put in glass of water.

Asian Eggplant – another asian version of a popular vegetable. This type of eggplant is never bitter and is less seedy than the Italian type. It's also earlier! Use for any recipe where eggplant is called for.

Chocolate Mint – this is more like peppermint than spearmint. It's great in desserts and in cold or hot teas. Just add a sprig to the hot water and let that flavor seep into your tea. Lots of folks are also making mojitos and juleps this time of year.

Okra – a popular vegetable in the South, and native of Africa. This small tender fruit or pod is delicious cut, battered and fried; added to soups and stews (gumbo) as a thickener. Also lots of great Indian dishes use okra.

Aioli – from Nora Pouillon

(garlic dipping sauce for vegetables or fish or steamed potatoes)

3 cloves garlic

½ tsp salt
1 egg yolk, or 1 T Dijon mustard
½ cup olive oil
2 tsp lemon juice
fresh black pepper

Mix the garlic and salt on a cutting board by mashing them together very well using the side of a knife blade.

Place the small bowl in which you will whisk the aioli on a wet paper towel to keep it from slipping.

Put the egg yolk or mustard and the mashed garlic and salt into the bowl. Beat until lemony in color.

Add the olive oil, drop by drop, whisking continuously, until the sauce begins to thicken.

Whisk in the remaining oil in a slow stream.

Add the lemon juice and pepper to taste. If it's too thick, thin with a few drops of water.

Don't forget to try roasting vegetables. These onions are amazing, raw or cooked, and roasting them just makes them sweeter. You can roast garlic by peeling off the outside paper layer and wrapping it whole in aluminum foil and baking it or cooking on the grill – it is delicious spread on chewy bread instead of butter.

Roasted Sweet Onions with Cabrales Blue Cheese

You can view the complete recipe online at:

<http://www.epicurious.com/recipes/food/views/109062>

Roasted Sweet Onions with Cabrales Blue Cheese

4 large Vidalia or other sweet onions, cut crosswise into 1-inch-thick slices
1/4 cup olive oil

4 ounces Cabrales or other strong blue cheese, crumbled
1/4 cup extra-virgin olive oil
2 tablespoons Sherry wine vinegar
1/2 cup sliced almonds, lightly toasted
1/3 cup chopped fresh chives

Preheat oven to 400°F. Arrange onions in single layer on rimmed baking sheet; drizzle 1/4 cup olive oil over; turn onions to coat. Sprinkle with salt. Roast until soft and brown on edges, turning every 15 minutes, about 1 hour. Transfer to platter. Sprinkle with salt and pepper. Cool. (Can be made 4 hours ahead. Cover; let stand at room temperature.)

Sprinkle cheese over onions. Drizzle 1/4 cup extra-virgin olive oil, then vinegar over cheese and onions. Sprinkle with almonds, then chives and serve.

Bon Appétit
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Want to see how other cooks rated and reviewed this recipe? Go to
<http://www.epicurious.com/recipes/food/views/109062>

Greek Roasted Chickpeas & Chard

Chickpeas:

2 15.5-ounce cans chickpeas drained (about 3 cups)
10 garlic cloves, peeled
2 large shallots
3 small bay leaves, preferably fresh
1 teaspoon fennel seeds
1 1/4 cups extra-virgin olive oil

Chard:

2 tablespoons extra-virgin olive oil
6 garlic cloves, peeled, crushed
1/4 t crushed red papper (optional)
3 small bay leaves, preferably fresh
2 shallots, sliced
2 bunches Swiss chard, center stems cut out, leaves coarsely torn
2 cups low-salt chicken broth

Chickpeas:

Preheat oven to 350°F. Combine first 5 ingredients in 8x8x2-inch glass baking dish. Sprinkle with salt and pepper. Pour oil over; cover dish with foil. Roast until garlic is tender, about 45 minutes. **DO AHEAD:** *Can be made 1 day ahead. Cool slightly, cover, and chill.*

Chard:

Heat oil in large pot over medium-high heat. Add garlic, bay leaves, red pepper if using, and shallots. Cover; cook until shallots are tender, about 2 minutes. Uncover; add half of chard. Toss until chard wilts and volume is reduced by half, about 2 minutes. Add remaining chard. Toss until chard wilts, about 2 minutes. Add broth. Cover and cook until chard is tender, stirring occasionally, about 10 minutes. Season chard with salt and pepper. Transfer chard mixture to large sieve set over bowl and drain. **DO AHEAD:** *Can be prepared 2 hours ahead. Let stand at room temperature.*

Drain garbanzos and reserve oil; discard bay leaves. Combine garbanzos and chard in large skillet. Add 2 tablespoons oil reserved from garbanzos. Toss over medium heat until warmed through, moistening with more oil by tablespoonfuls if needed, about 5 minutes. Season with salt and pepper and serve.