

IN THE BAG
Potomac Vegetable Farms
July 21, 2009

Mini shares: sweet onions, new potatoes, basil, parsley, beets, eggplant

Regular: sweet onions, new potatoes, basil, parsley, beets, eggplant, squash

Robust: sweet onions, new potatoes, basil, parsley, beets, eggplant, squash, okra

Even though we are now a full month into the official summer season, the nights are still unusually cool and the tomatoes are not ripening yet. Everyone in our network of fellow growers agrees -- we are all hovering over our tomato vines, ready to pounce. But the fruit remains green.

New this week: freshly dug **potatoes!** The variety today is Kennebec, a pretty standard white skin, white fleshed potato. You should find them to be absolutely delicious and very flavorful. They were dug yesterday. We enjoy them boiled mostly, but they are great baked as well, or used in homefries for breakfast. There are more to come, and of course, they store very well in a cool dark place.

Parsley makes its first appearance in the bags this week. We usually have it earlier, but it got planted late. This is an Italian flat leaf variety, especially good for eating – not just for garnish. Parsley adds a nuanced flavor and very good green color to any pesto. It's a mainstay in middle-eastern salads (tabouleh, fatoosh etc) and has tremendous vitamins and minerals and gives very fresh breath.

Potato-Garlic Gratin

(Gardener's Community Cookbook)

Serves 6-8

Butter for greasing baking dish
3 lbs. white potatoes, scrubbed or peeled
6 cloves garlic, finely chopped

1 C. heavy cream
1 tsp. salt
½ tsp. white pepper

1. Preheat butter to 350. Butter a 2-qt. casserole or gratin dish.
2. Slice potatoes 1/8" thick and layer them in dish. Combine the garlic, cream, salt and pepper in a small bowl. Pour mixture over potatoes, distributing cream evenly.
3. Place dish on stovetop and heat over low heat until warmed through. Transfer to the oven and bake until the cream is bubbling and the top is browned, 45-50 min. Cool for 10 min. before serving.

Chickpea and Cucumber Salad with Parsley, Lemon and Sun-Dried Tomatoes

(epicurious.com)

- ¼ cup olive oil
- 1 T. ground cumin
- ¼ tsp. dried crushed red pepper
- 2 15.5 oz cans garbanzo beans (chickpeas), rinsed and drained
- 2 cucumbers, peeled, seeded, chopped
- ½ cup fresh parsley
- 1/3 cup thinly sliced drained oil-packed sun-dried tomatoes
- ¼ cup fresh lemon juice
- 1 garlic clove, minced
- ¼ tsp. dried crushed red pepper
- 4 oz. feta cheese, crumbled

Combine oil, cumin, and red pepper flakes in a heavy small saucepan. Cook over medium heat 3-5 minutes to blend flavors, stirring occasionally. Cool completely.

Combine remaining ingredients in large bowl. Add cumin oil and toss to blend. Season salad to taste with salt and pepper and top with crumbled feta. (Can be made 1 day ahead. Cover and refrigerate. Bring to room temperature before serving.)

Makes 4-6 servings.

Sautéed Zucchini with Red Onion, Dill, and Aged Gouda

From the Smith and Hawken *Gardeners' Community Cookbook*

¼ cup olive oil

1 lb. red onions, thinly sliced

1 T. sliced garlic

6 medium squash or zucchini, sliced ¼ inch thick

1 T. chopped fresh dill

½ tsp. salt

½ tsp. black pepper

3 T. grated Parmesan cheese

1 ½ cups coarsely grated aged Gouda cheese

Preheat the broiler. Heat oil in a large cast iron skillet. Sauté onion and garlic, then add squash/zucchini and sauté until tender but not soggy. Stir in dill, salt, pepper, Parmesan. Sprinkle Gouda on top and place the pan under the broiler until the cheese melts. Less than five minutes. Serve hot.

Mondo Bizzaro Sauce (jazzy pesto sauce for pasta)

(from the *Moosewood Cookbook*, 1977 edition)

Puree in blender:

4 cloves garlic

10 fresh basil leaves

2 c. tomato puree

½ lb. fresh, chopped spinach leaves

½ c. chopped parsley

¾ c. olive oil

¾ c. freshly grated Parmesan or Romano cheese

Heat gently and toss with hot pasta (note: I think it would also be OK to have the pesto at room temp. and toss with hot pasta, for a cooler kitchen)

Hard Boiled Eggs

From a veteran CSA member in Brookmont:

I have been using the following Cook's Illustrated method for hard cooking eggs and have had no trouble peeling even the really fresh ones; apparently, shocking the eggs in ice water causes the protein in the whites to let go of the membrane.

Bring water and eggs to boil over high heat. as soon as the pot reaches a rolling boil, remove it from the heat and cover with a tight fitting lid for 10 minutes. Remove eggs from hot water and place directly in a bowl of ice water for 5 minutes.