

IN THE BAG
Potomac Vegetable Farms
August 4, 2009

NO ONIONS for the first time in ages!

Finally some TOMATOES!! First of the year, various colors (red, pink, yellow) Remember that tomatoes should NEVER be stored in the refrigerator, which robs them of flavor. They belong on the kitchen counter. They are ripe when the color is deep and the flesh is getting soft to the touch. Yum!

Mini shares: new potatoes, garlic, tomatoes!!, basil, cukes, cherry tomatoes, squash, sweet corn, peppers

Regular: new potatoes, garlic, tomatoes!!, basil, cukes, cherry tomatoes, pole beans, peppers, sweet corn

Robust: new potatoes, garlic, tomatoes!!, basil, cukes, cherry tomatoes, pole beans, peppers, eggplant, squash, sweet corn

The pole beans come from Cox's farm in Lucketts, VA and are grown without any pesticides. These are the folks that also own and operate Mom's Apple Pie Company in Leesburg. My first bean planting is a complete failure, so I decided to get you some of these tasty beans from our friends!

The sweet corn comes from Cox's also. It is grown without pesticides which is amazing. That means there is most likely a worm at the top of each ear and/or evidence that a worm has been there. Just snap the tip off and keep moving. It's great off the cob or on.

Benjamin Groisser's Salsa (learned from Maria)

4 tomatoes (about 2 pounds)

1 small onion

1 sweet pepper
1 hot pepper (optional)
1 small bunch cilantro
1 sprig fresh basil
2 cloves garlic
2 T. vinegar or lime juice
salt to taste

Chop tomatoes, onions, peppers enough to fit into food processor. You may want to squeeze some of the juice out of the tomatoes before blending. Process all ingredients to desired consistency. You can reserve some of the vegetables and chop by hand for chunky texture, if you like that better.

Bruschetta with Grilled Eggplant and Tomato

1 eggplant or 4 plump Asian eggplants, strips of peel removed, if desired
olive oil
4 slices of hearty bread
salt and pepper
½ cup crumbled goat cheese or feta
2 t. chopped marjoram, thyme, or basil
2 ripe tomatoes, seeded and finely diced
red wine vinegar to taste

Cut eggplant into diagonal slices, less than ½ inch thick. Score one side of each slice with the tip of a knife to allow the heat to penetrate quickly. Brush both sides with oil, then grill or broil on both sides until tender, 7 to 10 minutes on each side. Toast the bread. Divide eggplant among pieces, season with salt and pepper, cover with cheese. Broil until cheese bubbles. Sprinkle with herb, spoon diced tomatoes over the top. Finish with a few drops of vinegar.