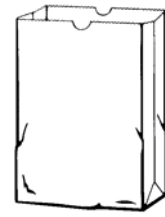


IN THE BAG
Potomac Vegetable Farms
June 20-22, 2006



We are sliding into the gap between spring crops and summer bounty, as the leafy crops begin to succumb to the heat. The tomato plants at the Vienna farm have begun to set fruit, and the many thousand tomato plants in Loudoun are growing inches every day. Squash is suddenly in high gear. At this season, beets are a double treat. The tops are green and beautiful and can be eaten like spinach, raw or cooked. The beets are really sweet – delicious boiled or roasted or grated raw in salad or diced and steamed with olive oil and a pinch of curry. Don't try to peel them raw. If you don't like the skins, slip them off after you cook the beets.

We have just started digging the first fresh garlic. You will see that the garlic has not yet separated into cloves, and it is still quite juicy. You should keep it in the refrigerator and chop it up as you would an onion. The long stem is not edible.

Roasted Beet and Citrus Salad

(Serves 6)

(Cooking Light Magazine)

1½ lbs. small beets
Cooking spray
¼ c. Orange juice
1 Tbl. cider vinegar
1 Tbl. olive oil
1 tsp. honey
¼ tsp. salt

¼ tsp. freshly ground black pepper
1 garlic clove, minced
4 c. mixed salad greens
3 c. chopped beet greens
½ c. orange sections, halved crosswise
2 Tbl. shaved fresh Parmesan cheese
1 Tbl. coarsely chopped walnuts, toasted

1. Preheat oven to 400.
2. Leave root and 1" stem on beets. Scrub with a brush. Place beets on jelly-roll pan coated with cooking spray. Lightly coat beets with cooking spray. Bake at 400 for 45 min. Cool beets slightly, then trim roots and rub off skins. Cut beets in half.
3. Combine orange juice and next six ingredients (through garlic) in med. bowl, stirring with a whisk. Add beets, tossing gently to coat. Remove beets with slotted spoon and set aside. Add salad greens and beet greens to bowl with juice; toss well. Place 1 c. greens mixture on each of 6 plates; top each with 1½ c. beets, ¼ orange sections, 1 tsp. cheese, and ½ tsp. nuts. Serve immediately.

Cucumber & Arugula Stuffed Pitas

(Serves 4)

(Cooking Light Magazine)

2 Tbl. finely chop. pepperoni peppers
2 Tbl. goat cheese, softened
1 Tbl. water
1 Tbl. fresh lemon juice
½ tsp. olive oil
¼ tsp. salt
¼ tsp. fresh ground pepper

1 lge. hard boiled egg, grated
1 garlic clove, minced
2 c. chopped arugula
1 c. chopped romaine lettuce
8 (¼" thick) slices tomato
4 (6") whole wheat pitas, halved
1 c. (¼" thick) slices cucumber

1. Combine first nine ingredients (peppers - garlic) in a large bowl. Add arugula and lettuce, tossing gently to coat.
2. Place 1 tomato slice in each pita pocket, divide cucumber slices evenly among pita halves, and place about ¼ c. arugula mixture in each half.

Texas Yellow Squash

(from *Seasoned With Sun* -- recipes from the Junior League of El Paso, TX)

2 lbs. yellow squash, diced	2 eggs, slightly beaten
2 medium onions, sliced	½ c. evaporated milk
1 tsp. salt	1 tbl. sugar
½ tsp. pepper	½ c. bread crumbs (save some for topping)
Dash of garlic salt	¼ c. butter
½ tsp. ground nutmeg	

Cook squash and onions in small amount of salted water until tender. Drain and mash until lumpy. Add remaining ingredients except the butter, and mix well. Place in a buttered casserole, top with more bread crumbs and dot with butter. Bake at 350 until bubbly, about 20 min. Serves 6.

(For a spicier dish, add 1 4-ounce can chopped green chiles and 1 cup shredded Longhorn cheese. Omit nutmeg)

Casadilla

(from the *Moosewood Cookbook*, 1977 edition)

This is a light, easy to make, refreshing summer soup. Simply combine and chill:

1 cucumber, chopped	4 c. tomato juice
1 scallion, chopped	1 c. yogurt and/or sour cream
1 clove crushed garlic	1 red pepper, chopped
1 tsp. honey	Several fresh raw mushrooms, thinly sliced
½ tsp. dill weed	

Make sure it is well chilled. Serve with croutons. May be garnished with watercress. Serves 4-6.

Quick and Delicious Borscht (from *Greens Glorious Greens!* By Albi and Walthers)

This soup can be ready in 25 minutes if you have precooked beans. Don't overcook the grated beets or they will lose their color.

1 bunch beets with greens	5 cups vegetable stock or water
1 T. extra virgin olive oil, or unsalted butter	2 – 4 T. sherry
1 large onion, finely chopped	2 T. fresh lemon juice
1 potato, finely chopped	sea salt
1 large carrot, finely chopped	freshly ground pepper
2 cups finely shredded cabbage (or Napa)	sour cream (optional)
1 ½ cups cooked white beans with 1 cup cooking liquid	

Cut off the beets, then separate the leaves from the stems at the base of the leaf. Wash beets and greens and stems well. Grate beets coarsely. Chop stems and set aside. Chop greens and set aside.

In a large soup pot, heat the olive oil over medium heat. Add chopped vegetables and beet stems and sauté for 10 minutes. Add cabbage and cook for 5 minutes. Add beans and liquid, stock or water, and the grated beets and cook for 5 minutes.

Add beet greens and cook for 5 minutes. Season to taste with sherry, lemon juice, salt and pepper. Serve with a dollop of sour cream, if desired.