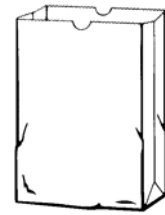


IN THE BAG  
Potomac Vegetable Farms  
August 1-3, 2006



You all know as well as we do what the weather has been like recently, but you may not have the opportunity do go through as many T-shirts as we do in a day. We can tell if the humidity is low when we find ourselves wearing the same shirt all day long -- this week it seems we may get up to the four shirt limit. The heat is just fine for the basil and tomatoes and eggplant, so eat some Middle Eastern salads this week. The watermelons are from Next Step Produce in sandy Southern Maryland.

**Mondo Bizzaro Sauce** (jazzy pesto sauce for pasta)  
(from the *Moosewood Cookbook*, 1977 edition)

Puree in blender:

4 cloves garlic

2 c. tomato puree

½ c. chopped parsley

¾ c. freshly grated Parmesan or Romano cheese

10 fresh basil leaves

½ lb. fresh, chopped spinach leaves

¾ c. olive oil

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)

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**Oven Dried Tomatoes**

Adapted from Nina Planck's *The Farmers' Market Cookbook*

2 pounds ripe tomatoes (any color, any size, including cherries)

2 tablespoons olive oil

salt

Set the oven at 250 degrees.

Leave cherry tomatoes whole. Halve or quarter regular tomatoes. Put tomatoes of equal size in each baking dish. Roll the tomatoes in oil and salt and put them in a baking dish – just one layer. Bake for 3 – 8 hours and remove when they are ready. After 3 hours, smaller tomatoes are ready for a mozzarella sandwich. After 8 hours they are leathery and intensely flavored.

Packed in oil, they keep for a week to 10 days in the refrigerator or a cool pantry.

Add to minestrone soup, bean soups, salads. They are good in sandwiches spread with soft cheese, or on pasta, pizza, crostini, or bruschetta. When cherry tomatoes are still juicy and hot, toss them with pasta, olive oil, and basil. The longer the tomatoes sit in the oil, the tastier they get. Strained, the reddish oil is wonderful on bread and salads.

You could blend one or two tomatoes with their oil for a more intense flavor, or you could add a clove of garlic or an anchovy for every 3 tablespoons of oil.

### **Pesto Dip** (from the Weight Watchers cookbook)

One can drained and rinsed chickpeas  
½ cup coarsely chopped basil  
1 – 3 T. fresh lemon juice  
4 tsp. olive oil  
1 large clove garlic  
½ tsp. salt

Process these together until fairly smooth and let stand at room temperature, covered, for 2 to 3 hours to let the flavors blend. Serve with pita wedges

### **Zuke-a-mole** aka Summer Squash "Guacamole"

Adapted from "Vegetables from Amaranth to Zucchini: the Essential Reference" by Elizabeth Schneider

Ingredients:

3 pounds summer squash  
Approximately 1/2 head garlic  
1 large onion (sweet varieties preferred, i.e. Vidalia, Walla Walla)  
1 teaspoon coarse salt  
2 tablespoons olive oil, plus 1/4 cup  
1/2 cup basil and/or mint leaves  
1/2 cup parsley, stemmed  
2 tablespoons juice of lemon  
salt and pepper to taste

Preheat oven to 375.

Slice zucchini in half, lengthwise. Separate garlic cloves but keep skins on.

Quarter onion. Place vegetables in roasting pan and slather with the 2 tablespoons of olive oil and the teaspoon of salt. Roast until extremely tender, at least 1 hour and up to 90 minutes.

While vegetables are roasting, prepare herbs; pull leaves off stems and tear or chop coarsely. Let vegetables cool slightly and squeeze garlic from skins.

Place all vegetables into bowl of food processor and pulse. Add herbs.

Puree

until smooth and combined. Add lemon juice and salt. Drizzle in remaining olive oil. Taste for seasonings and adjust accordingly.

Chill and serve with crackers, pita crisps, crudités or make as part of a sandwich. Makes about 1 quart.

### **Tzatziki Sauce**

*(Cooking Light Magazine)*

1 C. finely chopped seeded peeled cucumber	½ tsp. fresh lemon juice
1/4 tsp. salt	½ tsp. olive oil
8-oz. plain low fat yogurt	1/8 tsp. black pepper
1½ tsp. chopped fresh parsley	1 garlic clove, minced

1. Place cucumber in colander over a small bowl; sprinkle with salt. Toss gently to coat. Cover and chill 1 hour. Rinse with cold water and drain well. Squeeze until barely moist.

2. Spoon yogurt onto several layers of heavy-duty paper towels, spread to ½" thickness. Cover with more paper towels; let stand 5 min. Scrape into a bowl using a rubber spatula.

3. Combine cucumber, yogurt, parsley, and remaining ingredients in a bowl. Chill.

Makes 1 cup