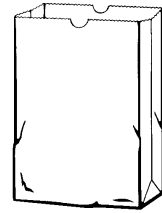


IN THE BAG
Potomac Vegetable Farms
September 12-14, 2006



There are a few vegetables you might not have seen for a while – baby beet greens will be making an appearance in some bags, and okra will be in others. If you have never eaten okra, don't let your prejudices get in the way of your willingness to experiment with new foods! If you add it to a stir fry, chop it crosswise and add it at the end so it doesn't get too gooey. It gives soups a nice thick texture. And, like everything else, okra is delicious fried in a cornmeal batter. Dip your sliced okra in a beaten egg, dredge it in cornmeal with a salt and pepper, and fry in hot oil.

It is always very hard to predict how things will go, but it feels like the tomatoes have begun their downward spiral. Many of the plants have died, many of the tomatoes are split from the rains, and we should just live it up this week and eat as many tomato sandwiches as we can. It's a long time until next July.

The winter squash season is beginning, with butternut, acorn, and a few more spaghetti squash. This week we will go out and poke around in the sweet potatoes to see what's going on underneath those beautiful lush vines. We're very optimistic about the sweet potatoes, and fall is looking great.

Pasta with Leeks (or onions) and Greens

This recipe can be adapted to use any greens you might get in your bag. Tender greens are best as they cook faster. Big tough greens are too chewy.

3 to 4 T. olive oil
3 leeks or large sweet onions, white and light green part washed and sliced thinly
3 garlic cloves, peeled and minced
2 bunches mixed greens (arugula, chard, spinach, mustard), washed and chopped
1 pound pasta
salt and pepper
grated Parmesan cheese to taste

In a large heavy pot, heat 3 T. olive oil over medium heat. Add leeks and sauté until very soft, about 10 minutes. Add minced garlic and sauté for one more minute. Do not let the garlic get brown.

Add chopped greens and keep cooking until greens are soft and tender. Set aside.

Cook pasta. Drain and toss with greens. Moisten mixture with olive oil or stock. Season to taste with salt, pepper, Parmesan cheese if desired.

Roasted Peppers or Eggplant
(delicious hot or cold, as a side dish, in sandwiches, or on pasta)

Preheat oven to 400.

Cut peppers or eggplant into ½ inch strips, and put in a baking pan.

Add olive oil, about 2 tsp. per medium pepper , 1 T. per medium eggplant. Sprinkle liberally with salt, and stir.

Put on the top rack in the oven. When you hear them start to sizzle, stir them. Stir every few minutes until they are the softness you like. Takes 20 to 30 minutes.

You can add onion, garlic, or spices if you like. The roasting really brings out the flavor of the vegetables, though, and they are delicious just plain.

Crustless Quiche

Preheat oven to 350 degrees.

Stir together:

½ cup flour

½ tsp. salt

½ tsp. herb seasoning of your choice

Thoroughly mix flour mixture into 1 cup evaporated milk, stirring with a wire whisk. Beat in 5 eggs.

Stir in ½ - 1 cup chopped cooked vegetables (anything) and the same amount of grated mild cheddar cheese.

Pour into a 9" pie plate, lightly greased. Bake in center shelf of oven 35 – 40 minutes, or until center of pie is set. Cool for 5 – 10 minutes before cutting.

Okra With Tomatoes
(*Vegetables, Williams-Sonoma Kitchen Library*)

3 Tbl. olive oil

1 yellow onion, chopped

1 clove garlic, halved

1 tsp. dried rosemary

1 lb. okra, stemmed and thinly sliced

1 C. tomato sauce

4 tomatoes, coarsely chopped

1 bay leaf

¼ tsp. red pepper flakes

salt and freshly ground pepper

2 Tbl. chopped fresh parsley

Warm the oil in a pan over medium heat. Add the onion and sauté until soft, about 2 min. Add the garlic and cook 1 min. longer. Add the rosemary and okra, and stir until coated thoroughly coated with the oil. Stir in tomato sauce. Add tomatoes, bay leaf, and red pepper. Simmer uncovered about 10 min until okra is tender. Season to taste with salt and pepper. Discard bay leaf and garlic. Serve hot or warm, garnished with the parsley.