



IN THE BAG
Potomac Vegetable Farms
June 12, 2007



Mini: garlic scapes, Swiss chard, summer squash, escarole, basil bits, kale, lettuce

Regular: garlic scapes, Hakurei salad turnips, Swiss chard, summer squash, Napa cabbage, endive, lettuce, lettuce mix

Robust: garlic scapes, Hakurei salad turnips, Swiss chard, summer squash, Napa cabbage, endive, basil, lettuce, lettuce mix

Week #2 brings more springtime meals of salads, stir fry, and delicious fresh greens. This may be the time to restock your pantry with a trip to the Asian supermarket for sesame oil, Chinese hot oil, rice vinegar, red pepper flakes, and other sauces to diversify your greens menus. And remember, when in doubt, just about anything can be chopped and sautéed with olive oil and garlic and it will be absolutely delicious.

A few of you may find some **fava beans** in your share this week. They are large pods with a purplish tinge. These need to be taken out of the pod and boiled – like fresh peas or lima beans.

All season long, we will be giving you recipes that match the vegetables of the week. We welcome your discoveries and creations – our offerings tend to be vegetarian and not terribly complicated, but we are open to your suggestions.

Sicilian-Style Greens over Polenta

(Serves 4)

(Cooking Light Magazine)

Cooking Spray	2 c. vegetable broth
4 c. chopped Belgian Endive	1 c. skim milk
4 c. chopped kale	½ c. (2 oz) grated Parmesan cheese (div.)
4 c. chopped beet or turnip greens	2 tsp. olive oil
1/3 c. golden raisins	1 garlic clove, thinly sliced
1/4 tsp. salt	1/4 c. dry breadcrumbs
1 c. yellow cornmeal	4 tsp. pine nuts, toasted
1/4 tsp. crushed red pepper	

1. Heat large non-stick pan over med. heat; coat with cooking spray. Add endive and cook until it begins to wilt. Add kale and cook until begins to wilt, stirring constantly. Add beet greens and cook until begins to wilt. Stir in raisins and salt. Cover, reduce heat, simmer 6 min. or until greens are tender. Set aside.
2. In a sauce pan, combine cornmeal and red pepper over med. heat. Gradually add broth and milk, stirring with whisk. Bring to the boil; cover, reduce heat, and simmer 10 min., stirring occasionally. Add 1/4 c. of Parmesan cheese.
3. Heat oil in small skillet over med. heat. Add garlic; cook 1 min or until lightly browned, stirring constantly. Add breadcrumbs, cook 1 min., stirring. Remove from heat; stir in remaining 1/4 c. Parmesan.
4. Spoon 1 c. polenta onto each of 4 plates, top each with 1 c. greens mixture. Sprinkle each with 2 Tbl. breadcrumb mixture and 1 tsp. pine nuts.

Wilted Dandelion/Escarole/Endive Salad

1 bunch dandelion leaves (or escarole or endive) 2 T. tart vinegar
1 hard boiled egg 1-2 T. olive oil
salt and pepper

4 slices bacon or heated vegetable oil

Put the dandelions in a salad bowl. Coarsely cut the egg and add to the greens. Lightly sprinkle with salt and pepper. Cut bacon crosswise and sauté until crisp. Lift bacon out of pan with slotted spoon, add to greens. (Or heat a little vegetable oil instead.) Sprinkle on vinegar and toss gently. Pour a little bacon grease over the greens, add oil to taste and gently toss. Serve immediately.

Spicy Collard Greens *(adapted from Cooking Light Magazine)* serves 6

1 smoked turkey wing, skinned	1 bunch collard greens, chopped & steamed
½ tsp. olive oil	½ tsp. salt
1 dried Anaheim chile, stemmed and chopped (about 3 Tbl.)	½ tsp. crushed red pepper
1 c. chopped onion	¼ tsp. freshly ground black pepper
1 garlic clove, minced	2 tsp. fresh lemon juice

1. Remove meat from turkey wing; chop and reserve ½ cup. Reserve remaining meat for another use. Separate wing bone at joint, reserving drumstick portion of wing. Discard remaining bones.

2. Heat oil in Dutch oven over med. high heat. Add chile; sauté 30 seconds. Add onion, sauté 2 min. Add garlic, sauté 30 sec. Add drumstick bone, greens, salt, and red and black peppers to pot; cover with water to 1" above greens. Bring to a boil over medium heat; reduce heat and simmer, uncovered, for 2 hours.

3. Drain greens in a colander over a bowl, reserving cooking liquid. Discard turkey bone. Return cooking liquid to pan and cook over high heat until reduced to ¾ cup (about 40 min.) Add greens and reserved ½ cup turkey meat to pan; reduce heat and cook 3 min. or until thoroughly heated, stirring frequently. Stir in lemon juice. Serve warm.

Squash and Cheese – a staple of the farm diet in summertime
(only good with fresh squash, which is sweet, unlike zucchini from far away)

4 – 6 squash (any kind), sliced thinly or chopped
1 onion, chopped
1 cup sharp cheese (any kind), grated
salt and pepper
vegetable oil

optional:
garlic curls or garlic, chopped
wheat germ

In a heavy frying pan, heat oil and sauté onions and garlic curls until soft. Add squash and cook until soft. Add cheese and let it melt. Season with salt and pepper.
Add a handful of wheat germ, if you like.