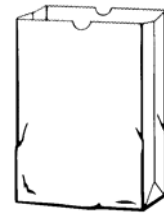


IN THE BAG  
Potomac Vegetable Farms  
June 25, 2007



**Mini:** squash, Napa cabbage, Italian parsley, basil, lettuce, baby carrots

**Regular:** Swiss chard, sugar snap peas or green beans, turnips, green garlic, lettuce, lettuce mix, spring onions, beets or baby carrots

**Robust:** squash, Swiss chard, Napa cabbage, beets, turnips, green garlic, lettuce, lettuce mix, spring onions

We are sliding into the gap between spring crops and summer bounty, as the leafy crops begin to succumb to the heat. Some of the tomato plants at the Vienna farm have tomatoes that are just starting to turn red, and the many thousand tomato plants in Loudoun are growing inches every day. At this season, beets are a double treat. The tops are nutritious and delicious and can be eaten like spinach, raw or cooked. The beets are really sweet – 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.

**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  
1½ 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.

**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

1 T. extra virgin olive oil, or unsalted butter

1 large onion, finely chopped  
1 potato, finely chopped  
1 large carrot, finely chopped  
2 cups finely shredded cabbage (or Napa)  
1 ½ cups cooked white beans with 1 cup cooking liquid

5 cups vegetable stock or water  
2 – 4 T. sherry  
2 T. fresh lemon juice  
sea salt  
freshly ground pepper  
sour cream (optional)

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.

#### Mixed Greens with Cumin and Paprika

(adapted from Madison's *Vegetarian Cooking for Everyone*)

12 cups (about two bunches) mixed greens – kale, chard or beet greens, escarole  
salt  
4 large garlic cloves  
1 cup chopped parsley  
1 cup chopped cilantro  
3 T. olive oil  
2 t. paprika  
2 t. ground cumin  
For garnish: oil-cured black olives, wedges of lemon and tomato

Discard inedible parts of greens. Steam the leaves until tender. Chop into pieces.

Pound garlic with ½ tsp. salt, in a mortar until smooth, then work in parsley and cilantro and pound them briefly to release their flavors.

Warm the oil with the paprika and cumin in a wide skillet over medium heat until they release their fragrances. Don't burn. Stir in garlic, add greens and cook until any extra moisture is gone. Taste for salt. Pile into a dish and garnish with olives, lemon, and tomato.

---

If you find you have some leftover cooked greens, you can make a cold salad with chickpeas, pasta, diced tomatoes, freshly grated Parmesan.

Or mix finely chopped greens with cooked rice or other quick-cooking grains.

Chop and combine greens with soft cheeses (feta, ricotta, Gruyere), black olives, capers, and spread over toast.

