



IN THE BAG
Potomac Vegetable Farms
June 12, 2008



Mini: garlic scapes, carrots, Swiss chard, chives or spring onion, baby turnips, green garlic or spring cabbage, lettuce

Regular: garlic scapes, Italian parsley, carrots, sugar snap peas, basil tips, fava beans or savory, lettuce

Robust: garlic scapes, fava beans, parsley, Swiss chard, snap peas, cabbage, spring onions, carrots, lettuce, savory, green garlic

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 green can be chopped and sautéed with olive oil and garlic and it will be absolutely delicious.

The turnips are tender enough to eat in salads, also delicious boiled and served with a little butter and salt and pepper. Fava beans (long purply-green pods) need to be shelled and boiled for about ten minutes in salted water. Savory is a versatile herb – chop up a little and add it to whatever you are cooking and see if you like it. Fresh herbs are a whole different adventure.

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
(Cooking Light Magazine)

(Serves 4)

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.

One of our brand new customers, Mindy Griffith, sent in a recipe and this exuberant report: "I made the following recipe with the chard, garlic curls, parsley and chives from you and served it with a hearty salad of fresh greens too! Even my kids ate it! It is adapted from a recipe from an amazing new cookbook by Mark Bittman called *How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food*. I can't wait for next week!"

Kale or Chard Pie

Makes 4-6 servings as a main dish or more as an accompaniment

2 tablespoons butter
About 8 LARGE kale or Chard leaves (I used the whole bundle of "baby chard" and would add more next time)
1 medium onion sliced
Salt and pepper to taste
¼ cup chopped mixes herbs, like parsley, thyme, chervil and chives
¼ cup feta crumbles
¼ toasted pine nuts
3 eggs
1 cup whole-milk yogurt or sour cream
3 tablespoons mayonnaise
½ teaspoon baking powder
1 ¼ cup all-purpose flour

Preheat the oven to 375°. Put butter in a large skillet, preferably nonstick, over medium heat. When butter has melted add kale/chard and onions. Sprinkle with salt and pepper and cook, stirring occasionally, until the leaves are quite tender, about 10 minutes; do not brown. Remove from heat, add the herbs, feta and pine nuts.

Combine the yogurt, mayonnaise and eggs. Add the baking powder and flour and mix until smooth. Lightly butter a 9x12-inch ceramic or glass baking dish. Spread half of the batter over the bottom, then top with the kale/chard filling; smear the remaining batter over the kale/chard.

Bake for 45 minutes; pie will be golden brown. Let the pie cool for at least 15 minutes before slicing. Eat warm or at room temperature.

Swiss Chard and Tomato Frittata

1 lb swiss chard (or other greens), chopped	4 whole eggs
2 garlic cloves, minced	3 tablespoons chopped fresh basil
1 cup onions or green onions, chopped	1/4 teaspoon salt
2 teaspoons olive oil	1/4 teaspoon black pepper
4 egg whites	1 medium tomato, sliced

In a skillet, sauté the garlic and onions in 1 tablespoon of the oil. Add the chard, cover, and lower the heat and cook for 10 minutes. Remove from heat and drain if too juicy.

In a large bowl, beat the eggs, salt and pepper until blended. If needed, coat the bottom of skillet with the remaining oil and return to medium heat. When hot, pour egg mixture into veggies and arrange tomato slices on top.

Cover and cook until the edges are firm and the bottom is golden and beginning to brown. Turn frittata over and cook for about 5 more minute until eggs are cooked. Serve immediately or at room temperature.