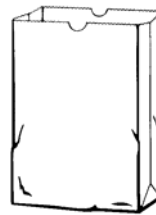


IN THE BAG  
Potomac Vegetable Farms  
June 26, 2008



**Mini:** garlic scapes, swiss chard, garlic, lettuce, chives or dandelion greens or sweet onions

**Regular:** beet greens, cabbage, garlic scapes, lamb's quarters, lettuce, parsley, sweet onions

**Robust:** cabbage, chives, garlic, garlic scapes, lettuce, squash, sweet onions, swiss chard

More than a few of you got weeds this week. Some of you got dandelions, and some of you got lamb's quarters. To be fair, our dandelions are domesticated — we grow those weeds on purpose. But we went foraging for the lamb's quarters. As we've been weeding our vegetable patches and flower gardens we've been picking out these small plants with silvery leaves. Also called fat-hen, this little weed is related to spinach and can be cooked just like it. You can eat the leaves raw in a salad, steamed, sautéed, or in a spread like the one we found from the *Wild Vegetarian Cookbook* and copied below. You can steam dandelion greens or sauté them in oil with garlic and onion. You can also prepare them in butter or cream or with sesame oil for some variety. We also found countless recipes for dandelion green salads – some with pecans, some with goat cheese, some with anchovy dressing.

Additionally, fresh garlic has arrived, both to our farm and to your shares. It's probably juicier and stronger than garlic you've had before, and you may want to refrigerate it to preserve its unusual flavor. Garlic used to be snubbed as "immigrant" food in America, but nowadays garlic seems indispensable in almost every dish. And garlic can be enjoyed all by itself, too — if you like a more adventurous snack. We found a simple method for roasting garlic cloves that softens them up and mellows out that pungent flavor — making the cloves great on their own or as an accompaniment to something else. Wolfgang Puck puts roasted garlic cloves on his pizzas – and now you can, too.

### **Lamb's-quarters Spread**

(adapted from *The Wild Vegetarian Cookbook* and Mariquita Farm)

You could eat this spread with cucumber slices, crackers, or just plain old bread.

1 clove **garlic**, peeled

½ small red or white **onion**, peeled

1 cup **lamb's-quarters leaves**

½ ripe avocado, peeled and pitted (or substitute 2 tbsp olive oil)

¼ - ½ cup toasted nuts (almonds or walnuts will do)

2 - 4 pitted kalamita olives

1 tbsp mellow (light-colored) miso

chili paste or cayenne pepper to taste

Chop the garlic in a food processor or by hand. Add the onion and chop. Add the remaining ingredients and process or chop until finely chopped. The spread will keep, tightly covered, in the refrigerator for 5 to 7 days. Makes a little over a cup.

## **Roasted Garlic Recipe**

(Adapted from Simply Recipes)

**Garlic** bulbs (as many as you want to roast!)

Olive oil

Preheat the oven to 400°F. Peel away the outer layers of the garlic bulb skin, leaving the skins of the individual cloves intact. Using a knife, cut off ¼ to ½ an inch off the top of cloves, exposing the individual cloves. Place the garlic heads in a baking pan; muffin pans work well for this purpose. Drizzle a couple teaspoons of olive oil over each head, using your fingers to make sure the garlic head is well coated. Cover with aluminum foil. Bake at 400°F for 30-35 minutes, or until the cloves feel soft when pressed. Allow the garlic to cool enough so you can touch it without burning yourself. Use a small knife cut the skin slightly around each clove. Use a cocktail fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins. Eat as is, or mash with a fork and use for cooking. Can be spread over warm French bread, mixed with sour cream for a topping for baked potatoes, or mixed in with Parmesan and pasta.

## **Moroccan Chick Pea, Tomato, and Greens Stew**

(From Jean Gold, CSA member)

"I use the recipe in *Vegetarian Cooking for Everyone* (Deborah Madison) for making the chickpeas. You can cook them in advance, in quantity, and freeze them. They are infinitely better than canned and cheap. If you do use canned, drain and rinse the chick peas and use 1 cup water instead of broth. This is a combination of one of Madison's recipes and several others. I have no idea how much this serves – between 2 and 4 depending." - Jean

3 cups cooked chickpeas

1 cup broth from chickpeas

1 large bunch **chard** or spinach, washed and coarsely chopped

4 cloves **garlic** (or a lot of **garlic scapes**)

1 tsp sweet paprika

1 ½ tsp cumin, toasted and ground

1 ½ tsp coriander, toasted and ground (you can use ground for both of these)

½ tsp turmeric

½ cup golden raisins

**1 onion**

1 red or yellow bell pepper

3 or 4 tomatoes or a 28 oz. can tomatoes

½ -1 preserved lemon, peel only, in ¼ " dice (optional - but it's great if you have some around)

1-2 tbsp olive oil

Saute onion until golden, about 10 min. over moderate heat. Add pepper, garlic, and spices, and saute another minute or two. Add tomatoes, raisins, chick peas and their broth, and cook at a simmer for about 15 minutes. Add chard or spinach and cook until tender - depends on which green, but a few minutes for spinach and 10 or so for chard. Add preserved lemon and serve over couscous. Better the next day.