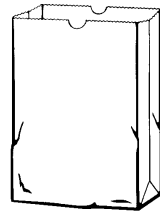


## IN THE BAG

Potomac Vegetable Farms  
October 8, 2008



..... celery, sweet potatoes, cilantro or dill, napa cabbage, lettuce mix or eggplant

**Regular:** sweet potatoes, celeriac, salad mix, cilantro or dill, celery, cabbage (napa or regular), peppers

**Robust:** sweet potatoes, salad mix, cilantro or dill, celery, cabbage (napa or regular), peppers, broccoli, fennel

It feels like the fall greens are growing slowly, but that is just because we are impatient. Here's our first attempt at a salad mix, some of you have the wild and spicy mix, some just plain lettuce.

Sweet Potatoes make their first appearance. You are getting the variety called Centennial, which are very tasty. This variety makes long thin roots. As a grower of sweet potatoes, I can't imagine how many are thrown out in a huge commercial farm to get those very uniform, organized shapes that we see at the store. The diversity in our field is amazing and even entertaining. Maybe the commercial ones mostly come from sandy farms where the soil itself doesn't impact the root shape? As usual we are letting you in on the reality of vegetable culture – you get them dirty and in every edible shape. We don't wash the dirt off so that they will last MUCH longer stored (preferably at 55 degrees). If you plan to eat them in the next couple of weeks, just keep them like regular spuds in a cupboard or closet. We also give you ones that have sustained some nibbles by various critters in the field. The roots have formed a scab and the whole thing is food worthy. Don't be scared, they are delicious. Just bake them any old way and enjoy.

## Wild Rice and Celery Root Gratin

From Vegetarian Cooking for Everyone

1 T butter	Salt and pepper to taste
1 celery root, peeled and grated	3 cups cooked wild rice
juice of one lemon	½ cup grated Gruyere cheese
2 T chopped parsley	¼ cup grated parmesan

Bechamel sauce:

¼ cup minced onion, 3 T butter, 2 T flour, 1 ½ cups scalded milk, salt and pepper, ½ tsp. nutmeg.

Cook onion in butter over low heat for three minutes, stir in flour and cook for another two minutes. Whisk in hot milk all at once, then cook slowly for 20 minutes. Season.

Preheat oven to 400 degrees. Lightly oil a baking dish and make the bechamel. Melt the butter in a medium skillet over medium heat. Add celery root, lemon juice, garlic and parsley. Cook until tender. Salt and pepper to taste. Combine the wild rice, celery root and bechamel and stir in cheese. Pour into baking dish and bake until firm, about 25 minutes.

## Simple Sweet Potatoes

For pure and simple delight, just bake those sweet potatoes and eat with a little butter and salt and pepper. Bake at 400 degrees until very tender when poked with a fork. 50-60 minutes may be enough for fist-sized potato (small potatoes are easily baked in the toaster oven). You can cut big ones to cook them faster. You can also steam or boil sweet potatoes, or slice them into French fry shapes and coat with oil and salt and chili powder for excellent French fries. Bake at 400 degrees until crispy.

## Spiced Lentil and Pumpkin Soup

From Pumpkins and Squashes

1 small chopped onion  
1 finely chopped clove garlic

2 tsp. grated fresh ginger  
3/8 cup vegetable oil  
2 medium tomatoes, peeled and chopped (canned tomatoes work fine)  
2 tsp. mild curry powder  
1 pound red or yellow lentils  
1 pound pumpkin, peeled, seeded, cut into chunks (or other winter squash)  
salt and pepper to taste

In a big soup pot heat ¼ cup oil. Saute onions, garlic, and ginger until golden brown. Add tomatoes. Add curry powder and lentils. Reduce heat. Saute five minutes, stirring frequently. Add 2 cups of water, cook until lentils absorb water (10 minutes). Add pumpkin and remaining oil. Saute five minutes. Add 6 cups water and boil. Reduce heat and simmer covered for about one hour, until lentils are soft. The pumpkin will be soft and disintegrate to a puree. Adjust seasoning. Serve with rice.

## **Eggplant Curry** (serve over white or brown rice)

from the Moosewood Cookbook

2 tbs. oil or butter	Dash of cayenne
1½ tsp. mustard seeds	6 c. eggplant, cubed
1½ c. chopped onion	1 tbl. fresh coriander (cilantro), divided
1 tsp. salt	1½ c. fresh peas, steamed until bright green
1 tsp. turmeric	

Heat oil/butter in large heavy skillet. Add mustard seeds. When seeds start to pop, add onion, salt, turmeric, and cayenne. Cook, stirring, until onion is translucent. Add eggplant and cook stirring regularly, about 15 min. Eggplant should be soft but intact. You may need to add additional butter or some water if mixture is too dry.

Add half the coriander and cook 2 - 3 min. Serve immediately, topped with remaining coriander and adorned with bright green peas. Serves 4 - 5.