

IN THE BAG
Potomac Vegetable Farms
June 24, 2009

Mini shares: garlic curls, squash, Swiss chard, lettuce, snow peas, cucumbers, fennel

Regular: garlic curls, squash, Swiss chard, lettuce, snow peas, cucumbers, fennel, endive

I don't need to explain cucumbers – wonderful just with salt...or grated onto salad, or marinated with olives and feta etc etc

Endive: this curly green is in the chicory family and can be added to salad or cooked. It is quite bitter, so would be milder cooked if bitter is not your strong suit.

Fennel: white bulbous stem with feathery green fronds on top. Fennel bulb is delicious eaten raw (sliced VERY thin or even shaved), dressed with a vinaigrette or as part of a mixed salad. In southern Italy, raw fennel is served with cheese as a dessert instead of fruit – an excellent aid to digesting a meal. When cooked the aniseed flavor becomes more subtle and the texture resembles cooked celery. Braised fennel is particularly good with white fish. Fennel can be cooked in all the same ways as celery. The feather green fronds can be used as an herb or garnish.

Mustard-Chive Vinaigrette

2 tablespoons sherry vinegar
1 tablespoon water
1 teaspoon Dijon mustard
1 tablespoon honey
2 tablespoons extra virgin olive oil
2 tablespoons fresh chives
1/2 teaspoon kosher salt
1 teaspoon mustard seeds

1/2 black pepper

In small bowl, combine vinegar, water, Dijon mustard and honey. Slowly add olive oil, whisking until blended well. Gently stir in chives, mustard seeds, salt and pepper.

The dressing has a slight tangy heat that compliments the radishes in our share last week, and was nicely cut by "cooler" ingredients such as cucumbers and goat cheese. Also great accompaniment to wood-grilled salmon, for the meat-eater.

Green Goddess Salad Dressing (a variation)

1 c mayonnaise

Large bunch basil leaves (1½ c chopped)

Handful garlic chives (1/4 c chopped)

1-2 scallions/sm spring onions, green & white parts, sliced

Handful of dill (1/4 c chopped)

Juice of 1 lemon

1 t kosher salt

1 t pepper

1-2 t sun dried tomato paste (or a couple of dried tomatoes in oil or softened in hot water and drained)

1 c plain yogurt (or sour cream or a mixture of the two)

Blend mayonnaise, onions, herbs, lemon juice, salt, and pepper in food processor until smooth. Add yogurt/sour cream and blend again to combine. This keeps for at least a week in the fridge and gets better as the flavors blend.

Summer squash fritters

(Adapted from Deborah Madison's "Vegetarian Cooking for Everyone")

2 lbs. of green and/or yellow summer squash, coarsely grated

2 eggs, beaten well

1/2 cup thinly sliced scallions or spring onion

1 cup bread crumbs (preferably panko)

2 garlic cloves (can substitute 1/2 to 1 garlic scape)

3/4 cup fresh herbs to taste (parsley, basil, cilantro, mint -olive oil for sauteeing - salt and pepper for seasoning

Lightly salt squash and set inside colander to drain liquid for about 30 minutes.

In the meantime, mix remaining ingredients, except for oil and pepper. Give squash a quick rinse and squeeze out excess water. Stir squash and pepper into binding mixture.

Coat large skillet with olive oil, heat to medium. Drop 1/4-cup sized balls into hot pan and press down to form fritter. Cook until golden brown (about 3 or 4 minutes) and turn to cook other side. Remove to paper towel(s) to drain/pat dry and season with salt immediately.

These fritters are delicious on their own but would taste great with a yogurt tzatziki sauce or some creme fraiche.