

**IN THE BAG**  
**Potomac Vegetable Farms**  
**Week 16: September 19, 2011**

**This is what we anticipate will be in your bag this week. It could be different.**

**Mini:** beans, celeriac, kale, parsley, garlic, salad mix or chard

**Regular:** beans, butternut squash, eggplant, turnip greens with baby turnips, collards, herbs, garlic

**Robust:** beans, butternut, eggplant, turnip greens, kale, parsley, garlic, chard, leeks

Garlic and butternut squash should be stored in a cool, dry place. Everything else should go in the fridge.

Cook turnip greens as you would chard or any other green. Olive oil and garlic is always delicious!

**New this week (to some):**

**Butternut Squash** originates in or around Mexico. It is a type of winter squash with a sweet, nutty flavor similar to a pumpkin. In fact, it makes a delicious pumpkin pie. It can be roasted, grilled, pureed, and used for baking. The seeds can be toasted and eaten, and the skin can also be eaten when softened by cooking. It's high in vitamins A and C, fiber, manganese, magnesium, and potassium.

**Collard Greens:** Next to kale, collards are one of the healthiest greens you can eat. They are an excellent source of folate, vitamin C and beta-carotene while also being high in calcium. Collards are a member of the Brassica family, along with broccoli, kale and cabbage. Eat them fresh, stewed, steamed, sautéed, or in soups.

Roasted Garlic Soup  
From *Babe's Country Cookbook*

3 heads (not cloves) garlic, whole and unpeeled  
2 tablespoons olive oil  
1 large onion, sliced  
1 leek, trimmed, rinsed well, and sliced  
2 large russet potatoes, peeled and sliced  
2 quarts water  
1 red bell pepper, for garnish  
1 cup heavy cream  
½ teaspoon salt, or to taste  
¼ teaspoon freshly ground black pepper

Garlic Chips

3 or 4 cloves elephant garlic  
2 tablespoons olive oil

Preheat the oven to 350. Roast the whole, unpeeled heads of garlic on a baking sheet in the oven for 45 minutes. While the papery skin will turn dark brown, the pulp will become soft and golden brown. When cool enough to handle, slip off the skins. Slice the garlic heads and reserve.

In a large soup kettle or saucepan, heat the 2 tablespoons oil. Add the onion and leek and sauté until soft but not brown, about 8 minutes. Add the sliced roasted garlic heads, the sliced potatoes, and the water. Simmer, partially covered, for 1 hour.

Making garlic chips: Peel and thinly slice the elephant garlic. In a small skillet, heat the 2 tablespoons oil. Add the garlic slices and sauté until they become golden brown garlic chips, about 2 minutes. Transfer with a slotted spoon to paper towels, drain and reserve.

Core and seed bell pepper. Cut into thin strips and reserve.

Just before the soup is done, stir in the cream. In batches, puree the soup in a blender or food processor and then strain through a sieve into a bowl for extra smoothness. Season with salt and pepper. If need be, reheat the soup but don't let it come to a boil.

Chicken with 40 Cloves of Garlic  
From *Cooking with Herbs and Spices*

This is not as alarming as it sounds. Long slow cooking makes the garlic soft and fragrant and the delicious flavor permeates the chicken.

Serves 4-6

½ lemon

fresh rosemary sprigs

3-4½ lbs chicken

4 or 5 heads garlic

4 tablespoons olive oil

salt and ground black pepper

steamed broad beans and spring onions, to serve

Preheat the oven to 375. Place the lemon half and the rosemary sprigs in the chicken. Separate 3 or 4 of the garlic heads into cloves and remove the papery husks, but do not peel. Slice the top of the other garlic head.

Heat the oil in a large flameproof casserole. Add the chicken, turning it in the hot oil to coat the skin completely. Season with salt and pepper and add all the garlic.

Cover the casserole with a sheet of foil, then the lid, to seal in the steam and the flavor. Cook for 1-1¼ hours until the chicken is completely cooked. Serve the chicken with the garlic, accompanied by steamed broad beans and spring onions.

Garlic Vinegar and Garlic and Spice Aromatic Oil  
From *Cooking with Herbs and Spices*

Garlic Vinegar

Crush 3-4 garlic cloves and pound them in a mortar, then place in a stainless steel or glass mixing bowl. Meanwhile, heat about 8 ounces/1 cup white wine or cider vinegar until just boiling and pour it over the garlic. Leave to cool. Then add another 8 ounces/1 cup cold vinegar. Pour into a clean jar, cover tightly and leave for 2 weeks (or less for milder flavor). Shake the jar occasionally. Strain the vinegar into a clean bottle, adding two or three unpeeled garlic cloves to the vinegar for identification. The liquid must completely fill the bottle. Cover tightly and label, then store in a cool, dark place.

Garlic vinegar is great for dressings, marinades, dressings, sauces and preserves.

Garlic and Spice Aromatic Oil

Almost fill a clean bottle with best virgin olive oil. For 1 pint/2 cups, peel and halve a large garlic clove, then add it to the bottle with 3 whole red chilis, 1 teaspoon coriander seeds, 3 allspice berries, 6 black peppercorns, 4 juniper berries, and 2 bay leaves. Cover tightly and leave in a cool, dark place for 2 weeks. If the flavor is not sufficiently pronounced, leave the oil for another week before using. Label clearly and store or wrap decoratively as a gift.

Wicked Garlic Dip  
From *Moosewood Cookbook*

Prep time: 20 minutes

Makes: about 2 cups

3 medium (average, fist sized) potatoes, peeled and diced

3 medium cloves garlic, peeled

up to 1/3 cup mayonnaise

½ teaspoon salt

Boil the potatoes until very soft, and drain well. Transfer to a food processor fitted with the steel blade or to a mixing bowl.

Without waiting for the potatoes to cool, add the remaining ingredients. Whip until very smooth, using either the food processor or an electric mixer.

Cover tightly and chill. Serve as an appetizer or by itself, garnished with raw vegetables, or as a spread.

Pasta with Garlic and Oil also called Aglio Et Olio  
From [The Reluctant Gourmet](#)

Serves 4

1 pound pasta  
Salt  
1/2 cup extra virgin olive oil  
4-6 garlic cloves, peeled & chopped  
1/2 cup chopped fresh parsley  
Freshly ground pepper

This recipe doesn't have a lot of ingredients and you will want to work fast so get the water started.

A big mistake I used to make is getting the sauce prepared and then waiting on the pasta. Ideally you want both to be ready at the same time. This takes a little practice, but after a while, it becomes second nature. If you start the water too soon, you can always add more water if it boils down. Don't forget to add salt to the water. You want to season the pasta from the inside when it absorbs the water.

Peel and chop the garlic and parsley.

While the pasta is cooking, heat the oil and garlic over medium heat in a heavy saucepan until the garlic begins to turn pale gold. (Please, take the time to smell the cooking garlic and oil)

Remove the pan from the heat and add 3/4 of the parsley, salt & pepper to taste.

Drain the pasta and combine with the sauce in a separate bowl and toss until all the spaghetti is coated. (if I'm not entertaining, I will often use the same pot as I cooked the pasta in so I have one less pot to clean)

Serve onto warmed plates and use the remaining parsley to garnish and serve immediately.

Garlic Knot Recipe  
From [White on Rice Couple](#)

Makes about 40 knots

Dough

1 3/4 c (415ml) Warm Water (@115°F)  
1/4 c (55g) Olive Oil  
1 t (5g) Sea Salt  
1 T (15g) Sugar  
1 1/2 T (20g) Active Dry Yeast  
approx. 5 1/2 c (750 g) all-purpose, unbleached Flour

Garlic Coating

1/8 c (30ml) Olive Oil  
2 T (30g) unsalted Butter  
4 cloves Garlic, finely crushed  
1/4 c (60ml) finely chopped fresh Italian Parsley

Sea Salt to taste

plus extra Olive Oil and Flour for making the knots

Combine water, 1/4c (55g) olive oil, sea salt, sugar, and active dry yeast in a large resealable container or bowl. Mix to dissolve yeast.

Add flour. Mix to incorporate flour, cover, and set in a warm spot to proof until doubled in volume (usually 1-3 hrs depending on initial water temp and warmth of proofing area). (A sunny table outside on a warm summer day is perfect for proofing!)

Chill the dough for a bit (will keep fine in fridge for several days if you want to make the dough ahead of time) to make it easier to handle (this can be skipped if you don't have the time) then set up your knotting station. Put out a large wooden cutting board and oil liberally. Grab a rolling dowel or pin and oil. Grab a pizza cutter or something similar to slice dough in strips. Put container of flour within easy reach. Line several sheet pans with parchment paper or silpats and place within easy reach.

Oil your hands to help keep dough from sticking to them. Divide the dough in two parts to make it easier to handle. Take the first half, slap it onto the oiled board several times to flatten. Using the dowel, spread into an even rectangle approx. 5"x16" and 1/2" thick. Slice the rectangle into 1/2"x5" strips.

Rotate the board 90° and sprinkle dough strips and board with flour. Taking the strip nearest to you, roll it back and forth to create an even rope. Tie into a knot (over, under, and through) and place on lined sheet pan. Place knots about an 1 1/2" apart. At first it may seem awkward making the knots but with a little practice it will become easy. Flour is your friend to help keep the dough from sticking to itself while forming the knots.

Continue making the rest of the knots with the second half of the dough. After each sheet pan fills up, cover with a dry sack towel, and place in a warm, draft-free spot to rise.

Preheat oven to 400° F

After knots have doubled in size, take off dry sack towel and place sheet pans in the oven. Bake for approx. 12-15 min. or until golden.

While knots are baking, make garlic coating. Gently warm olive oil, butter, and garlic in a small saucepan (if you like your garlic with less of a bite, cook it for a few minutes in oil/butter mix until soft & slightly golden). Add chopped parsley and set aside.

After removing knots from oven, while still warm, either brush with garlic coating, or place knots in a large bowl and toss with garlic coating. Season with sea salt to taste.

Best served warm, but still good when at room temp.