

Hi folks,

Thank you for such a great first week! Hopefully all the kinks have been ironed out and it will be all smooth sailing from here. A few reminders:

--If you're a new subscriber, or if you ordered one, pick up your cookbook! The farm forgot to load them on the trucks last Tuesday, but they'll be there waiting for you this week.

--Return your bags! Please!

We hope everyone enjoyed their veggies and is excited for more!

Happy eating!

**IN THE BAG**  
**Potomac Vegetable Farms**  
**Week 2: June 10, 2014**  
**Featuring Swiss Chard**

**Here is a list of what you may find in your bag this week.** Things change from day to day, so sometimes what's on our list is not exactly what you get. Don't be alarmed!

**Mini:** garlic curls, chard, spinach, lettuce, cabbage, parsley, whole grain

**Regular:** garlic curls, chard, kohlrabi, arugula, lettuce, lettuce mix, kale, mint, cilantro

**Robust:** garlic curls, chard, kohlrabi, spinach, lettuce, lettuce mix, kale, fennel, scallions, beets, mint

Hana has just rediscovered that at this time of year tender garlic curls can be cut up and cooked like green beans, eaten with olive oil and salt. Delicious.

Everything should be stored in the fridge. Check out this great post by blogger Food In Jars about storing produce without plastic: <http://foodinjars.com/2014/05/storing-fresh-produce-without-plastic-bags-giveaway/>.

You may receive organic grains or flour in your bags from our friends at Next Step Produce. These grains are untreated and should be stored in the freezer for a week if you're not going to use them immediately. After a week in the freezer, they're safe to sit in your cupboard until you get to them.

If you have trouble figuring out what you brought home, refer to our [ID That Veggie](#) section of the website. We try to keep it updated with what's available to you.

**Arugula** is a zippy, peppery green in the cruciferous family of vegetables (also known as the Brassicas). It's popular in Italian cuisine, grows wild in Asia and the Mediterranean, and can be traced back to Roman times where it was used for its seeds and oils. It can be eaten raw in salads or cooked. Arugula has become a popular ingredient in salad mixes. If you find its flavor too pungent, try cooking it to tone down the taste. It is an excellent source of vitamins A and C, folic acid, calcium, magnesium, and manganese.

**Beets** are the two-meals-in-one vegetable: You can eat the beautiful roots AND you can sauté up those leafy greens. They belong to the same family as chard and spinach. Beets are fantastic boiled or roasted and then put over a salad, or grilled (wrap whole beet in foil, drizzle with olive oil, and stick them on the grill for about an hour) as a side dish. Beet greens are a bit earthier in flavor than chard or spinach, but still in the same vein. You can sauté them up with a little olive oil and garlic and serve them over some ravioli. The sweet ricotta balances the earthy really nicely. Beets are high in folate, manganese, potassium, vitamin C, and iron.

**Fennel** is commonly associated with Mediterranean cooking. Both the bulbs and the feathery fronds can be eaten raw and cooked. It has a slightly sweet, crunchy, anise or licorice flavor. It's high in vitamin C, fiber, potassium, and manganese. Try it raw in salads, or paired with fish to bring out the fish flavors. Use it in a stew to add a new depth to the flavors, or whiz some up with your favorite oil and vinegar for a zippy dressing.

**Garlic curls (or “scapes”)** are the tender flower stalks that grow out of the middle of hardneck garlic before the garlic bulb below is fully grown. We break them off so that the plant can devote its growing energy to the storage bulb and not to making flowers and seeds. The garlic curl season is about three weeks long, so if you like the pesto recipe we attached, you could freeze some in ice cube trays, and store the cubes in a freezer bag to enjoy later in the season. They are delicious as an ingredient in scrambled eggs (just slice into small bits and sauté them first) or any stir fry or quiche. They are also very tasty when grilled or roasted whole.

**Kale**, a broad, leafy, robust-stemmed green, is a form of cabbage and in the Brassica family. It is used worldwide, and can be sautéed, stewed, steamed, frozen, or even used raw in green smoothies or when young and tender in salads. Kale is a super food, high in antioxidants, vitamins K and C, calcium, beta carotene, and iron. Use it in any recipe that calls for leafy greens.

**Kohlrabi**, a stout member of the cabbage family, has a flavor reminiscent of broccoli stems or cabbage hearts, but slightly sweeter. It can be eaten raw, as a nice slaw, a crunchy and juicy addition to your salad, or sliced thin on sandwiches. Be sure to peel your kohlrabi—the outer skin is very tough.

**Lettuce:** It is full-on lettuce season. Leaf lettuces (not iceberg) are an [excellent source](#) of vitamins A, K, C, and B-complex, beta carotene, and folate. They also contain good amounts of iron, calcium, potassium, and magnesium. Regular inclusion of lettuce in salads is known to prevent osteoporosis, iron-deficiency anemia, and believed to protect from cardiovascular diseases, ARMD, Alzheimer's disease, and cancers.

Store lettuce and salad greens in a plastic bag, not tightly closed, in the crisper drawer. Try to wash them just before using. We recommend soaking lettuce in a sink of cold water. The dirt will sink while the leaves rise to the top. For heads of lettuce, twist or cut off the stem and separate the leaves before washing. Fill the sink or a large bowl with cold water. Plunge in the leaves and swish them around. Lift the leaves out of the water to a colander and check the bottom of the sink or bowl. If there is any sand or grit, discard the water and repeat the process.

### **Featuring Swiss Chard**

**Swiss Chard** is a leafy green belonging to the same family as beets and spinach. The flavor is of a robust, slightly salty spinach. To cook, slice up the stems, throw them in the sauté pan first, and then add the leaves. Chard is ridiculously good for you, high in vitamins and minerals like vitamin K, vitamin A, vitamin C, magnesium, manganese, potassium, iron, vitamin E, dietary fiber, calcium, vitamin B2, vitamin B6, protein, vitamin B1, zinc, folate, and niacin. Use it as a side dish, sauté with mushrooms, have it instead of spinach on pizza, mix it in with your eggs... the possibilities are endless.

### **Recipes**

If you're looking for recipe ideas, check out our [website](#)! Type the vegetable name into the search box. We're constantly adding new goodies as we find them!

[Indian Roasted Potato Salad with Swiss Chard](#)

[Green Chickpea and Chicken Curry with Swiss Chard](#)

[Swiss Chard and Noodle Soup with Poached Egg](#)

[Rainbow Chard and Wheatberries](#)

[Swiss Hash](#)

[Sautéed Swiss Chard with Onions](#)

[Swiss Chard and Lemon Ricotta Pasta](#)

[Roasted Garbanzo Beans and Garlic with Swiss Chard](#)

[Swiss Chard Frittata](#)

[Sautéed Rainbow Chard with Raw Beets and Goat Cheese](#)

[Hazelnut & Chard Ravioli Salad](#)

To freeze Swiss Chard:

--Wash the chard well.

--Separate the stalks from the leaves. I do this mainly because it makes it more convenient when you're cooking the chard later, since the stalks take longer to cook than the leaves (and, sometimes you only want to use one or the other in a recipe, not both.)

--Bring a pot of water to a boil, and fill a bowl with ice water.

--Blanch Swiss chard stalks for two minutes, leaves for one minute. Place them in the ice water immediately after blanching to stop the cooking process.

--Drain well, and place the stalks and leaves in separate freezer bags or other freezer-safe containers.

--Freeze for up to six months

[Pickled Chard Stems](#) (Refrigerator Pickles)

For the canners:

[Pickled Chard Stems](#)