

Good morning, CSA members.

We hope you enjoyed your first round of vegetables. It's starting to feel like summer here already on the farm as we've just starting harvesting squash and we are putting basil in your share. You will have a few spring treats in your share (peas, fava beans and scapes), so enjoy them for the short time they are here!

Remember, **pick-up is today from 2-7 PM at our farmstand** (located at the corner of John Wolford and Rte. 287 in Purcellville). Brianne will be there to help you out.

If you are going to be late, but would like us to pack you a bag - please call 540-882-3885 between 2 and 7 PM. Do not reply to this message, as I am on the farm and will not receive it.

Below you'll find a description of what you'll find in this week's CSA share.

IN THE BAG

Potomac Vegetable Farms Week 1: June 10, 2014

Basil

Romaine Lettuce

Chard or Escarole/Frisee

Cabbage or Collards

Kohlrabi or Fennel

Snap Peas or Fava Beans

Garlic Scapes

Summer Squash

Scroll down for an alphabetical list of this week's vegetables with descriptions and a few suggested recipes.

Every one of these items should be stored in the refrigerator.

Store cooking greens unwashed in plastic bags in the refrigerator crisper. Any added moisture will cause them to spoil more rapidly. Use within five days, not washing until you are ready to use them.

- **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.
- **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. Just chop up and saute with your scapes!
- **Escarole and Frisee** are in the chicory family. Both are rich in many vitamins and minerals including folate and vitamins A and K, and they are high in fiber. Escarole and Endive grow in a large head, like lettuce, and are easily confused with each other and with lettuces. Curly endive, or frisée, has skinny, white stems and narrow, green, curly outer leaves. Escarole, or broad-leaved endive has wider, pale stems and broad, dark green leaves. The outside leaves of an endive head are can be bitter. The inner leaves of the endive head are light green to creamy-white and milder flavored. Both are eaten like other greens, sauteed, chopped into soups and stews, or as part of a green salad
- **Fava Beans** are notorious for their laborious prep process, but truth be told, the taste is absolutely worth the prep time. Favas have a buttery texture, with a slight bitterness and lovely, nutty flavor. Like many beans, favas are also rich in fiber and iron, but low in sodium and fat and cholesterol. Everyone has a different approach on how to best peel favas. Here at PVF West, we like to peel the outer pods away, then blanch them to remove the inner shell.
- **Fennel** This feathery food is completely normal in Italy, but many of us are unfamiliar with it here. Pale green, with stems like celery and a flat bulb for a base, it takes a bit like licorice and anise, but not so strong. Fennel stalks don't store well; they dry out quickly and lose their flavor, so cut the stalks from their base and wrap them separately in plastic, and put them in the coldest part of the refrigerator.
- **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.
- **Scapes** are the tender flower stalks that grow out of the middle of hardneck garlic, before the garlic below is full grown. We break them off so that the plant can devote its growing energy into the storage bulb and not into making flowers

and seeds. Just chop and use as you would use garlic. The garlic curl season is about three weeks long, so if you like the pesto, you could freeze some in ice cube trays, and store the cubes in a freezer bag to enjoy later in the season.

A few suggested recipes:

[Grilled **Cabbage**](#)

[Sauteed **Cabbage** with **Basil**](#)

[Spicy **Kohlrabi** \(and **Collard**\) Greens](#)

[Swiss **Chard** and Summer **Squash** Frittata with **Basil**](#)

[Farfalle with Summer **Squash**, Garlic **Scape** Pesto and **Basil**](#)

[**Fava Bean** and Pecorino Salad \(with **Escarole**\)](#)

[Wilted **Escarole** Salad with **Kohlrabi**](#)

Sincerely,

Stacey