

Early Autumn, in my opinion, is the most delicious time of year. We have the fruits of summer still lingering, the return of the springtime greens, and then the bounty of the uniquely fall crops. The best of all seasons has collided! I try to find recipes that draw on all the variety to keep things interesting and inspiring. Feel free to let me know what recipes you discover!

Happy Eating!
becky

IN THE BAG

Potomac Vegetable Farms

Week 2A: October 1, 2013

Featuring Arugula

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: potatoes, Hakurei turnips, bok choy, lettuce, arugula, cherry tomatoes, kale

Regular: acorn squash, beets, bok choy, kohlrabi, lettuce, arugula, beans, frilly mustard greens, sweet peppers

Robust: acorn squash, bok choy, kohlrabi, lettuce, arugula, beans, cherry tomatoes, cucuzza, mustard greens, Napa cabbage, peppers

Potatoes should go in a cool, dark place. Tomatoes always go on your counter. Everything else should go in the fridge to keep it happy.

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.

Want to reference a past week's newsletter? Take a look at the [newsletter archive](#).

Bok choy is a Chinese cabbage with white stalks and round green leaves. The flavor is slightly sweeter than traditional cabbage, and you'll find it to be a bit more delicate and juicy. It can be eaten raw, steamed, stir fried, braised, or used in soups. It is high in calcium and vitamins C and A.

Cucuzza is a long, skinny, pale green edible gourd that can grow up to three feet long. The white, pulpy flesh has many seeds in the center, similar to a cucumber and has a slightly sweet, nutty flavor. The cucuzza can be sliced and fried or sauteed, steamed or microwaved. The cucuzza makes a great addition to soups, stews, gumbos, quiches and sauces and can even be used in baked goods such as quick breads, muffins and pies.

Hakurei Turnips are a small, white, gourmet variety of turnip, popular in Japan. They are tender and sweeter than most varieties so can be enjoyed raw. You may also use them in stir fries, soups or with other baked root veggies.

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. It is a purple or green bulb--almost space ship in shape--with tall, collard-like leaves. Be sure to peel your kohlrabi—the outer skin is very tough.

Mixed Mustard Greens: Another very healthy green (surprise!), mustard greens pack a whallop with lots of vitamins A, C, and E as well as folate. Mustards are considered a herb, and are the greens that produce the seeds used to make dijon mustard. Expect a strong, peppery flavor. Young greens can be added to salads or sauté them like you would any other dark leafy green.

Napa Cabbage, in the Brassica family, is a Chinese cabbage widely used in East Asian cuisine. The flavor is slightly sweeter and milder than traditional cabbage and the texture is a bit more crisp and delicate. Use this raw in a nice Asian cole slaw, in addition to other greens in a salad, or to top some tacos for a nice, crunchy change. You can also sauté it up in a stir fry or as a side dish.

Featuring: Arugula

Arugula is a zippy, peppery green in the cruciferous family of vegetables (also known as the Brassicas). You may also know it as rocket or roquette. 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 one of the most nutritious salad greens, high in beta carotene and an excellent source of vitamins A and C, folic acid, calcium (more than kale or collards!), magnesium, and manganese.

Recipes

Arugula, Potato and Green Bean Salad in a Creamy Walnut Dressing:

<http://www.potomacvegetablefarms.com/recipe/arugula-potato-and-green-bean-salad-with-a-creamy-walnut-dressing/>

Sweet Potato, Ricotta and Arugula Flatbread:

<http://www.potomacvegetablefarms.com/recipe/arugula-potato-and-green-bean-salad-with-a-creamy-walnut-dressing/>

Arugula Pesto: <http://www.potomacvegetablefarms.com/recipe/arugula-pesto/>

Lemon and Arugula Rigatoni: <http://www.potomacvegetablefarms.com/recipe/lemon-and-arugula-rigatoni/>

Arugula, Cheese and Tomato Quesadilla:

<http://www.potomacvegetablefarms.com/recipe/arugula-cheese-and-tomato-quesadilla/>

Arugula Pesto Wheat Berries: <http://www.potomacvegetablefarms.com/recipe/arugula-pesto-wheat-berries/>

End of Summer Panzanella: <http://www.potomacvegetablefarms.com/recipe/end-of-summer-panzanella/>

Arugula Caprese Salad with Kale Pesto:

<http://www.potomacvegetablefarms.com/recipe/arugula-caprese-salad-with-kale-pesto/>