

Good morning, CSA members.

Welcome to Week 12 of your CSA share. We've got some wonderful treats for you this week including the return of spinach, arugula, and radishes--we're sure you've missed them as much as we have! And, we are offering a treat of summertime from our friend, Heinz, at [Next Step Produce](#). He's great at growing organic watermelons on his sandy soil in Maryland - and we like to share them with you all once a year.

Don't forget about the pepper roasting with Farmer Casey from 2:30-3:30! Also, this week is the week for meat/chicken shares and the sign up for our Autumn CSA is open--you won't want to miss out on this one!

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 cannot come between 2 and 7 today, 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.

Sincerely,
Stacey and Brianne

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

IN THE BAG
Potomac Vegetable Farms
Week 12: August 19, 2014

Dill or Parsley
Spinach or Arugula
Radishes or Celery
Beans
Peppers
Garlic or Onions
Tomatoes
Watermelon

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

Tomatoes go on the counter and not in the fridge. Garlic goes in a cool, dark place. Everything else should be stored in the fridge--even your onions.

- **Dill** is a short-lived perennial herb that can be used fresh or dried. I most often think of dill pickles, but it's actually native to Russia, western Africa and the Mediterranean region. It would be sprinkled over your roasted potatoes, with salmon or chicken, or in added to a salad for some zip.
- **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.

A few suggested recipes:

[Green Bean–Chile Stir-Fry](#)

[Roasted Radish and Greens Salad](#)

[Green Beans in Oil – Loubieh](#)

[Arugula, Cheese and Tomato Quesadilla](#)

[Tomato and Watermelon Salad](#)