

It's week 15 of 16! NEXT WEEK will be your last week of Summer CSA. If you haven't yet signed up for the Autumn CSA and would like to, send Hana an email with AUTUMN SHARE in the subject line (hana@potomacvegetablefarms.com). Information about Autumn share options is [here](#).

It's getting to what I consider the perfect season... the cross between summer and fall. We still have tomatoes and summer squash, but the kale is coming in and the weather is cooling off. It's getting to be soup season! Make some now with the summer veggies and freeze it for the cold days ahead.

Happy Eating!
becky

IN THE BAG

Week 14: September 9, 2014

Featuring Soups

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: corn, squash, beans, chard, lettuce, parsley, tomatoes, escarole or arugula

Regular: corn, squash, peppers, kale, lettuce, salad mix, scallions, tomatoes

Robust: corn, squash, peppers, beans, chard, kale, lettuce, salad mix, tomatoes, potatoes, cherry tomatoes

Tomatoes go on the counter and never, ever in the fridge. Garlic and potatoes go in a cool, dark place. Everything else should be stored in the fridge.

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](#).

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.

Escarole and Endive 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. 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.

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.

Featuring Soups

It's only natural that our thoughts turn to soups in Autumn. You'll receive all kinds of wonderful veggies that will come together in delicious, warming, hearty, nutritious soups to keep your belly happy. Here's a list of recipes to get your inspiration and taste buds ready.

Soup Recipes:

Lentil Soup with Winter Greens, Cumin and Cilantro:

<http://www.potomacvegetablefarms.com/recipe/668-2/>

Roasted Garlic Soup: <http://www.potomacvegetablefarms.com/recipe/roasted-garlic-soup/>

Rustic Cabbage Soup: <http://www.potomacvegetablefarms.com/recipe/rustic-cabbage-soup/>

Spicy Tortilla Soup: <http://www.potomacvegetablefarms.com/recipe/spicy-tortilla-soup/>

Porotos Granados: <http://www.potomacvegetablefarms.com/recipe/porotos-granados/>

Kale and White Bean Soup: <http://www.potomacvegetablefarms.com/recipe/kale-and-white-bean-soup/>

Caramelized Cauliflower Soup:

<http://www.potomacvegetablefarms.com/recipe/caramelized-cauliflower-soup/>

Ministrone: <http://glutenfreegirl.com/gleaming-bright-in-the-dark-night-kitchen/>

Beef Stew: <http://glutenfreegoddess.blogspot.com/2007/10/my-beef-stew-crush.html>

A big list of amazing soup recipes from 101 Cookbooks:

<http://www.101cookbooks.com/soups/>

Fresh Chicken Broth: <http://nourishedkitchen.com/fresh-chicken-broth/>

Roast Chicken Stock: <http://nourishedkitchen.com/roast-chicken-stock/>

Beef Stock: <http://nourishedkitchen.com/beef-stock-recipe/>

Full Flavored Vegetable Stock: <http://thestonesoup.com/blog/2010/05/7-tips-for-full-flavoured-vegetable-stock/>