

Hi all!

It is suddenly summer. We're picking squash, we've seen the first tiny amount of ripe tomatoes, and our roadside stands will be opening today!

For those of you with bread shares, pay extra attention to the bread this week! It was made by Avis of [Mom's Apple Pie](#) with [Next Step Produce](#) organic whole wheat flour and rolled oats. We need feedback. This is the first ever exploration into making bread out of this flour that was grown 60 miles away by [Heinz](#). The word from the bakery is that it is delicious.

Happy Eating!

### **In The Bag Week 5: July 1, 2014 Featuring Summer Squash**

**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:** squash, cucumbers, garlic, sugar snap peas, kohlrabi, kale, basil, parsley

**Regular:** squash, cucumbers, sweet onions, sugar snap peas, fennel, kale, lettuce, chard, buckwheat flour, cooking celery

**Robust:** squash, cucumbers, garlic, onions, sugar snap peas, fennel, kohlrabi, kale, lettuce, basil, parsley, chard, buckwheat

Basil goes in a glass of water on the counter. Everything else should be stored in the fridge--even your onions. 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.

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

**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.

**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.

**Green Garlic** is our uncured hardneck garlic. Use it as you would use your regular garlic, but store it in the fridge.

**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.

**Sweet Onions** are fresh onions--not cured. They need to go in the fridge. They're amazing grilled, caramelized, raw, or in pretty much any recipe that calls for onions. They also freeze very well. Just slice or dice them, stick them in a bag, and throw them in the freezer.

### **Featuring Summer Squash**

People. The squash flood has begun. Please, read this. Arm yourself with knowledge. I am uploading many more recipes than you see below to our website, <http://www.potomacvegetablefarms.com/>. Just type zucchini, or squash, or summer squash into that search button and revel in the possibilities. Don't be like my mom and just saute your squash in butter day after day; you will be missing out on a whole world of deliciousness. Grill it! Spiralize it and make squash noodles! Put it on pizza or in casseroles. Stuff it! Zucchini salsa. None of these are hard to do!

There are lots of types of summer squash. Standard yellow, the slightly more firm and nutty zephyr with its yellow body and green end, regular old zucchini, bright golden-yellow zucchini, round eight ball zucchini, spaceship-shaped pattypan with all its color and shape varieties. On the firmness scale, I'd say standard yellow is the softest, then zucchini, then zephyr, with pattypan being the most firm. I do find most of them interchangeable, so if squash is called for in a recipe, even baking, don't limit yourself to what the recipe calls for. Have fun and play around!

## **Squash Recipes:**

SO many easy, delicious zucchini recipes on Dishing Up The Dirt:

<http://dishingupthedirt.com/?s=zucchini>

Potato, Squash and Goat Cheese Gratin:

<http://www.potomacvegetablefarms.com/recipe/potato-squash-goat-cheese-gratin/>

Zucchini Parmesan Crisps:

<http://www.potomacvegetablefarms.com/recipe/zucchini-parmesan-crisps/>

Quinoa with Currants, Dill, and Zucchini:

<http://www.potomacvegetablefarms.com/recipe/quinoa-with-currants-dill-and-zucchini/>

Charred Mexican Zucchini:

<http://www.potomacvegetablefarms.com/recipe/charred-mexican-zucchini/>

Roasted Zucchini with Cheese and Herbs:

<http://www.potomacvegetablefarms.com/recipe/roasted-zucchini-with-cheese-and-herbs/>

Squash Fries: <http://www.potomacvegetablefarms.com/recipe/squash-fries/>

Grilled Ratatouille: <http://www.potomacvegetablefarms.com/recipe/grilled-ratatouille/>

Zucchini-Crusted Pizza: <http://www.potomacvegetablefarms.com/recipe/zucchini-crusted-pizza/>

Zucchini Toasts: <http://www.potomacvegetablefarms.com/recipe/zucchini-toasts/>

Adult Mac n' Cheese: <http://www.potomacvegetablefarms.com/recipe/adult-mac-n-cheese/>

## **Preserving Squash**

If you're looking to save it for baking later, shred the squash, put it in a colander and press to remove the water. Measure it into one-cup portions and place them on a rimmed baking sheet like haystacks. Freeze, then remove from the pan and layer them in a bag or jar with parchment between the portions. If you're looking to use it for cooking later, cut it into half-inch slices, blanch it in a pot of boiling water for three minutes, transfer it to a bowl of ice water to cool, drain it, and bag it.

It can also be pickled or made into relish. If you haven't heard of it, check out the books [\*Food in Jars\*](#) and [\*Preserving by the Pint\*](#) by Marisa McClellan. It's all about preserving small quantities of seasonal produce, and her recipes are fantastic.

She has a pickle recipe in *Food in Jars* that I'll be trying. Some other good ideas:

Quick Pickled Zucchini (not canned):

<http://www.101cookbooks.com/archives/quick-pickled-zucchini-recipe.html>

Zucchini Pickles (also refrigerator pickles):

<http://www.lottieandoof.com/2011/08/zucchini-pickles/>

Summer Squash Pickles: <http://agoodappetite.blogspot.com/2009/08/what-to-do-with-all-that-zucchini.html>

Pickled Baby Pattypan Squash: <http://foodinjars.com/2011/08/pickled-baby->

[pattypan-squash/](#)

Summer Squash Sandwich Stackers: <http://www.serious-eats.com/2011/09/how-to-pickle-summer-squash-sandwich-stackers.html>