

Good morning, CSA members!

Welcome to Week 6 of your CSA share. With the weather getting hotter, now is the perfect time to utilize some of the veggies you'll be receiving in your share for some yummy, cool cucumber and potato salads. You'll also find the return of beets and eggplant!

Our big project on the farm over the next couple of weeks is the big garlic and onion harvest. Think some cool and breezy thoughts for us!

Remember, **pick-up is today from 2-7 PM at our farmstand** (located at the corner of John Wolford and Rte. 287 in Purcellville). Brienne 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 6: July 8, 2014**

Mint or Parsley  
Head Lettuce  
Carrots or Beets  
Pepper or Eggplant  
Onion  
Shallots  
Cucumbers and Squash  
Potatoes

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

**Every one of these items, except for potatoes, should be stored in the refrigerator.**

To keep your produce fresh the longest, you need to know how to store it. 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/>

- **Beets** are the two-meals-in-one vegetable: You can eat the beautiful roots AND you can sauté up those leafy greens. They belong to the same family as chard and spinach. Beets are fantastic boiled or roasted and then put over a salad, or grilled (wrap whole beet in foil, drizzle with olive oil, and stick them on the grill for about an hour) as a side dish. Beet greens are a bit earthier in flavor than chard or spinach, but still in the same vein. You can sauté them up with a little olive oil and garlic and serve them over some ravioli. The sweet ricotta balances the earthy really nicely. Beets are high in folate, manganese, potassium, vitamin C, and iron.
- **Eggplant** is a member of the nightshade family. It comes in two varieties: Italian (round) or Asian (long and skinny). It has a mildly bitter taste and slightly spongy texture. It's high in dietary fiber, potassium, manganese, vitamins B1 and B6, and folate. Eggplant has been used in cuisine worldwide.
- **Shallots** are a member of the Allium family along with onions and garlic. Some think they're another variety of onion, but they're actually a species of their own. They originate in Asia, but have become a staple in French cooking. Shallots have a nice, firm texture and flavor that is sweeter, milder than onions with a hint of garlic and maybe even a hint of apple.

Here's some an interesting take on the age old debate of shallots vs. onions.

A few suggested recipes:

Turkish Cucumber Salad with Dill and Mint

Warm Fingerling Potato and Green Bean Salad

Zucchini Toasts

Potato, Squash, & Goat Cheese Gratin

Grilled Salt and Vinegar Potatoes

Roasted Beet and Shallot Salad over Wilted Beet Greens and Arugula

Whole Roasted Shallots and Potatoes With Rosemary