

It's the first week of CSA! We hope you're looking forward to a bountiful and delicious season. We have an outstanding crew this season and the farm is looking great.

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

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. Attached is our bi-weekly newsletter, Farm Notes.

**IN THE BAG
Potomac Vegetable Farms
Week 1: June 3, 2013**

Cilantro, Dill or Parsley

Head Lettuce

Spinach or Arugula

Napa Cabbage or Bok Choi

Kale

Hakurei Turnips or Radishes

Peas

Green Onions

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

Every one of these items should be stored in the refrigerator.

We suggest washing the head lettuce all at once, spinning it dry, storing in a plastic bag to make it easy to eat. To remove grit from head lettuce, remove the base, float them in a large bowl or sink filled with cold water (simply rinsing under running water won't do it). The dirt will sink to the bottom while the leaves float at the top. Remove the greens by hand lifting them out of the sink. Repeat if necessary. Tear the leaves to the desired size and spin them in a salad spinner.

- **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.
- **Bok choy** (or 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
 - **Hakurei Turnips** are a gourmet variety of turnips, 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.
 - **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

A few suggested recipes:

[Napa Cabbage Salad with Cilantro, Hakurei Turnips, Green Onions and Peanut Dressing](#)
[Speedy Sauteed Hakurei Turnips](#)
[Kale and Walnut Pesto](#)
[Cilantro Lime Quinoa with Black Beans and Kale](#)
[Creamy Lemon Pasta with Spinach and Peas](#)
[Spinach and Cilantro Quesadillas](#)
[Sauteed Radishes with Sugar Snap Peas and Dill](#)

Thanks for joining us this season!
Sincerely,
Stacey