

G'day PVF West CSA folks,

Welcome to Potomac Vegetable Farm's CSA! In addition to reminding you that your share will be ready for pick-up this afternoon at our farm stand (at the corner of Route 287 & John Welford Road in Purcellville - [map here](#)) from **2-7 pm -- if you cannot make it, please call [540-882-3885](tel:540-882-3885) during pick-up hours** -- this email also contains "In The Bag", which describes the food you'll receive for the week, along with recipe ideas and applicable storage tips. Also, our biweekly newsletter, **"Farm Notes" is attached** (and you can read a bit about PVF farm history in this week's addition.)

Your sixteen-week share will be filled with a variety of veggies, both familiar and unfamiliar. For those unfamiliar veggies, please look at the list of what's in your bag below and check it against our ever-growing [ID That Veggie](#) section on our website. Also, throughout the season, remember that this and the [Recipes section](#) of our website, are great resources for what to do with your bag of goodies. We are your first point of contact with any questions, so please feel free to contact us with any CSA questions.

Lastly, for those of you who ordered a cookbook--and that's all new members and some returning members--please pick it up with your share this week. If you didn't order a cookbook, but would like one, we'll have them for sale.

Today, we will also have eggs and plant starts for sale. This is the last of our plants for the season, so if you want to pick something up for your garden please peruse the selection when you pick up.

We look forward to seeing you this afternoon!

Stacey & Ashley

"IN THE BAG"

PVF West | CSA Week 1: June 5, 2012

We anticipate the following choices at today's CSA pick-up (choices may differ depending on Tuesday's harvest):

- Dill, Mint or Cilantro
- Kohlrabi or Fennel
- Napa Cabbage or Pac Choi
- Peas or Fava Beans
- Radishes or Hakurei Turnips
- Garlic Scapes
- Lettuce
- Beets

Everything should be stored in the refrigerator.

New (to some) items this week:

Napa Cabbage, in the Brassica family, seems to have a bad reputation. No one knows

what to do with cabbage. Make a slaw. Chop it up and eat it with some vinegar and cilantro. The heads are big and beautiful this week, so give it a chance!

Fava Beans (or "broad beans") are notorious for their laborious prep process, but truth be told, the taste is absolutely worth the prep time. Favas have a buttery texture, with a slight bitterness and lovely, nutty flavor. Like many beans, favas are also rich in fiber and iron, but low in sodium and fat. Cholesterol is non-existent, and with so much protein, they are called the meat of the poor. Everyone has a different approach on how to best peel favas. Here at PVF West, we like to peel the outer pods away, then blanch them to remove the inner shell---[here's a short video](#) demonstrating that process.

Fennel, is a member of the Umbellifereae family and is therefore closely related to parsley, carrots, dill and coriander. Stalks stem from its white or pale green bulb, which are topped with feathery green leaves near which flowers grow and produce fennel seeds. The vegetable is entirely edible---the bulb, stalk, leaves and seeds. This licorice tasting vegetable, particularly the bulb, is rich in vitamin C, fiber, folate and potassium.

Garlic Scapes (or "garlic curls") are the tender flower stalks that grow out of the middle of hardneck garlic before the garlic bulb below is fully grown. We extract the curl so that the plant can devote its growing energy to the storage bulb, instead of making flowers and seeds. Garlic scape season is short-lived, roughly three weeks, so if you like the pesto recipe in this week's attached *Farm Notes*, then you can freeze some in ice cube trays and store the cubes in a freezer bag to enjoy later in the season. Scapes are delicious as an ingredient in scrambled eggs (just slice into small bits and sauté them first), in any stir fry or quiche and can readily replace dried garlic in most recipes. They are also very tasty when grilled or roasted whole.

Kohlrabi, a stout member of the cabbage family, has a flavor reminiscent of broccoli stems or slightly sweeter cabbage hearts. Kohlrabi can be eaten raw -- similar to jicama, it makes for a crunchy, yet juicy addition to a salad -- as a snack, sliced thin on sandwiches, or you can also roast it. However you choose to enjoy it, be sure to peel your kohlrabi, the outer skin is very tough.

Related Recipes

Fava Beans:

- [Fava Bean & Crispy Pancetta Salad w/ Pea, Pecorino & Mint Dressing](#) (tempeh bacon would work in place of the pancetta)
- [Fresh Fava Bean Dip](#)
- [Fava Bean and Parmesan Crostini](#)

Fennel:

- [Bacon, Fennel & Apple Chutney](#)
- [Caramelized, Braised Fennel Bulb](#)
- [Grilled Fennel w/ Lemon Oil](#)

Kohlrabi:

- [Kohlrabi & Fennel Salad](#)
- [Kohlrabi Slaw w/ Fennel & Ginger](#)
- [Kohlrabi & Greens Pie](#) (uses the kohlrabi greens too!)

Napa Cabbage:

- [Sesame Noodles w/ Napa Cabbage](#)
- [Kimchi](#)
- [Napa Cabbage Salad w/ Buttermilk Dressing](#)

Beets:

- [Farro Beet Salad](#)
- [Sautéed Beet Greens w/ Garlic & Olive Oil](#)
- [Wild Mushroom & Beet Galette](#)
- [Roasted Beets, Red Onion & Feta Quinoa & Lemon-Oregano Vinaigrette](#)