

Good morning, CSA members!

Welcome to Week 3 of your CSA share. This week your share will see the return of some yummy spring favorites like garlic scapes, snap peas, and fava beans [coming to an end very soon!]. We've also got some new goodies ready for you such as mint and cucumbers [try these in your water for a refreshing treat on hot days]. And we have begun the adventure of harvesting onions!

**Meat/Chicken Shares - For those of you that have meat & chicken shares, today is the day!** Jesse will be making his first delivery of the season. Please check in with Brianne about where to find your meat share.

Remember, **pick-up is today from 2-7 PM at our farmstand** (located at the corner of John Wolford and Rte. 287 in Purcellville). Brianne 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 3: June 17, 2014**

Dill or Mint

Lettuce Mix or Arugula

Radishes or Hakurei Turnips

Onion

Fava Beans or Snap Peas

Garlic Scapes

Cucumbers

Summer Squash

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.**

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/>

- **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.
- **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.
- **Fava 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 and cholesterol. 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.
- **Scapes** are the tender flower stalks that grow out of the middle of hardneck garlic, before the garlic below is full grown. We break them off so that the plant can devote its growing energy into the storage bulb and not into making flowers and seeds. Just chop and use as you would use garlic. The garlic curl season is about three weeks long, so if you like the pesto, you could freeze some in ice cube trays, and store the cubes in a freezer bag to enjoy later in the season.

A few suggested recipes:

[Sweet and Sour \*\*Cucumbers\*\* with Fresh \*\*Dill\*\*](#)

[\*\*Cucumber Mint\*\* Salad](#)

[\*\*Minted Fava\*\* Bean Salad](#)

[Roasted \*\*Turnip\*\* \(or beet\) Salad with \*\*Dill\*\* or \*\*Mint\*\*](#)

[\*\*Peas\*\* and \*\*Turnips\*\* with \*\*Dill\*\* Butter and Bacon](#)

[\*\*Zucchini\*\* "Tagliatelle" with \*\*Mint\*\*, \*\*Cucumber\*\*, and \*\*Lemon\*\*](#)

[\*\*Cucumber Mint\*\* Water](#)