

IN THE BAG
Potomac Vegetable Farms
Week 4: June 27, 2011

This is what we anticipate will be in your bag. It could be slightly different.

Mini: sweet onions, cabbage, beets, squash, lettuce, garlic (the real thing), tarragon

Regular: sweet onions, cabbage, chard, leeks, lettuce, garlic, dill/sorrel/cilantro, Thai basil, tarragon

Robust: sweet onions, cabbage, chard, leeks, squash, beans (first of the season!), lettuce, garlic, Thai basil, tarragon

PVF Cookbook Recipes to Remember:

Note: The cookbook index page numbers are off by two pages. Each recipe appears two pages earlier than the index notes. We're so sorry for any confusion. The page numbers listed here are correct.

Green Beans with Chiles and lime, page 33

Smoky Coleslaw, page 39

Everything should be stored in the refrigerator except basil and garlic. Basil should go in a cup of water on the counter. The too-cold refrigerator will cause it to turn black. Garlic should be stored in a cool, dry place.

New (to some) items this week:

Garlic: This is the real deal: cured, clove garlic. It will be juicier and fresher than the grocery store garlic you're used to. Store it in a cool, dry place (not in the refrigerator).

Onions: This is our first big week of onions. We consider our onions to be specialty items because they have not yet been cured. They should be stored in the refrigerator and can be eaten raw or cooked. They're great on the grill!

Tarragon, a perennial herb, is one of four *finest herbes* of French cooking, but don't let that intimidate you. You'll notice the aroma of anise wafting from the leaves. The flavor pairs very nicely with fish, chicken, eggs, and red wine sauce. It also makes a lovely salad dressing.

Thai basil has a bit more assertive mint or licorice flavor than the standard basil you're used to eating. Give it a try in a curry, add it to a light soup to give it a zip, give your tomato mozzarella salad a little oomph, or sauté it with beef, chicken, shrimp, or tofu to add an unexpected flavor.

RECIPE RESOURCES

101 Cookbooks

Heidi Swanson, author of 101 Cookbooks, is also the author of two natural, whole foods cookbooks. Her focus is vegetarian recipes. Search by key ingredient or category.

<http://www.101cookbooks.com/index.html>

A Farmer in the Dell

This is a great farm blog written by a passionate, new farmer and a passionate cook. Her recipes are seasonal, relevant, and delicious.

<http://afarmerinthedell.com/>

Epicurious

The standard for recipe searching. Some of the recipes are complicated, but the search functionality is fantastic, as is the inspiration you'll find.

<http://www.epicurious.com/>

Mark Bittman/The New York Times Magazine

Mark Bittman, food writer, has great ideas each week for seasonal fare. I especially like this great post about creative salads for summer greens.

http://www.nytimes.com/2011/06/19/magazine/bold-salads.html?_r=1&emc=eta1

Nourished Kitchen

Real food, traditional recipes, searchable by category or key ingredient... what more could you want?

<http://nourishedkitchen.com/recipe-index/>

Smitten Kitchen

Though her recipes are not necessarily seasonal, Smitten Kitchen has some fantastic, creative recipes for both the cook and the baker. You can search on key ingredient to easily find recipes.

<http://smittenkitchen.com/>

Stone Soup

Food blog that focuses upon healthy, 5-ingredient meals. I especially love this fantastic post of 50 healthy, 10-minute meals

<http://thestonesoup.com/blog/2011/06/50-healthy-10-minute-meals/>

Tasty Kitchen

An offshoot of Pioneer Woman, this blog is full of delicious, reader-submitted recipes and is easily searchable by key ingredient.

<http://tastykitchen.com/>

Green Goddess Tarragon Dressing

Recipe from Jill Evans-Kavaldjian (fellow CSA member)

1/4 cup mayonnaise
1/2 cup sour cream
1/4 cup coarsely chopped fresh chives
1 green onion, coarsely chopped
1 garlic clove, peeled
2 tablespoons tarragon white wine vinegar
2 tablespoons chopped fresh tarragon
1/2 teaspoon sugar
dash Worcestershire sauce

Combine all ingredients in blender and blend until smooth. Season dressing to taste with salt and pepper.

Grilled Salmon With Avocado Tarragon Sauce Recipe

From [Everyday Health](#)

- 1 avocado, pitted and peeled
- 1/3 cup yogurt
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 2 tablespoons fresh tarragon
- 1 clove garlic
- 1/2 teaspoon kosher salt
- 4 6 ounce salmon fillets
- 1 tablespoon olive oil
- 1 tablespoon honey

Turn on the grill and load up on your omega-3's. This recipe is not only delicious but good for you. It has proteins, vitamins and fatty acids to keep your body strong.

Place the avocado, yogurt, lemon juice, olive oil, tarragon, garlic, salt and a few turns of pepper in a food processor and process very well until smooth. Set aside. Preheat the grill to high and lightly oil the grate. Combine the olive oil and honey and brush on both sides of the salmon. Sprinkle with salt and pepper. Place the salmon on the prepared grill and cook until easily flaked with a fork, 4 to 5 minutes per side. Top with a dollop of avocado sauce.