

IN THE BAG
Potomac Vegetable Farms
Week 2: June 13, 2011

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

Mini: garlic curls, green garlic, baby leeks/spring onions, beets with greens, squash, lettuce, dandelion greens

Regular: garlic curls, spring onions, kohlrabi, squash, mini cabbage, chard, lettuce, salad mix, fennel/sorrel/mint, dill/lemon basil/sage

Robust: garlic curls, spring onions, green garlic, kohlrabi, squash, cabbage, chard, lettuce, salad mix, dandelion, dill, sage

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.

Fennel Carrot Slaw, page 41

Swiss Chard Quiche, page 61

Southern Style Summer Squash, page 88

Everything except basil should be stored in the refrigerator. Basil doesn't like to be cold and will turn black in the fridge. Put it in a cup of water on the counter to keep it happy.

Store cooking greens unwashed in plastic bags in the refrigerator crisper. Any added moisture will cause them to spoil more rapidly. Use within five days, not washing until you are ready to use them.

Wash the head lettuce all at once, spinning it dry and 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.

New (to some) items this week:

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.

Cabbage, in the Brassica family, seems to have a bad reputation. No one knows what to do with cabbage (aside from corned beef and cabbage or sauerkraut, that is). With such

a longstanding history as a staple throughout the world, surely you can find something delicious to do.

Dandelion Greens are exactly what they sound like. They're the greens of dandelions, and they are incredibly nutritious, high in vitamin A, vitamin C and iron. They have a pleasantly bitter flavor, similar to that of escarole, and are most often boiled, braised, or sautéed.

Fennel is commonly associated with Mediterranean cooking. Both the bulbs and the feathery fronds can be eaten raw and cooked. It has a slightly sweet, crunchy, anise or licorice flavor. It's high in vitamin C, fiber, potassium, and manganese. Try it raw in salads, or paired with fish to bring out the fish flavors. Use it in a stew to add a new depth to the flavors, or whiz some up with your favorite oil and vinegar for a zippy dressing.

Spring Onions or scallions are members of the *Allium* family. They have long, hollow greens and undeveloped white bulbs. The onion flavor is mild and can be enjoyed raw or cooked.

Garlic Curl Pesto

1 bunch garlic curls
¼ cup dry roasted peanuts or walnuts or pine nuts
¼ cup olive oil
¼ cup parmesan cheese

Chop garlic, puree in food processor or blender. Add nuts and puree. Add oil and cheese and puree. Use as a dip, pasta sauce, pizza topping (after thinning with more oil) or on bagels. Also delicious in scrambled eggs! Appropriate for breakfast, lunch, and dinner.

This freezes very well, in ice cube trays or in blobs on a cookie sheet, so make lots to last you the whole season!

Grilled Fennel with Lemon Oil

From [Summer Tomato](#)

Fennel (~1 lb)
Extra virgin olive oil
Lemon olive oil (or 1/2 Meyer lemon juice and zest)
Sea salt
Fresh Italian parsley, chopped

If you are using baby fennel, cut off the green stems and the very bottom of the root (but not so much that the layers have nothing to attach to). Then cut the fennel in half lengthwise, and then again into 4-6 bite-sized wedges.

The goal is to get your fennel into manageable chunks, which means (ideally) all the layers would still be attached at the bottom. This is much more difficult if you have removed the core. In my experiment (I made the mistake of buying large fennel) I removed the core on one half before cooking and left the other half with the core in while cooking. It was easier to get the fennel to cook evenly on the half where the core was still attached. You can remove the core after cooking if it is still tough.

If you are using a large fennel bulb simply trim off the stems, slice off the bottom and cut the bulb in half lengthwise. Cut each half into even-sized wedges, about 0.5 inch thick.

For an outdoor grill, simply brush your fennel wedges with olive oil, sprinkle with sea salt and grill until soft and tender, turning occasionally.

For a grill pan, heat the pan on medium high heat for 3-5 minutes. Lightly coat fennel in olive oil and sea salt (use a bowl and stir). When the pan is hot, add 1-2 tbsp olive oil and gently swirl it in the pan so it coats the surface. Place fennel in a single layer on the hot grill, lower the heat to medium and cook until translucent, tender and slightly browned, turning occasionally. For me this took about 10 minutes. I recommend using tongs with nylon heads to turn your fennel in the pan.

Your fennel should have grill marks and be caramelized in places. I suggest exercising patience and allowing fennel to become extremely tender, but you can choose your desired crunchiness. Remove the fastest cooking fennel pieces from the grill when they are done and place them in a bowl.

When all the fennel is finished cooking, drizzle it lightly with lemon oil (or juice and zest) and sprinkle with freshly chopped parsley. Adjust salt and zest if necessary.

ZUCCHINI TOASTS // Makes 4 Toasts, Serves 2

From [Sprouted Kitchen](#)

1 Fresh Whole Grain Loaf
4 Zucchini (About 2 1/2 Cups when diced)
1 Tbsp. Olive Oil
2-3 tsp. Lemon Pepper
1 tsp. Fennel Seed (optional)
Sea Salt (If your Lemon Pepper Blend DOESN'T have salt already)

1 Cup Ricotta Cheese
2 Tbsp. Minced Shallot
1 Tbsp. Dijon Mustard

Fresh Parsley + Mint

Oven to 475'

Cut both end off the zucchini. Cut each in half length wise, then each long half into 4 sticks, dice. Repeat with remaining zucchini.

Spread zucchini on a large baking sheet, drizzle the olive oil and lemon pepper, optional fennel seed, and salt IF needed. The zucchini should have a very light coating of oil, add a bit more if need be. Use your preferences on the amount of spices too. Spread to make one even layer on the baking tray for more browning. Bake on the upper third rack for 18-20 minutes, or until they've got some good crispy edges. Remove to cool.

While zucchini is roasting, mix the ricotta, mustard and shallot together in a small bowl, set aside.

Chop even amounts parsley and mint, about 1/3 cup in total.

Toast your bread slices, I thought 1/2" thick was perfect. Spread a few dollops of the ricotta mix, a sprinkle of the herb mix, pile zucchini on top, and another sprinkle of herbs. Yum.

STRAWBERRY TOFU CHOPPED SALAD // Serves 2 as an Entrée

From [Sprouted Kitchen](#)

- 4 Cups Organic Arugula (or other salad greens), Chopped
- 1 Cup Cabbage, sliced thin
- 1 Cup Fresh Basil, sliced thin
- 2 Pints Strawberries (from one of those stands or farmers market please!)
- 1 Cup Toasted Pecans, Chopped
- 1 Extra Firm Tofu (cut in half and drained between paper towels)

Gorgonzola Vinaigrette

5 oz. Gorgonzola Cheese

1/4 Cup Olive Oil

1/2 Cup Cider Vinegar

2 tbsp. Finely Minced Shallot

1 tsp Black Ground Pepper

1 tsp. Garlic Salt

Mash the gorgonzola cheese and shallot into the olive oil. Add the pepper, garlic salt and slowly whisk in the vinegar. You will probably have extra, save it for another use (dip some raw veggies or a steamed artichoke).

Rinse and spin the arugula and cabbage, put in a large bowl. Chop the strawberries thin, length wise, then width wise and add to bowl. Add chopped pecans and basil.

Heat grill. In a small dish, mix the olive oil, lemon pepper and oregano.

After letting some of the water drain from the tofu, dredge it in the oil mixture on both sides. Put it on the grill, save remaining mixture. Grill for 7 minutes on both sides and lay it back in the mixture.

Toss the salad with desired vinaigrette and cut the tofu into cubes for the top.

** You could also use grilled chicken, or eliminate the protein and have it as a side.