

IN THE BAG
Potomac Vegetable Farms
Week 8: July 24, 2011

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

Mini: onions, squash, potatoes, beans, cabbage, fennel, purslane, basil, garlic

Regular: onions, squash, carrots, potatoes, beans, cabbage, purslane, basil, garlic, cherry tomatoes

Robust: onions, squash, carrots, potatoes, beans, cabbage, chard, purslane, basil, garlic, cherry tomatoes, watermelon

Everything should be stored in the refrigerator except basil and tomatoes. Basil should go in a cup of water on the counter. The too-cold refrigerator will cause it to turn black. Tomatoes should go on the counter. The fridge will make them mealy. Onions can go either on the counter or in the fridge.

New (to some) items this week:

Purslane, native to India and Persia, is a succulent plant often found as a wild forage. It has paddle shaped leaves, reddish stems and yellow flowers. It has a mild sweet-sour flavor similar to spinach or watercress and a chewy texture. Both the leaves and stems are delicious raw in salads or on sandwiches, stir fried, or steamed and added to soups, stews and other vegetable dishes. Be careful not to overcook as the leaves can get a bit slimy. Purslane is high in beta carotene, potassium and magnesium.

Asian Steak Kabobs

From [Steamy Kitchen](#)

Servings: Serves 6

Prep Time: 2 hours

Cook Time: 12 minutes

3 pounds Sweetbay Black Angus Sirloin

3 bell peppers

1 red onion

1 sweet Vidalia onion

1 pint cherry tomatoes

2 zucchini

2 portobello mushrooms

salt and pepper

1 cup Asian dressing or marinade of your choice (you can use two different types, ½ cup each)

bamboo skewers

Cut the sirloin into 1½" cubes. Place in large bowl, season with salt and pepper. Pour in ½ cup of dressing or marinade of your choice. Cover and refrigerate a couple of hours or up to overnight.

Slice the vegetables as shown in the photos. Add all vegetables except for the mushrooms into a large bowl. Season with salt and pepper. Pour in ½ cup of dressing or marinade of your choice. Toss well. Add the mushrooms on top, but do not toss. Cover and refrigerate if marinating overnight. Otherwise, cover and set on counter until ready to cook.

While the ingredients are marinating, soak the bamboo skewers in water. When ready to skewer, alternate the steak with the vegetables on the stick.

Preheat your grill, high heat on one side and low heat on the other side. Grill the skewers on high heat, covered for 5 minutes. Then flip the kabobs, cover and grill another 5 minutes. Move the kabobs to the low heat, covered, to finish cooking, about another 2 minutes or so, depending on your desired level of doneness.

Grilled & Chilled Shellfish with Basil, Mint and Lime Vinaigrette

From [Mark's Daily Apple](#)

Grilling shellfish gives it a meaty texture that's still tender enough to melt in your mouth. Chilling seafood brings out a fresh, briny flavor without any fishiness. The combination of chilling and grilling really is the best of both worlds.

3 pounds of mixed clams, mussels and scallops
2 tablespoons plus 1 teaspoon fresh lime juice
zest from 1 lime
3 tablespoons extra-virgin olive oil
generous pinch of sea salt
1/4 cup finely chopped fresh basil
1-2 tablespoons finely chopped fresh mint

Drizzle some olive oil on the scallops to keep them from sticking to the grill. Lightly salt.

Pull the beards from the mussels (the little string-like thing hanging out the side) and scrub the shells of the mussels and clams clean.

Heat grill to medium-high.

Place scallops, clams and mussels directly on the grill grate (or you can use a grilling basket instead). Cover grill and let the seafood cook 2 minutes. Open the grill and flip scallops over.

Use tongs to remove any clams and mussels that have opened (try not to spill out any juice inside the shell) and combine them in a large bowl.

Close the grill and continue to cook the shellfish, peaking in every minute or so to remove shells that have opened. Mussels usually take 2-4 minutes, clams anywhere from 4-8 minutes depending on the size.

Whisk together lime juice and zest, olive oil, salt and herbs. Remove mussels and clams from their shells if desired and pour vinaigrette on top. Chill for at least 30 minutes before serving.

GRILLED VEGETABLE SALSA WITH TOMATOES AND CORN

From [Philly Burbs](#)

With grilled vegetables stockpiled in the refrigerator, you can make some great meatless sandwiches and main dishes, or add a burst of flavor and color to meat and fish you cook during the week.

This vegetable salsa is an example of the latter. Serve it with grilled fish, steak or pork chops. You could also turn it into a bruschetta topping, spooning it onto toasted bread slices, maybe with some fresh mozzarella or goat cheese.

Vary the seasoning depending on the use. For a bruschetta topping, leave out the jalapeño and use fresh basil or oregano and lemon juice. (Also leave out the corn, if you like.) For a Mexican-style salsa, spice with jalapeños or other hot peppers to taste and use cilantro and lime juice.

1 cup diced fresh tomato or canned diced tomatoes, drained

Salt

1 cup grilled vegetables, cut into small pieces

¼ cup corn kernels (cut from a steamed or grilled ear, or frozen corn, thawed)

1 clove garlic, chopped

1 teaspoon lemon or lime juice

1 teaspoon chopped jalapeño or other hot pepper, or to taste (optional)

1 tablespoon chopped fresh cilantro or basil (or other fresh herbs)

Salt and pepper to taste

If you have time, sprinkle the tomatoes with a little salt, place in a strainer and set over a bowl for half an hour or so to drain off excess liquid.

Place the tomatoes in a bowl and add the remaining ingredients. Stir gently to combine.

Serve immediately or set aside at room temperature for up to two hours. If you need to keep it longer than that, cover and refrigerate, but bring to room temperature and drain off any excess liquid before serving.

Makes about 2 cups.

Grilled Vegetable Quesadillas with Tomatillo Salsa

From [Branny Boils Over](#)

Tomatillo Salsa

olive oil cooking spray
1/2 pound fresh tomatillos, husked, cleaned and halved
1/4 cup fresh cilantro leaves
juice from 1 lime or lemon
1 clove garlic
pinch salt

Quesadillas

1 T ground cumin
1 tsp chili powder
pinch sea salt
1 red onion, sliced into rings
1 red bell pepper, washed and halved
1 zucchini, washed and sliced into rounds
colby jack or mozzarella cheese
6 whole wheat tortillas

Preheat grill to high and coat with cooking spray.

Place tomatillos cut side down and grill 5-7 minutes or until softened.

Remove from grill and pulse in food processor with cilantro, lime, and garlic. Season with salt.

For the quesadillas

Combine cumin and chili powder in a small bowl. Sprinkle over prepared vegetables and coat thoroughly.

Arrange veggies in a single layer on the grill and cook until softened, 10 minutes.

Remove veggies from grill and slice zucchini coins in halve and peppers and onions in strips.

Assemble quesadillas by layering cheese, vegetables, and cheese on one half of the tortilla.

Place on grill and fold other half over to create a semi-circle. Grill on each side 2 minutes or until warm and browned.

Serve with salsa.

Preparation time: 5 minute(s)

Cooking time: 20 minute(s)

Number of servings (yield): 4

Grilled Fish Tacos

From [Average Betty](#)

4-6 ounces fish per 3-4 tacos
corn or flour tortillas

Guacamole:

1 ripe avocado
1/2 cup finely chopped onion
2-4 tbsp diced jalapeno
1/2 cup chopped cilantro
1 medium tomato, diced
juice of one lime
salt & pepper to taste

Chipotle Sauce:

1/2 cup mayonnaise
1/2 tsp chipotle powder
1-2 tbsp fresh lime juice

Cabbage Salad:

1 cup shredded green cabbage
1 cup shredded red cabbage
1 -2 tsp fresh lime juice

Notes: 4-6 ounces of fish makes about 3 tacos. The recipes for guacamole, cabbage and chipotle sauce will garnish 6-8 tacos. Whitefish is very common for Fish Tacos but you can also use Ahi Tuna or Salmon. If you can't find chipotle powder, you can use canned chipotle in adobo sauce, or your favorite hot sauce. If using corn tortillas you may choose to use two corn tortillas per taco. Consider serving with additional salsa or hot sauce.

Guacamole. In a bowl combine cubed avocado, chopped onion, diced jalapeno (remove seeds for less heat), chopped cilantro leaves and stems, diced tomato, salt, pepper and lime juice. Set aside until ready to use.

Chipotle Sauce. In a bowl combine mayonnaise, chipotle powder and lime juice. Refrigerate until ready to use.

Cabbage Salad. In a bowl combine shredded green and red cabbage. Add lime juice and stir. Set aside until ready to use.

Tortillas. Grill or warm tortillas and wrap in foil until ready to use

Prepare the fish. Season clean, dry fish with olive oil, salt and pepper (and any other seasonings you like). Grill fish for 4-6 minutes per 1/2 inch of thickness. Use care when turning fish on the grill. For best results, I try to flip only once.

Prepare the tacos. On a tortilla spread Chipotle Sauce, top with a few pieces of fish, a spoonful of cabbage salad and guacamole.