

In The Bag
Potomac Vegetable Farms
Week #16: September 17, 2012
Featuring: Soup

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

Mini: potatoes, beans, peppers, beets or chard, okra or dill, onions, cilantro, eggplant

Regular: garlic, potatoes, beans, peppers, beets, carrots, curly kale or melons, Luobo radish

Robust: potatoes, beans, peppers, beets, kale, onions, cilantro, eggplant, acorn squash, radish

Potatoes go in a cool, dark place. Acorn squash, eggplant, onions and garlic will be happy on the counter. Beans, radishes, carrots, kale, okra, celery, cilantro, dill, beets, melons, and peppers are do best in the fridge.

Soup Recipes:

Lentil Soup with Winter Greens, Cumin and Cilantro:

<http://www.potomacvegetablefarms.com/recipe/668-2/>

Roasted Garlic Soup: <http://www.potomacvegetablefarms.com/recipe/roasted-garlic-soup/>

Rustic Cabbage Soup: <http://www.potomacvegetablefarms.com/recipe/rustic-cabbage-soup/>

Spicy Tortilla Soup: <http://www.potomacvegetablefarms.com/recipe/spicy-tortilla-soup/>

Porotos Granados: <http://www.potomacvegetablefarms.com/recipe/porotos-granados/>

Kale and White Bean Soup: <http://www.potomacvegetablefarms.com/recipe/kale-and-white-bean-soup/>

Caramelized Cauliflower Soup:

<http://www.potomacvegetablefarms.com/recipe/caramelized-cauliflower-soup/>

Ministrone: <http://glutenfreegirl.com/gleaming-bright-in-the-dark-night-kitchen/>

Beef Stew: <http://glutenfreegoddess.blogspot.com/2007/10/my-beef-stew-crush.html>

A big list of amazing soup recipes from 101 Cookbooks:

<http://www.101cookbooks.com/soups/>

Fresh Chicken Broth: <http://nourishedkitchen.com/fresh-chicken-broth/>

Roast Chicken Stock: <http://nourishedkitchen.com/roast-chicken-stock/>

Beef Stock: <http://nourishedkitchen.com/beef-stock-recipe/>

Full Flavored Vegetable Stock: <http://thestonesoup.com/blog/2010/05/7-tips-for-full-flavoured-vegetable-stock/>