

In The Bag
Potomac Vegetable Farms
Week #3A: October 11, 2012
Featuring: Kale and Collard Greens

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

Mini: potatoes, beans, radishes, broccoli, kale, arugula, mustard mix, rosemary

Regular: sweet potatoes, butternut, beans, turnips, peppers, eggplant, kohlrabi, collards, arugula

Robust: potatoes, butternut, beans, turnips, peppers, eggplant, kohlrabi, ginger, collards, arugula, celery, rosemary

Potatoes and sweet potatoes go in a cool, dark place. Butternut, eggplant and garlic will be happy on the counter. Beans, beets, turnips, leafy greens, herbs, ginger, broccoli, radishes, and peppers do best in the fridge.

New (to some) items:

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.

Butternut Squash originates in or around Mexico. It is a type of winter squash with a sweet, nutty flavor similar to a pumpkin. In fact, it makes a delicious pumpkin pie. It can be roasted, grilled, pureed, and used for baking. The seeds can be toasted and eaten, and the skin can also be eaten when softened by cooking. It's high in vitamins A and C, fiber, manganese, magnesium, and potassium.

Cucuzza is a very long, light green summer squash. The taste is almost cucumbery, but it has the texture of a zucchini. It's great raw or sauteed.

Kohlrabi, a stout member of the cabbage family, has a flavor reminiscent of broccoli stems or cabbage hearts, but slightly sweeter. It can be eaten raw, as a nice slaw, a crunchy and juicy addition to your salad, or sliced thin on sandwiches. Be sure to peel your kohlrabi—the outer skin is very tough.

Sweet Potatoes are large, starchy, sweet tasting, tuberous root vegetables that are actually only distantly related to the potato family. They are in the Convolvulaceae family, whose other member, the morning glory, we fight in the fields as a very successful weed. They are high in complex carbohydrates, vitamins A, C and B6, manganese, dietary fiber, and potassium. They're also high in antioxidants. Sweet potatoes can be baked, roasted, pureed, and used in soups. Personally, I like them cubed, tossed with olive oil and chili powder, and roasted in the oven until just starting to crisp. Sweet and spicy... Yum!

Preserving Greens

Greens can be steamed for 3 minutes and then frozen. You can compact them, wringing out the water, and freeze them in bricks, or freeze them on a cookie sheet and put them in baggies. Frozen greens are wonderful for smoothies, soups and stews.

Featuring: Kale and Collards

It's greens season, and we want you to know what you're eating. We'll start with kale and collard greens, which you may have seen in your bag already.

Kale, a broad, leafy, robust-stemmed green, is a form of cabbage and in the Brassica family. It is used worldwide, and can be sautéed, stewed, steamed, frozen, or even used raw in green smoothies or when young and tender in salads. Kale is a super food, high in antioxidants, vitamins K and C, calcium, beta carotene, and iron. Use it in any recipe that calls for leafy greens, or use it in raw smoothies.

You'll see a few varieties of kale. Winterbor, what people classically think of when they think kale, is dark green with tight, curly edges. The stem and leaf are often arched and the bunches are fat and crazy. Red Russian Kale is a dustier deep green with lilac purple stems, dramatically serrated leaf edges, and separated leaf lobes. It is a flat-leaf kale and quite tender and sweet. Lacinato, or Dinosaur Kale is a deep, dark, rich green. The leaves are flat, long and thin with a pointed tip. They have a bumpy texture. This is the best kale for kale chips.

Collard Greens have a round, broad dark green leaf and robust stem. Next to kale, collards are one of the healthiest greens you can eat. They are an excellent source of folate, vitamin C and beta-carotene while also being high in calcium. Collards are also member of the Brassica family, and can be eaten fresh, stewed, steamed, sautéed, or in soups. Collard greens have a dustier dark green, oval--almost--round leaf with a lighter green stem.

Kale and Collards can often be used interchangeably.

Recipes

Lemon Kale Salad with Seared Salmon:

<http://www.potomacvegetablefarms.com/recipe/lemon-kale-salad-seared-salmon/>

Winter Pasta: <http://www.potomacvegetablefarms.com/recipe/winter-pasta/>

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

Mu Shu Yuba with Collard Green Wrappers:

<http://www.potomacvegetablefarms.com/recipe/mu-shu-yuba-with-collard-green-wrappers/>

Collard Greens Salad with Peanut Vinaigrette:

<http://www.potomacvegetablefarms.com/recipe/collard-greens-salad-with-peanut-vinaigrette/>

Creamed Collard Greens: <http://www.potomacvegetablefarms.com/recipe/creamed-collard-greens/>

Braised Lentils with Winter Greens and an Egg:

<http://www.potomacvegetablefarms.com/recipe/braised-lentils-with-winter-greens-and-an-egg/>

Lentil Soup with Winter Greens, Cumin and Cilantro:

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

Spicy Kale Chips: <http://whiteonricecouple.com/recipes/spicy-kale-chips/>