

IN THE BAG
Potomac Vegetable Farms
Week 5: July 4, 2011

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

Mini: onions, chard, cabbage, squash, cucumbers, leeks, basil

Regular: onions, cabbage, squash, cucumbers, beets, leeks, lettuce, basil, garlic

Robust: onions, cabbage, squash, cucumbers, beets, beans, leeks, lettuce, basil, garlic

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.

Lemon Garlic Herb Dressing for Cucumbers or Summer Squash, page 105

Simple Summer Squash with Garlic, page 86

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.

Glazed Beet Donuts
From [A Good Appetite](#)

3/4 c all-purpose flour
1/4 c sugar
3/4 t baking powder
pinch salt
pinch cinnamon
pinch cayenne
1/4 c chopped, roasted beets
1/4 c milk
3/4 t vanilla
1 egg
1 t shortening

Glaze
1/2 c powdered sugar
1 T milk

Preheat oven to 325 F. Lightly grease three donut forms in a donut baking pan.

In a small bowl, mix together the flour, sugar, baking powder, salt, cinnamon and cayenne.

In a small food processor or chopped, purée the beets with the milk. It won't be smooth. Mix into the flour mixture. Stir in the vanilla, egg and shortening. Divide between the three greased donut forms.

Bake for 8 - 11 minutes (mine took all 11) until the donuts spring back when touched. Let cook for a few minutes in the donut pan before removing to a rack to finish cooling.

Once cool, make the glaze by mixing the powdered sugar and milk in a bowl you can easily dip the donuts into. I like to start with the water and add the sugar a little at a time until I get a thickness I like. You may need more or less sugar. Dip the cool donuts carefully into the glaze. Remove to a rack where the glaze can drip off. Let set for a few minutes to harden.

Makes 3 donuts.

Zucchini Cake with Crunchy Lemon Glaze

Zucchini Cake with Crunch Lemon Glaze

Serves 12-16

The best way to invert the cake is to lay the cooling rack over the top of the cake pan, then grasping both the cake pan and the rack simultaneously (if it's too hot, wear oven mitts), flip them both over at once. Lift off the cake pan, then liberally brush the glaze over the warm cake

For the cake:

- 1 cup (135g) almonds, pecans, or walnuts, toasted
- 2 cups (280g) flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon kosher or sea salt
- 2 teaspoons ground cinnamon
- 1 teaspoon dried ground ginger
- 1/2 teaspoon freshly ground nutmeg
- 3 large eggs, at room temperature
- 1 3/4 (350g) cups sugar
- 1 cup (250ml) extra-virgin olive oil
- 2 teaspoons vanilla extract
- 2 1/2 cups (300g) finely grated zucchini

For the lemon glaze:

- 1/4 cup (60ml) freshly squeezed lemon juice
- 1/3 cup (65g) granulated sugar
- 1 cup (140g) powdered (confectioner's) sugar

Preheat the oven to 350°F (180°C). Grease a 10 cup (2.5l) bundt or tube cake pan* with non-stick spray or butter, dust with flour, then tap out any excess.

Pulse the nuts in a food processor until finely chopped.

In a medium bowl, sift together the flour, baking powder, baking soda, salt, cinnamon, ginger, and nutmeg. Set aside.

In the bowl of a stand mixer with the paddle attachment, beat the eggs, 1 3/4 cup (350g) sugar, and olive oil for 3 minutes on medium speed, until light and fluffy. Stop and scrape down the sides of the mixer, then add the vanilla.

Mix in the dry ingredients, scraping down the sides of the mixer bowl to make sure everything is mixed in well, then beat on medium speed for 30 seconds.

Stir in the chopped nuts and zucchini.

Scrape the batter into the prepared cake pan, smooth the top, then bake the cake for 45 to 50 minutes, until the toothpick inserted into the center comes out clean and the cake has begun to pull away from the sides of the pan.

During the last few minutes of the cake baking, make the glaze by whisking together the lemon juice, 1/3 cup (65g) granulated sugar, and powdered sugar.

Let the cake cool for 10 minutes, then carefully invert it onto a cooling rack. Brush the glaze over the cake with a pastry brush and let the cake cool completely.

Storage: The cake can be wrapped (or put under a cake dome) and will keep for a few days. You can freeze the unglazed cake. However to apply the glaze, you'll need to defrost the cake then warm it so the glaze will adhere properly.

*If you don't have a bundt or tube pan, I noticed that both Adam and Sara made the cake in a regular round cake pan with good results.

This cake batter could also be baked in two loaf pans, which is easier for gift-giving, if you're trying to share your zucchini bounty. You may need to reduce the baking time a little to compensate for the smaller pans.

Zucchini Chocolate Cake

From my sister

¼ cup butter
¼ cup shortening
½ cup vegetable oil
1 ½ cups sugar
1 egg
1 tsp vanilla
½ cup buttermilk
2 ½ cups flour
4 T cocoa
2 tsp baking soda
2 cups shredded zucchini
12 oz bag chocolate chips

Cream first 4 ingredients with mixer. Add egg, vanilla and buttermilk; mix well. Sift (I don't do that) dry ingredients and mix in. Add the zucchini last. Spoon into greased and floured (yup, it's necessary) 9x13 pan and sprinkle top of batter with chocolate chips. Bake at 325 for 45 – 50 minutes or until toothpick is clean.

CHOCOLATE BEET CAKE

From [Straight From The Farm](#)

1 C. margarine or butter, softened, divided
1 1/2 C. packed dark brown sugar
3 eggs at room temp
2-3 oz. dark chocolate
5 medium beets (2 C. pureed)
1 t. vanilla extract
2 C. all-purpose flour
2 t. baking soda
1/4 t. salt
1/2 t. cinnamon
1/4 t. nutmeg
confectioners' sugar for dusting

To make beet puree, trim stems and roots off beets and quarter them. Place in heavy sauce pan filled with water. Bring to a boil and reduce to a simmer for 50 mins or until the beets are tender. Drain off remaining liquid and rinse beets in cold water as they'll be too hot to handle otherwise. Slide skins off and place beets in blender. Process until a smooth puree forms. Let cool slightly before using in cake. I like to make the puree ahead and store it in the fridge, sometimes up to several days in advance.

In a mixing bowl, cream 3/4 cup margarine and brown sugar. Add eggs one at a time, mixing well after each addition. Melt chocolate with remaining butter in the microwave on high in 20 second intervals, stirring each time until smooth. Cool slightly. Blend chocolate mixture, beets and vanilla into the creamed mixture. The batter will appear separated so don't fret.

Combine flour, baking soda, salt, cinnamon and nutmeg; add to the creamed mixture and mix well. Pour into a greased and floured 10-in. spring form pan. Bake at 375 degrees F for 60-70 minutes or until a toothpick inserted near the center comes out clean. Cool in pan 15 minutes before removing to a wire rack. Cool completely before dusting with confectioners' sugar.

(serves 16)

Pagach
From [The Joy of Soup](#)

Dough:

2-1/2 cups flour
1 cup warm water
1 pkg yeast
1/2 teaspoon salt

Cabbage filling:

1 lg onion peeled and sliced
1 med head cabbage, shredded
1/2 cup oil
salt
pepper

Potato filling:

3 potatoes
1 medium onion
1/4 lb oleo
1 tablespoon milk
5 oz cheddar cheese

The dough: Dissolve yeast in the water. add salt and 2 1/2 cups flour and knead smooth and elastic, adding more flour as needed. Place dough on countertop, cover with stainless steel bowl. Allow to rise double in bulk.

Potato filling: Cook the potatoes in 2 quarts salted water, until done. Drain. Fry onion in oleo until golden. Add to the potatoes. Add cheese, milk and salt and pepper and mash with the potatoes.

Cabbage filling:

Saute onion in oil until soft. Add shredded cabbage and salt and pepper and cover and cook until cabbage is tender and soft. Drain off any excess oil.

Assembly:

Punch down dough and divide into 2 parts. Cut bread dough in half. Roll out one half and place on cookie sheet. Place cooled potato filling on one side of the dough and spread the cabbage filling on the other half, leaving a 2 inch margin at the edges. Cover with the other half of the dough. Carefully pinch edges together. Brush oil over the top of the dough and sprinkle with salt or garlic salt. Place on greased baking sheet. Let rise until double.

Bake at 400 °F for 30 minutes or until golden brown.

Around here, you can get pagach that are all cabbage, all potato, or potato and cheese. Personally, the Soup Lady likes the two fillings mixed together so that you get the goodness of each in every bite.