

**IN THE BAG**  
**Potomac Vegetable Farms**  
**Week 1: June 6, 2011**

**Mini:** garlic curls, Swiss chard, kohlrabi, Hakurei turnips, lettuce, salad mix, lemon basil or fresh herbs

**Regular:** garlic curls, green garlic, Swiss chard, bok choy, Hakurei turnips, endive or escarole, lettuce mix, and cilantro

**Robust:** garlic curls, green garlic, Swiss chard, baby leeks, bok choy, kohlrabi, Hakurei turnips, beet greens, lettuce, escarole/endive, lettuce mix, garlic chives

**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.*

Swiss Chard and Ricotta Dumplings, page 64

Ginger Sesame Fusion Bok Choy, page 61

Garlic Scape-Basil Pesto, page 54

Roasted Kohlrabi, page 74

Scroll down for an alphabetical list of this week's vegetables with descriptions. See the attached recipes for more ideas.

**Every one of these items should be stored in the refrigerator.**

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.

I suggest washing the head lettuce all at once, spinning it dry, 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.

**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.

**Bok choy** is a Chinese cabbage with white stalks and round green leaves. The flavor is slightly sweeter than traditional cabbage, and you'll find it to be a bit more delicate and juicy. It can be eaten raw, steamed, stir fried, braised, or used in soups. It is high in calcium and vitamins C and A.

**Chard** is a leafy green belonging to the same family as beets and spinach. The flavor is of a robust, slightly salty spinach. To cook, slice up the stems, throw them in the sauté pan first, and then add the leaves. Chard is ridiculously good for you, high in vitamins and minerals like vitamin K, vitamin A, vitamin C, magnesium, manganese, potassium, iron, vitamin E, dietary fiber, calcium, vitamin B2, vitamin B6, protein, vitamin B1, zinc, folate, and niacin. Use it as a side dish, sauté with mushrooms, have it instead of spinach on pizza, mix it in with your eggs... the possibilities are endless.

**Escarole and Endive** are in the chicory family. Both are rich in many vitamins and minerals including folate and vitamins A and K, and they are high in fiber. Escarole and Endive grow in a large head, like lettuce, and are easily confused with each other and with lettuces. Curly endive, or frisée, has skinny, white stems and narrow, green, curly outer leaves. Escarole, or broad-leaved endive has wider, pale stems and broad, dark green leaves. The outside leaves of an endive head are can be bitter. The inner leaves of the endive head are light green to creamy-white and milder flavored. Both are eaten like other greens, sauteed, chopped into soups and stews, or as part of a green salad. (Note: some escarole and endive may be very young this week, so don't be fooled by the size. The leaf shape will still be the same.)

**Garlic curls** (*or "scapes"*) are the tender flower stalks that grow out of the middle of hardneck garlic before the garlic bulb below is fully grown. We break them off so that the plant can devote its growing energy to the storage bulb and not to making flowers and seeds. The garlic curl season is going to be quick this year, so, if you like the pesto recipe we attached, be sure to freeze some in ice cube trays and store the cubes in a freezer bag to enjoy later in the season. They are also delicious as an ingredient in scrambled eggs (just slice into small bits and sauté them first) or any stir fry or quiche. They are also very tasty when grilled or roasted whole.

**Green Garlic** is our young, uncured, still slightly immature, hardneck garlic. Use it as you would use your regular garlic, but store it in the fridge. The flavor is still a little milder than the mature, cured garlic, but has more oomph than the curls.

**Hakurei Turnips** are a gourmet variety of turnips, popular in Japan. They are tender and sweeter than most varieties so can be enjoyed raw. You may also use them in stir fries, soups or with other baked root veggies.

**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.

**Leeks** are in the same family as onions and garlic. Chop and eat the white onion-like base and the light green stalk. Leeks have a mild, oniony flavor, less bitter than a scallion and sometimes with a hint of sweetness. They're wonderful with eggs, in a risotto, with potatoes, or with fish and chicken.

**Lemon Basil** is a variety of basil with a strong, lemony flavor and is traditionally used in Indonesian and Thai cuisine to season soups, curries, stews, and stir fries. It's also a zesty, raw addition to a salad. Try it with chicken or seafood, in a potato salad, or as a zippy pesto.

## **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!

## **Lemony Swiss Chard with Fried Capers and Garlic**

From CSA Member Adrienne Usher via [Food52](#)

This has got to be my new favorite swiss chard recipe. I belong to a farm CSA and have been having a lot of fun working with whatever shows up. I've been getting a lot of greens lately, and needed to develop some variety in my recipes. I love the flavors of fried capers and garlic and started from there when developing this very easy recipe. I think I've had it now 4 nights in a row!

Serves 2-4 (depending on how much you want)

2 bunches of green swiss chard  
3 tablespoons olive oil, divided  
2 tablespoons capers, drained  
8 garlic cloves, peeled and minced  
3 tablespoons Italian parsley leaves  
2 tablespoons unsalted butter  
juice from 1 lemon  
1/4 teaspoon dried red pepper flakes  
salt and pepper to taste

Bring a large pot of well-salted water to a boil. Tear the swiss chard into large pieces, separating the central stalk from the leaves. Cut the stalks into 2" long pieces. Put the chard stalks into the boiling water first and cook for 10 minutes. Add the leaves and cook for another 10 minutes, or until the leaves and stalks are tender. Drain and set aside.

Heat up 2 tablespoons of the olive oil in a saute pan that is large enough to accomodate the swiss chard. When the oil is hot, add the capers and cook for about 1 minute. Add the garlic and cook another minute. Add the parsley and cook another 1-2 minutes.

Add the swiss chard and toss to cover the chard with the caper garlic mixture. Add the last tablespoon of olive oil and the butter. Add the lemon juice and thoroughly toss to mix in. Sprinkle with the crushed red pepper flakes and season to taste with salt and pepper.

Serve as a side dish or do as I did last night and lay a piece of fish on top and enjoy!

## **Escarole and White Bean Soup**

From [Lidia's Italy](#)

serves: 6 servings

Use the whole escarole head for the soup, although the tender yellow center part makes a great salad. Just remove any bruised or yellow parts of the outside leaves and shred the rest. You can make this soup with any of the greens (and reds) in the chicory-endive family, including the various kinds of radicchio now in the markets, escarole, curly endive (or frisée) or even Belgian endive. To make this soup in the traditional way, whole dried peperoncino or diavolillo peppers are the type of chili peppers that are used, seed and all. The process of toasting the whole pepper along with garlic cloves in olive oil brings out the nuttiness and spice in the pepper. You can remove the peppers before serving the soup, or they can be easily spotted and removed when eating.

1½ cups cannellini, great northern, baby lima, or other small dried white beans

2 quarts water

2 bay leaves

½ cup extra-virgin olive oil, plus more for drizzling over the finished soup

salt

6 cups escarole leaves, preferably the tough outer leaves, coarsely shredded, washed and drained

8 garlic cloves, peeled and cut in half

6 whole dried peperoncino, (hot red peppers)

Directions

It's always a good idea to pick over dried beans to remove any dirt or tiny stones. Then dump the beans into a 2 to 3 quart container and pour in enough cold water to cover them by at least 4 inches. Let soak in a cool place at least 8 hours or up to 24 hours. Drain thoroughly.

Drain and transfer beans to a 5- or 6 quart pot. Pour in 2 quarts of water, toss in the bay leaves, and bring to a boil. Adjust the heat to simmering, pour in 1/4 cup of the olive oil, and cook until beans are tender, 1 to 1 1/2 hours. By the time the beans are tender, they should be covered by about 1 inch of cooking liquid. Season the beans to taste with salt. Stir in the escarole and cook, stirring occasionally, until the escarole is quite tender, about 20-30 minutes. Remove the pot from the heat.

Heat the remaining 1/4 cup oil in a small skillet over medium heat. Add the garlic and cook, shaking the pan, until the peppers change color, about 1 minute or less. Remove from the heat, and carefully-it will sputter quite a bit- pour one ladleful of soup into the skillet. Swirl the pan to blend the two, and then stir the panful of seasoned soup back into the large pot. Check the seasoning and let the soup rest off the heat, covered, 10 to 15 minutes. Serve with garlic bread if you like.

## **Roasted Baby Bok Choy**

From [Eating Well](#)

4 heads baby bok choy, (1 1/4 pounds), trimmed, leaves separated  
4 teaspoons canola oil  
1 clove garlic, minced  
1/4 teaspoon kosher salt  
1/2 teaspoon freshly grated lemon zest  
1 tablespoon lemon juice  
1 1/2 teaspoons chopped fresh tarragon or 3/4 teaspoon dried  
1 teaspoon mirin, (see Note)  
Freshly ground pepper, to taste

Preheat oven to 450°F. Toss bok choy, oil, garlic and salt in a roasting pan. Roast on lowest rack, stirring twice, until wilted and tender-crisp, about 6 minutes. Whisk lemon zest and juice, tarragon, mirin and pepper in a small bowl. Drizzle over the roasted bok choy.