

Good morning, CSA members.

Welcome to Week 8 of your CSA share. TOMATOES have arrived! Celery will also be making it's first appearance in your share, and we hope you're just as excited for shishitos as we've been.

Remember, Nicole Hamilton of the Loudoun Wildlife Conservancy will be talking about how to raise monarchs at 2:30 at the farmstand. Please join us if your schedule allows.

If you are going to cannot come between 2 and 7 today, but would like us to pack you a bag - please call 540-882-3885 between 2 and 7 PM. Do not reply to this message, as I am on the farm and will not receive it.

Below you'll find a description of what you'll find in this week's CSA share.

IN THE BAG
Potomac Vegetable Farms
Week 8: July 22, 2014

Basil
Head Lettuce
Celery or Eggplants
Leeks
Shishitos or Bell Peppers
Cherry Tomatoes
Tomatoes
Potatoes

Scroll down for an alphabetical list of this week's vegetables with descriptions and a few suggested recipes.

Every one of these items, except for basil, should be stored in the refrigerator.

To keep your produce fresh the longest, you need to know how to store it. Check out this great post by blogger Food in Jars about storing produce without plastic: <http://foodinjars.com/2014/05/storing-fresh-produce-without-plastic-bags-giveaway/>

- **Celery** is high in fiber and Vitamin K. Our celery has a stronger flavor than what you find in the grocery stores, so you might like it best as an ingredient in a dish

rather than raw. Try it in potato salad or soup. The leaves can be used in salads or soup stock.

- **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.
- **Shishito**, is a sweet, Japanese pepper with a mild spice. The pepper is small and finger-long, slender, and thin-walled. Although it turns from green to red upon ripening, it is usually harvested while green. The name refers to the fact that the tip of the chili pepper looks like the head of a lion. For cooking, a hole is poked in the pepper beforehand to keep expanding hot air from bursting the pepper. It may be skewered then broiled (grilled), or pan-fried in oil. It is thin-skinned and will blister and char easily compared with thicker skinned varieties.

A few suggested recipes:

Grilled Leeks

Cold Potato Leek Soup

Eggplant and Roasted Pepper Pasta

Roasted Shishito Peppers

Peach, Tomato and Mozzarella Crostini