

Good afternoon, CSA members.

Welcome to Week 2 for your Fall CSA share. We've sure been enjoying these cool days, which allow us to pull in lots of greens and roots without the added stress of heat. We had our last potato harvest today, and are working on getting all the sweet potatoes out of the field. The stand is filling up with fall things - decorative gourds, apples and pumpkins. Hope you enjoy your stop in today!

Remember, **pick-up is today from 2-7 PM at our farmstand** (located at the corner of John Wolford and Rte. 287 in Purcellville). Brianne will be there to help you out.

**If you 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.

Sincerely,  
Stacey and Brianne

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

**IN THE BAG**  
**Potomac Vegetable Farms**  
**Week 2: September 30, 2014**

Assorted Herbs  
Baby Kale or Elegance Greens  
Cabbage or Bok Choi  
Radishes or Turnips  
Scallions  
Broccoli or Cauliflower  
Sweet Potatoes  
Tomatoes

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

**Tomatoes and sweet potatoes go on the counter and not in the fridge. Everything else should be stored in the fridge.**

- **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.
- **Broccoli** is another member of the Brassica family, with edible flowers and stalks. It can be eaten raw, steamed, boiled, roasted, sautéed, and made into soup. How's that for some options? It's super healthy, high in vitamins C, K, and A, and dietary fiber, and it has many nutrients with cancer fighting properties.
- **Cauliflower** is another Brassica. Typically only the white head is eaten, though the leaves are actually delicious too and very similar to collard greens. Cauliflower can be eaten raw, steamed, boiled, sautéed, roasted, in soups, and is an excellent addition to curry. It's high in dietary fiber, folate, vitamin C, and has similar cancer fighting nutrients as broccoli. This is also our first pick of cauliflower, and we're really pleased. Enjoy!
- **Cabbage**, in the Brassica family, seems to have a bad reputation. No one knows what to do with cabbage (aside from corned beef and cabbage or sauerkraut, that is). With such a longstanding history as a staple throughout the world, there is plenty to do with this gem. Its sweetness is enhanced by quick-cooking methods like stir frying or light steaming. It can also be cooked longer in soups and stews and give a richness to the broth. It keeps very well in the refrigerator or the root cellar and is an excellent source of vitamins K and C, and high in dietary fiber, manganese, folate, and vitamin B6. Scientists have also found that a certain component of the cruciferous vegetable family, sulforaphane, helps stimulate enzymes that guard against the development of cancerous tumors (Greens Glorious Greens, Johnna Albi and Catherine Walthers, page 59).
- **Bok choy** (or 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.
- **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!
- **Scallions**, harvested for their taste, are milder than most onions. They may be cooked or used raw as a part of salads, salsas, or Asian recipes. Diced scallions are used in soup, noodle and seafood dishes, as well as sandwiches, curries or as part of a stir fry. Scallions have hollow green leaves (like the common onion), but which lack a fully developed root bulb.
  - **Radishes** are another member of the brassica family. Both roots and leaves can be eaten. Radishes come in a huge variety of colors, shapes, sizes, and zestiness. They are thought to have originated in Asia or Europe, as that's where the wild varieties are most abundant, but they're grown all over the world and are common and traditional in a multitude of cuisines. Both the leaves and roots of radishes are highly nutritious. The leaves are higher in Vitamin C, protein and calcium than the roots. The roots are rich in Vitamin C, folic acid and anthocyanins, making them an excellent cancer fighting food. They also contain zinc, B-Complex vitamins and phosphorus. Radishes can help relieve congestion and acts as a detoxifier and cleanser in the body.

A few suggested recipes:

[Caramelized Cauliflower Soup](#)

[Roasted Turnips with Parmesan](#)

[Sesame Asian Bok Choi Salad](#)

[Radish and Cabbage Salad with Peanut Dressing](#)

[Garlic and Chive Mashed Sweet Potatoes](#)

[Roasted Cauliflower and Radishes with Fresh Dill, Fennel + Mustard Seeds](#)