

Good afternoon, CSA members.

Welcome to Week 14 (of 16) of your Summer CSA share. **Summer shares end on Sept. 17th.** If you would like to join us for an additional 9 week Autumn share from Sept. 24th until Nov. 18th, please **email me** so I can register you. (Think kale! roots! winter squash! broccoli and cauliflower!)

Casey loves his pepper roaster so much and we are having such a BIG pepper year, that **we are going to give you a bonus item this week - a bag of roasted peppers!** Enjoy on a sandwich, on cheese and crackers, in your eggs, in a sauce, in hummus...One of our workers made roasted pepper ketchup last week. yum!

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 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.

Sincerely,
Stacey and Brianne

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

IN THE BAG
Potomac Vegetable Farms
Week 14: September 2, 2014

Assorted Herbs
Spinach or Lettuce Mix
Beets or Turnips
Celeriac or Okra
Beans
Garlic or Onions
Tomatoes
Peppers
(Roasted Peppers)

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

Tomatoes go on the counter and not in the fridge. Garlic goes in a cool, dark place. Everything else should be stored in the fridge--even your onions.

- **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..
- **Celeriac** is a large, knobby white bulb with skinny celery stalks attached to the top. It's also known as celery root and is a type of celery grown as a root vegetable for its large bulb instead of its leaves. It has a starchy consistency (but is not a starch) with a celery/parsley flavor. The hairy outer layer should be peeled. Inside you will find creamy, ivory flesh. It is wonderful raw, shredded together with other roots (especially carrots), roasted, mashed, pureed, and made into soups.
- **Dill** is a short-lived perennial herb that can be used fresh or dried. I most often think of dill pickles, but it's actually native to Russia, western Africa and the Mediterranean region. It would be sprinkled over your roasted potatoes, with salmon or chicken, or in added to a salad for some zip.
- **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. Turnip greens are edible. They have a strong flavor and are often sautéed with onions and garlic and cooked with bacon (or the fake vegetarian bacon). Or you can just cook them with olive oil and garlic: the universal combination. The turnips are quite mild and can be grated into salad, or steamed and eaten with butter and salt.
- **Okra**, the classic Cajun, African, Indian, or Mediterranean pod. The products of the plant are mucilaginous, resulting in the characteristic "goo" or slime when the seed pods are cooked. The goo is actually good for you—a soluble fiber that aids digestion. While many people enjoy okra any way, some prefer to minimize sliminess by keeping the pods intact and cooking quickly, briefly stir-frying, or cooking with acidic ingredients such as citrus, tomatoes, or vinegar. Pods can also be sliced thinly and cooked for a long time, so that the mucilage dissolves, as in gumbo.

A few suggested recipes:

[Turnip and Apple Salad](#)

[Hannah's Buffalo Style Hakurei Turnips](#)

[Green Bean–Chile Stir-Fry](#)

[Spicy Okra and Tomatoes](#)

[Smashed Celeraic](#)

[Warm Beet and Spinach Salad](#)

[Stuffed Bell Peppers with Onions and Parsley](#)