

Good morning, CSA members!

Welcome to Week 3 for your Fall CSA share. We hope you've been enjoying the fall veggies thus far. Yesterday, we pulled some long, slender (some not so slender) **leeks** from the ground and will be adding them to your share with **potatoes**. We also had one late planting of **watermelons** - so there's a bonus taste of summer in the bag!

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

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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 3: October 6, 2014

Assorted Herbs
Lettuce Mix or Arugula
Kale or Collards
Carrots or Beets
Potatoes
Broccoli or Cauliflower
Rutabagas or Kohlrabi
Leeks
Watermelon

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

Potatoes go on the counter and not in the fridge. Everything else should be stored in the fridge.

- **Arugula** is a zippy, peppery green in the cruciferous family of vegetables (also known as the Brassicas). It's popular in Italian cuisine, grows wild in Asia and the Mediterranean, and can be traced back to Roman times where it was used for its seeds and oils. It can be eaten raw in salads or cooked. Arugula has become a popular ingredient in salad mixes. If you find its flavor too pungent, try cooking it to tone down the taste. It is an excellent source of vitamins A and C, folic acid, calcium, magnesium, and manganese.
- **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.
- **Collards** are one of the healthiest greens you can eat. They are an excellent source of folate, vitamin C and beta-carotene while also being high in calcium.
- **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.
- **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!
- **Rutabaga** is a member of the cabbage family. Raw or cooked, the rutabaga has a flavor reminiscent of turnip but with a richer, slightly more intense quality that hints of cabbage with a subtle sweetness and pleasant fragrance. The large green leaves that protrude from stems at the top of the vegetable are completely edible with a mild flavor and soft texture similar to turnip greens. Rutabaga comes with a high pedigree for potassium and a good recommendation for vitamin C. It also is a source of magnesium, folate, calcium and phosphorus. Along with its strength in vitamin C and potassium, the rutabaga

- offers manganese, and is a good source of fiber, thiamin, vitamin B6, calcium, magnesium, and phosphorus.
- **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.

A few suggested recipes:

[Collard Greens Salad with Peanut Vinaigrette](#)

[Creamy Kohlrabi Carrot Soup](#)

[Rutabaga and Carrot Purée](#)

[Potato and Leek Soup](#)

[Crushed Beets with Herbs and Arugula](#)

[Warm Potato & Kale Salad with Tahini-Dill Dressing](#)