

**IN THE BAG**  
**Potomac Vegetable Farms**  
**Week 7: July 18, 2011**

**Mini:** onions, squash, chard, carrots, beans, fingerling potatoes, basil, blackberries  
**Regular:** onions, squash, cucumbers, beets, organic corn from New Morning Farm, kohlrabi, potatoes, basil, parsley, garlic chives  
**Robust:** onions, squash, cucumbers, chard, carrots, beans, corn, potatoes, basil, parsley, garlic chives

## **Cold Borscht**

From: [Sassy Radish](#)

2 pounds (907 grams) beets, trimmed, stems reserved  
2 quarts and 3 cups (11 cups, 2.6 L) water  
2 tablespoons (30 mL) white wine vinegar  
1/4 cup fresh lemon juice (juice from roughly 2 lemons, 60 mL)  
2 tablespoons sugar (26 grams), plus more to taste  
1 1/2 tablespoons (15 grams) salt, plus more to taste  
6 Kirby cucumbers, diced  
8 medium radishes, diced  
1/2 cup chopped dill  
1/2 cup chopped scallions  
12 hard-cooked eggs, peeled and halved  
Sour cream, for garnish, optional

In a large stock-pot bring the beets and water to a boil; reduce heat and simmer, on low, covered, until the beets are fork-tender – about 25 minutes, or more depending on their size. Remove the pot from heat and, using a slotted spoon, remove the beets from water and plunge into an ice bath until they have cooled to room temperature. Slide the skins off the beets and grate them on a coarse side of the box grater.

Stir the shredded beets back into the liquid. Stir in the lemon juice, vinegar, sugar, and salt. Bring the soup to a simmer and allow to cook for 20 minutes, adjusting the seasonings if necessary. Remove the soup from heat, cool, and refrigerate until ready to serve, at least 3 hours.

In a large bowl, toss together the cucumbers, radishes, dill, and scallions. Spoon a small mound of the vegetable-herb mixture into each bowl, along with an egg, and ladle the soup on top. Serve with a dollop of sour cream, if you like.

Serves 12 to 14.

## **Gazpacho**

From: [Pioneer Woman](#)

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Servings: 8

2 cloves Garlic, Minced  
1/2 whole Red Onion, Diced  
1 whole Large Cucumber, Diced  
5 whole Roma Tomatoes, Diced  
1 whole Zucchini, Diced  
2 stalks Celery, Diced  
1 dash Salt To Taste  
1/4 gallon Tomato Juice  
1/4 cup Extra Virgin Olive Oil  
1/8 cup Red Wine Vinegar  
2 Tablespoons White Sugar  
6 dashes Tabasco  
1 dash Black Pepper To Taste

In the bowl of a food processor or in a blender, combine the minced garlic with half the red onion, half the cucumber, half the tomato, half the zucchini, half the celery, half the tomato juice, olive oil, red wine vinegar, sugar, Tabasco, and a dash of salt.

Pulse until all ingredients are blended well; mixture will have a nice speckled, colorful texture.

Pour into a large bowl and add the rest of the tomato juice, and half of the remaining onion, cucumber, tomato, zucchini, and celery. (Reserve the rest of the diced vegetables for garnish.)

Stir mixture together and check seasonings, adding salt if needed. Chill soup for at least a couple of hours; soup needs to be very cold!

Remove the soup from the fridge and stir. Check seasonings one last time. Ladle into a bowl and garnish with remaining diced vegetables, a sliver of fresh avocado, sour cream, and cilantro. Finally, place a grilled shrimp on the top and serve with grilled slices of bread.

This is a to-die-for summer dinner.

## **Cold Cucumber Soup with Mint**

From [Food and Wine](#)

1/2 large hothouse cucumber—peeled, seeded and cut into 1/4-inch dice  
8 small radishes, thinly sliced  
1 garlic clove, minced  
3 tablespoons chopped mint  
3 tablespoons chopped dill  
2 cups cold plain yogurt  
1 cup cold low-fat milk  
2 tablespoons fresh lemon juice  
2 tablespoons extra-virgin olive oil  
Salt and freshly ground pepper

In a small bowl, toss the cucumber, radishes, garlic and 2 tablespoons each of the mint and dill. In a medium bowl, whisk the yogurt with the milk, lemon juice and olive oil. Stir the vegetables into the yogurt and season with salt and pepper. Set the bowl over a larger bowl of ice water and stir occasionally until chilled, about 10 minutes. Ladle the soup into bowls, sprinkle with the remaining 1 tablespoon each of mint and dill and serve.

**Vichyssoise**  
From [Cooking Light](#)

YIELD: 5 servings (serving size: 1-cup)

1 teaspoon vegetable oil  
3 cups diced leek (about 3 large)  
3 cups diced peeled baking potato (about 1 1/4 pounds)  
1 (16-ounce) can fat-free, less-sodium chicken broth  
2/3 cup half-and-half  
1/4 teaspoon salt  
1/8 teaspoon black pepper  
1 tablespoon minced fresh chives

Heat the vegetable oil in a large sauce-pan over medium-low heat. Add the diced leek; cover and cook for 10 minutes or until soft. Stir in the diced potato and chicken broth, and bring to a boil. Cover the potato mixture, reduce heat, and simmer for 15 minutes or until the potato is tender. Place the potato mixture in a blender or food processor, and process until smooth. Place the potato mixture in a large bowl, and cool to room temperature. Stir in the half-and-half, salt, and black pepper. Cover and chill. Sprinkle soup with minced chives.

## Herbed Zucchini Soup

From [Eating Well](#)

4 servings, 1 1/4 cups each

Active Time: 15 minutes

Total Time: 20 minutes

3 cups reduced-sodium chicken broth

1 1/2 pounds zucchini, (about 3 medium), cut into 1-inch pieces

1 tablespoon chopped fresh tarragon, or dill or 1 teaspoon dried

3/4 cup shredded reduced-fat Cheddar cheese, (3 ounces)

1/4 teaspoon salt

1/4 teaspoon freshly ground pepper

Place broth, zucchini and tarragon (or dill) in a medium saucepan; bring to a boil over high heat. Reduce to a simmer and cook, uncovered, until the zucchini is tender, 7 to 10 minutes. Puree in a blender (see Tip), in batches if necessary, until smooth. Return the soup to the pan and heat over medium-high, slowly stirring in cheese until it is incorporated. Remove from heat and season with salt and pepper. Serve hot or chilled.

### Tips & Notes

**Make Ahead Tip:** Cover and refrigerate for up to 3 days. Serve chilled or reheat.

Hot liquids can splatter out of a blender when it's turned on. To avoid this, remove the center piece of the lid. Loosely cover the hole with a folded kitchen towel and turn the blender on. Better airflow will keep the contents from spewing all over the kitchen.

## **Gingered Carrot Soup with Avocado**

From [Orangette](#)

This soup is easy, easy, easy, and it would make an elegant prelude to a dinner from the grill—maybe flank steak or fish, with a few baby potatoes. [We, um, followed our soup with some garlic knots, but that's not necessarily recommended.] The only thing to fuss over is the carrot juice: it must be fresh, either juiced at home or bought fresh from the refrigerated section of your grocery store. Don't be tempted to grab the canned or bottled stuff. We juiced ours at home, and it took less than five minutes, so if you have a juicer, now's the time to dust it off and use it! You'll need three or four pounds of carrots to make three cups of juice.

2 medium firm-ripe Hass avocados  
3 cups fresh carrot juice (see note, above)  
 $\frac{3}{4}$  tsp salt  
5 tsp fresh lime juice  
2 tsp finely grated peeled fresh ginger  
A pinch of good-tasting curry powder  
Crunchy sea salt, such as Maldon or fleur de sel

Quarter the avocados; then pit and peel them.

In a blender, purée 1 avocado with the carrot juice, salt, 4 tsp of the lime juice, and the ginger until very smooth.

Cut the remaining avocado into small dice, and gently toss with the remaining teaspoon of lime juice, curry powder, and a pinch of sea salt.

Serve the soup with a generous spoonful of the seasoned avocado dice.

Yield: About 4 appetizer-size servings