

Potomac Vegetable Farms In the Bag Week 6, July 12, 2012

Mini: garlic, squash, beets, potatoes, basil, cabbage, tender pole beans

Regular: onions or leeks or scallions, garlic, chard, squash, cucumbers, Thai basil, tender pole beans, fennel, potatoes

Robust: leeks or scallions, garlic, chard, squash, cucumbers, Thai basil, fennel, eggplant, potatoes, tender pole beans

Attached is the third newsletter, finally. It is such a relief to have electricity and internet again, and to be working in cooler temperatures. The crops are looking pretty good -- they like heat as long as it comes with some rain, too. Tomatoes in the field are starting to show some color, and we have been picking some from the hoop house for the stand. It won't be long now!

There are lots of types of summer squash. Standard yellow, the slightly more firm and nutty zephyr with its yellow body and green end, regular old zucchini, bright golden-yellow zucchini, round eight ball zucchini, spaceship-shaped pattypan with all its color and shape varieties. I find most of them interchangeable, so if squash is called for in a recipe, even baking, I use what I have.

On the firmness scale, I'd say standard yellow is the softest, then zucchini, then zephyr, with pattypan being the most firm. That said, all can be stuffed, grilled or sauteed. Don't limit yourself to what the recipe calls for. Have fun and play around!

Squash can be preserved. If you're looking to save it for baking later, shred the squash, put it in a colander and press to remove the water. Measure it into one-cup portions and place them on a rimmed baking sheet like haystacks. Freeze, then remove from the pan and layer them in a bag or jar with parchment between the portions. If you're looking to use it for cooking later, cut it into half-inch slices, blanch it in a pot of boiling water for three minutes, transfer it to a bowl of ice water to cool, drain it, and bag it.

It can also be pickled or made into relish. If you haven't heard of it, check out the new book *Food in Jars* by Marisa McClellan. It's all about preserving small quantities of seasonal produce, and her recipes are fantastic. She has a pickle recipe in there that I'll be trying. Some other good ideas:

Quick Pickled Zucchini (not canned): <http://www.101cookbooks.com/archives/quick-pickled-zucchini-recipe.html>

Zucchini Pickles (also refrigerator pickles):

<http://www.lottieanddoof.com/2011/08/zucchini-pickles/>

Summer Squash Pickles: <http://agoodappetite.blogspot.com/2009/08/what-to-do-with-all-that-zucchini.html>

Squash Recipes:

Squash Fries: <http://www.potomacvegetablefarms.com/recipe/squash-fries/>

Grilled Ratatouille: <http://www.potomacvegetablefarms.com/recipe/grilled-ratatouille/>

Grilled Vegetable Pizza: <http://www.potomacvegetablefarms.com/recipe/grilled-vegetable-pizza/>

Zucchini-Crusted Pizza: <http://www.potomacvegetablefarms.com/recipe/zucchini->

[crusted-pizza/](#)

Zucchini Toasts: <http://www.potomacvegetablefarms.com/recipe/zucchini-toasts/>

Adult Mac n' Cheese: <http://www.potomacvegetablefarms.com/recipe/adult-mac-n-cheese/>

Zucchini Pancakes: <http://www.potomacvegetablefarms.com/recipe/zucchini-pancakes/>