

Hi All!

The **CSA Open House** will be Sunday, September 1 from 3:30 to 5:30pm. There will be a farm tour and a potluck of light snacks. If you'd like to come, please RSVP to becky@potomacvegetablefarms.com so we know how many hay wagons to have ready for the farm tour.

Autumn CSA registration is now open to all. We will sell out, and we can't make exceptions for existing members once that happens. **If you did not sign up for the fall season before and you must do so now.** In the fall, there are lots of leafy greens, root crops, some winter squash, sweet potatoes and fall broccoli, kale, and cabbage. CSA registration will open to all on August 15 so be sure to get your registration in early.

Send an e-mail to Hana@potomacvegetablefarms.com with FALL SHARE in the subject line.

Please include this information in the message.

Name:

Share size:

Bread?

Eggs?

Flowers (six week season)?

We will register you and send an invoice by e-mail. Payment will be due by September 1.

The Autumn share is an 9-week share spanning from September 22 through November 17. More information is available on our [CSA Information page](#).

IN THE BAG

Potomac Vegetable Farms

Week 12: August 18, 2013

Featuring Whole Grains

Here is a list of what you may find in your bag this week. Things change from day to day, so sometimes what's on our list is not exactly what you get. Don't be alarmed!

Mini: potatoes, onions, tiny watermelon, tiny cantaloupe, eggplant, lettuce, celery, tomatoes

Regular: potatoes, squash, onions, watermelon, cantaloupe, lettuce, beans, celery, tomatoes

Robust: potatoes, squash, onions, watermelon, cantaloupe, eggplant, lettuce, beans, celery, tomatoes

Potatoes should go in a cool, dark place. Tomatoes always go on your counter. Everything else should go in the fridge to keep it happy.

If you have trouble figuring out what you brought home, refer to our [ID That Veggie](#) section of the website. We try to keep it updated with what's available to you.

Want to reference a past week's newsletter? Take a look at the [newsletter archive](#).

Featuring Whole Grains

By now you may have received organic Barley, Wheat Berries, Rye Berries or Buckwheat Flour in your bags from our friends at Next Step Produce. (And we always note: These grains are untreated and should be stored in the freezer for a week if you're not going to use them immediately. After a week in the freezer, they're safe to sit in your cupboard until you get to them.)

Barley is a cereal grain with a nutty flavor and chewy, pasta-like consistency. It is NOT a gluten free grain. [Barley](#) is high in fiber and selenium, and a good source of minerals (copper, manganese and phosphorus). Barley can be used to make a risotto, in soups and stews, to make a cold salad with veggies, or as a hot cereal. Like all grains, before cooking barley, rinse it thoroughly under running water and then remove any dirt or debris that you may find. After rinsing, add one part barley to three and a half parts boiling water or broth. After the liquid has returned to a boil, turn down the heat, cover and simmer. Pearled barley should be simmered for about one hour, while hulled barley should be cooked for about 90 minutes.

Wheat Berries are the entire, unprocessed wheat kernel (minus the hull). The bran, which is the rough covering, is packed full of insoluble fiber (insoluble fiber acts as a sponge as it moves through the digestive system). The germ is the main concentrated source of vitamins (particularly vitamin E and some B vitamins), minerals and protein. The endosperm is full of starch, protein, niacin (vitamin B1) and iron. This chewy, dense and nutty grain can be used in salads, as a breakfast cereal, pilaf (in place of rice), in chili, as a base for pudding, in risotto, etc. – wheat berries are incredibly versatile! Rinse and boil (with or without a bit of salt) for about an hour; drain and rinse once more (some instructions I found said to soak overnight, but some others said they do not need to be soaked overnight). If they are too chewy for you after one hour of cooking, add more water (if needed) and just cook them a bit longer!

Rye Berries have a rich, hearty taste and numerous health benefits. Rye is a cereal grain that looks like wheat but is longer and more slender and varies in color from yellowish brown to grayish green. It is generally available in its whole form. Rye is NOT a gluten free grain. Rye is very high in manganese, also high in selenium, phosphorus, magnesium and, like all whole grains, protein and both soluble and insoluble fiber. Combine rye berries and water in a pot and bring to a boil. Reduce heat, cover and simmer until tender. If you would prefer a more tender texture, soak the berries overnight and cook them for much longer, two to three hours.

Buckwheat Flour While many people think that buckwheat is a cereal grain, it is actually a fruit seed that is related to rhubarb and sorrel, making it a suitable substitute for grains for people who are sensitive to wheat or other grains that contain protein glutes. Buckwheat is high in manganese and a good source of magnesium, fiber, and copper. Buckwheat is also ground into flour. Since buckwheat does not contain gluten, it is often mixed with some type of gluten-containing flour (such as wheat) for baking. In the United States, buckwheat flour is often used to make buckwheat pancakes, a real

delight, especially for those allergic to wheat. This flour is processed on the same machinery as the other grains mentioned, so cross contamination is an issue.

Recipes

Chickpea, Barley and Zucchini Ribbon Salad with Mint and Feta:

<http://www.thekitchn.com/recipe-chickpea-barley-and-zucchini-ribbon-salad-with-mint-and-feta-173373>

Meyer Lemon Risotto (with Barley): <http://www.101cookbooks.com/archives/001560.html>

Ratatouille Barley Salad: <http://www.sproutedkitchen.com/home/2012/6/3/ratatouille-barley-salad.html>

Cilantro-Lime Marinated Vegetable Kabobs with Barley Kale Salad:

<http://naturallyella.com/2012/08/03/cilantro-lime-marinated-veggie-kabobs-with-barley-kale-salad/>

Arugula Pesto with Wheat Berries: <http://www.101cookbooks.com/archives/arugula-pesto-wheat-berries-recipe.html>

Wheat Berry Breakfast Bowl: <http://www.101cookbooks.com/archives/wheat-berry-breakfast-bowl-recipe.html>

Wheat Berry Salad with Roasted Fennel and Bell Pepper: <http://food52.com/blog/5930-one-batch-of-wheat-berries-five-dinners>

Back On Track Wheat Berry and Bean Salad: <http://ohsheglows.com/2010/12/28/back-on-track-wheat-berry-and-bean-salad/>

Fresh Berries with Rye Berries: <http://www.sheknows.com/recipes/fresh-berries-with-rye-berries>

Rye Berries and Parsley Salad with Kalamata Olives and Parmesan Cheese:

<http://www.pccnaturalmarkets.com/pcc/recipes/rye-berries-and-parsley-salad-kalamata-olives-and-parmesan-cheese>

Greek Grain Salad: <http://www.foodnetwork.com/recipes/sara-moulton/greek-grain-salad-recipe/index.html>

Hearty Rye Berry Salad with Shredded Chicken:

<http://www.wholefoodsmarket.com/recipe/hearty-rye-berry-salad-shredded-chicken>

Whole Grain Buckwheat Pancakes: <http://www.mountainmamacooks.com/2013/04/gluten-free-100-buckwheat-pancakes-recipe/>

Nibby Buckwheat Butter Cookies: <http://www.101cookbooks.com/archives/nibby-buckwheat-butter-cookies-recipe.html>

Power Waffles: <http://www.101cookbooks.com/archives/000164.html>