

**IN THE BAG**  
**Potomac Vegetable Farms**  
**Week 8A: November 14, 2011**

**This is what we anticipate will be in your bag. It could be slightly different.**

**Mini:** cabbage, sweet potatoes, turnips, radishes, collards, kale, peppers, garlic

**Regular:** cabbage, butternut, turnips, radishes, collards, baby kale, daikon, mustards, peppers, garlic

**Robust:** cabbage, sweet potatoes, turnips, radishes, collards, kale, daikon, beets, hakurei, peppers, garlic

Sweet potatoes, butternut and garlic should go in a cool, dry place. Everything else should go in the fridge.

## **Turnip Green Tart**

From [101 Cookbooks](#)

It's convenient for me to make enough dough for two tart shells in one shot, so that's what I call for here. You can always freeze the extra dough or shell for use later in the week/month. They seem to keep fine in the freezer, well wrapped, for a few weeks, but not much longer than that. Green garlic is also great in the filling in place of the garlic clove - a couple tablespoons (chopped).

### **Cornmeal Tart Shell:**

2 1/4 cups / 9 oz / 255 g all-purpose flour  
1 cup / 4.5 oz / 125 g spelt flour  
scant 1 cup / 4.5 oz medium coarse corn meal  
3/4 teaspoon fine grain salt  
1 1/4 cups / 10 ounces / 280 g unsalted butter, cut in cubes  
1 large egg yolk  
1/4 cup / 60 ml - 3/4 cup / 180 ml cold water

### **Turnip Green Filling:**

1/4 lb. / 4 oz turnip greens, or spinach greens, de-stemmed  
1 small clove of garlic  
2 large eggs + 1 yolk  
3/4 cup veg. broth  
1/4 cup / 60 ml heavy cream  
scant 1/4 teaspoon salt (more if broth unsalted)  
2 teaspoons Dijon-style mustard  
1 1/2 teaspoons herbs de Provence (opt.)  
gruyere cheese & a bit of crushed red pepper flakes, for topping

Start by making the tart dough. Combine flours, cornmeal, and salt in food processor. Pulse in butter, 20+ pulses, or until the mixture resembles sandy pebbles on a beach. Add the egg yolk and 1/4 cup water. Pulse, trickle in more water if needed, just until dough comes together. Turn out onto a floured countertop and gather into a ball. Divide the dough into two equal pieces, shape each into a ball, press into 1/2-inch thick disks, and wrap in plastic, or place in baggies. Chill for at least an hour.

Preheat the oven to 350F / 180C. Place a rack in the middle of the oven.

When you're ready to line the tart pans with dough, place one of the dough disks on a lightly floured surface and roll out until the dough is large enough to line your tart pan. I usually eyeball it - you can see in the photo the dough is about 1/6 - 1/8 inch thick. Dust underneath with flour to discourage sticking throughout the rolling process. Carefully transfer the dough to the pan. Don't worry too much if you get a tear or hole, you can patch those up later with scraps. Work quickly to ease the dough into place, taking care not to stretch the dough. Press it along the bottom of the pan, out to the walls, and against the sides. Trim any excess dough - I use the palm of my hand against the edge of the tart pan to cut off any extra dough, alternately you can roll a rolling pin across the rim of the pan for a clean edge. Chill in the refrigerator for thirty minutes or so while you roll out your extra tart shell. Double wrap that one in plastic and freeze it for future use.

You're going to partially bake the tart shell before filling it, so pull the shell out of the refrigerator, dock it with a fork, making small holes along the bottom of the shell. Line the shell with parchment paper and fill to the rim with pie weights or dried beans, bake for 25 minutes. Carefully remove the pie weights and finish baking for another 5 minutes, or until the crust is dry and just barely starting to brown. Remove from oven and let cool completely.

To make the filling: Chop the greens and garlic in a food processor. You can do this by hand as well, but in this case the processor makes quick work of this. Add the eggs and yolk, pulse. Then the broth and cream. Lastly, incorporate the salt, mustard, and herbs. When you're ready to bake, fill the tart shell and bake for 30 minutes or so, or until the center is set, and has firmed up to the touch. About 2/3 of the way through I like to sprinkle with a bit of gruyere cheese. I can't help but zap the top of most tarts under the broiler for a minute or two just prior to pulling it out of the oven - it browns up the top nicely, and lends a rustic look to it. Finish with a sprinkling of crushed red pepper flakes if you don't mind a bit of heat.

Prep time: 90 min - Cook time: 60 min

## Roasted Root Vegetable and Wheat Berry Salad

From [David Lebovitz](#)

Six to Eight Servings

The wheat berries will take more salt than you might think, so salt the water generously that you boil them in. If you taste it, it should approximate sea water. And any assortment of firm-fleshed root vegetables will do (or butternut squash), but they should be all about the same size when diced.

This salad is open to lots of variations and interpretations. I gave a few at the end of the recipe, but it'd also be good served warm with roasted meat, chicken, or vegetables and any pan juices scraped over the top.

1 1/2 cup (300 g) wheat berries or farro  
one bay leaf  
2 pounds (1kg) assorted root vegetables; carrots, rutabagas, butternut squash, celery root, parsnips, and salsify, peeled and cut into thumbnail-sized cubes  
1 large red onion, peeled and diced  
1/3 cup (80 ml) plus 2 tablespoons olive oil  
10 or so branches of fresh thyme  
salt and freshly-ground black pepper  
1/2 cup (60 g) dried cranberries or cherries, coarsely chopped

Preheat the oven to 425°F (220°C).

1. Bring about 2 quarts (2l) of well-salted water to a boil, then add the wheat berries and bay leaf. Cook until tender, but still chewy. Depending on the variety, they'll take between 40-60 minutes to cook.
2. While the wheat berries are cooking, toss the diced vegetables on a baking sheet with the onion and 2 tablespoons of olive oil and thyme, seasoning with salt and pepper.
3. Roast the vegetables in the bottom third of the oven, stirring once midway during baking, for 20 minutes, or until cooked through and browned on the outside.
4. Once the wheat berries are cooked, drain them well, plucking out the bay leaf. Transfer the wheat berries to a bowl and mix in 1/3 cup (80 ml) of olive oil and the dried fruits, stirring well. Taste, seasoning with more salt if necessary
5. Stir in the root vegetables (I don't mind the thyme branches in there, but you can remove them if you want) and do a final check for seasoning and add more salt, a few grinds of black pepper, and additional olive oil, if desired. You might want a splash of acid, like some vinegar in there, or check some of the additions below.

Serve warm or at room temperature.

Storage: Can be made up to three days in advance, and refrigerated. Let come to room temperature before serving.

Here are some possible additions to add to the finished salad:

Toasted and coarsely chopped pecans, hazelnuts, or walnuts  
Diced dried apricots in place of the cranberries or cherries  
Cubes of feta or bleu cheese strewn over the top  
A big squeeze of fresh lemon or tangerine juice, or some zest  
Sautéed mushrooms tossed in with the root vegetables  
Wilted greens, cooked with garlic, coarsely chopped  
A generous handful of spicy arugula or flat-leaf parsley, coarsely chopped

## **Braised Turnips with Parsley**

From [Nourished Kitchen](#)

The humble turnip. It's a much loathed vegetable. Yet, like other underdogs of the vegetable world, it is deeply rich in nutrients. Turnips are an especially good source of Vitamin C, manganese, copper and phosphorus and also contain good amounts of B vitamins.

An added benefit of turnips is that they are relatively inexpensive by comparison to the better loved vegetables like sugar snap peas and haricots vertes. For example, this dish which incorporates the simplest of ingredients (turnips, ghee, bone broth and parsley) costs approximately \$0.77 per serving.

For this humble dish, you'll need:

- 2 Tablespoons Ghee from Grass-fed Cows
- 1lb Organic Turnips
- 1 Cup Beef Bone Broth from Grass-fed Cattle
- 2 Tablespoons Organic Dried Parsley
- Real Salt and Organic Pepper to Taste

You'll need to peel and chop the turnips into bite-sized pieces. While you do that, heat the ghee in a pan over medium heat until it melts. Add the turnips and cook. They'll brown a bit.

Next, hit the turnips with bone broth and simmer them until they're tender and the broth is reduced into a thick syrup. Bone broth is richly nutritive with its many easily absorbed minerals. Garnish with parsley during the last few minutes of cooking.

Serve warm with mutton or beef for a wholesome, nourishing meal.

## **Creamy Turnip with Paprika Soup**

From [A Good Appetite](#)

2 T olive oil  
1 1/2 lb turnips, peeled & cut into 1-inch cubes  
1 large onion, diced large  
1 T butter  
pinch of sugar  
2 garlic cloves, sliced thick  
2 t paprika  
1 t dried thyme  
1/8 t cayenne pepper  
2 c chicken broth  
1 1/2 c half & half  
salt  
pepper

1 T olive oil  
1 T butter  
1/2 onion, thinly sliced (the original recipe called for shallots but I didn't have any)

In a soup pot heat the olive oil over medium-high heat. Add the turnips & onions cooking until they just start to brown. Reduce heat to medium-low and add butter, sugar & garlic. Cook until the turnips & onions are a caramel color. Add the paprika, thyme & cayenne cook until fragrant, just about a minute. Add the chicken broth & bring to a simmer. Partially cover & let simmer until the turnips are soft, 10 - 20 minutes.

Using either an immersion blender, blender or food processor purée the soup until smooth. Add the half & half. Add salt & pepper as needed & heat through.

Fry the sliced onions in the butter & olive oil until crispy. Sprinkle on each serving of soup.

## Scalloped Turnips Recipe

From [Simply Recipes](#)

4 Tbsp butter  
1/2 cup thinly sliced onions  
4 cups peeled, sliced turnips  
2 Tbsp flour  
1 teaspoon salt  
Freshly ground black pepper  
1 cup milk  
1/2 cup cream

1 Preheat oven to 350 °F. Butter a 1-quart casserole. Melt 1 Tbsp butter and lightly sauté onions until just wilted.

2 Layer a third of the sliced turnips in the casserole dish; top with a third of the onion; sprinkle with 2 teaspoons of flour, 1/3 teaspoon of salt, and one grind of pepper; pat with dollops from 1 tablespoon of butter. Repeat this layering twice.

3 Mix milk and cream together and pour over the turnips. Cover and bake in a 350 °F oven for 30 minutes, then remove cover and bake for another 30-45 minutes, or until tender and bubbly.

Yield: Serves 4.



## **Turnip Gratin**

From [The Pioneer Woman](#)

Prep Time: 20 Minutes  
Cook Time: 20 Minutes  
Servings: 6

4 whole Turnips  
3 cloves (to 4 Cloves) Garlic  
2 cups Gruyere Cheese  
4 Tablespoons (to 6 Tablespoons) Butter  
Chicken Broth  
Heavy Cream  
Salt And Pepper, to taste  
Fresh Herbs, to taste

Preheat the oven to 375°.

Start by peeling and thinly slicing the turnips and mincing the cloves of garlic. Grate about 2 cups of Gruyere cheese.

In a large oven-proof skillet, melt 2-3 tablespoons of butter over medium-low heat. Place a single layer of turnips on top of the butter.

Next, sprinkle a little of the garlic on top, then – and this is purely optional and really not all that necessary – add a couple of tablespoons of butter.

Next drizzle a healthy splash of chicken broth over the turnips. Next, do the same with the cream.

Now add a nice layer of Gruyere – about ½ cup. Sprinkle a bit of salt, but not much as the cheese is already salty.

Repeat these layers twice more. Sprinkle on some freshly ground black pepper.

Now pop the whole thing into the oven and bake for about 20 minutes or until the top is hot, brown and bubbly.

## **Chickpea and Turnip Stew with Ethiopian Spices**

From [Fat Free Vegan Kitchen](#)

This is a very simple, adaptable dish that cooks up quickly. If you don't have time to make the berberé spice mixture, you can change the flavoring entirely and use curry powder or garam masala; you may need to adjust the amount to taste. Also feel free to substitute the turnips with potatoes or any other root vegetable.

- 1 pound small turnips
- 1 medium onion, chopped
- 1 teaspoon minced ginger root
- 2 teaspoons berberé seasoning (below)
- 1/2 teaspoon turmeric
- 3 leeks, white parts only, washed well and chopped
- 2 carrots, chopped
- 4 cups vegetable broth or stock
- 1 15-ounce can chickpeas, drained well
- 1 teaspoon salt, or to taste
- 1/2 cup plain soymilk

To make the berberé spice mixture, combine:

- 1 Tbs. ground cardamom
- 1 Tbs. ground coriander
- 1 Tbs. fenugreek
- 1 Tbs. ground nutmeg
- 1 Tbs. ground cloves
- 1 Tbs. ground allspice
- 1 Tbs. cinnamon
- 1 Tbs. paprika
- 1 Tbs. turmeric
- 1 tsp. cayenne (use more or less to taste)
- 1 Tbs. ground black pepper
- 1 Tbs. ground sea salt (optional)

Clean the turnips well. Trim off the tops and bottoms and then peel them. Cut them into 1/2-inch cubes.

Coat a large pot lightly with non-stick spray. Add the onions and sauté until they begin to turn brown. Add the ginger root, berbere seasoning, and turmeric and sauté for another minute.

Add all the remaining ingredients except the soymilk. Cook, covered, until the turnips are tender, about 20 minutes. Remove about 1 1/2 cups of the stew and puree it in a blender. Return it to the pot, along with the soymilk. Stir well until heated throughout and serve.