

IN THE BAG
Potomac Vegetable Farms
Week 7A: November 6, 2011

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

Mini: sweet potatoes, tatsoi, brocccoli or cauliflower or potatoes, garlic, daikon radish, Green Wave mustard

Regular: cabbage, radishes, kale, Mei Qing choy, garlic, kohlrabi or mixed mustards or chard, endive or turnips

Robust: cabbage, sweet potatoes, turnips, radishes, kale, curly endive, scallions, broccoli or cauliflower, garlic

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

New (to some) items:

Escarole and Endive are in the chicory family. Both are rich in many vitamins and minerals including folate and vitamins A and K, and they are high in fiber. Escarole and Endive grow in a large head, like lettuce, and are easily confused with each other and with lettuces. Curly endive, or frisée, has skinny, white stems and narrow, green, curly outer leaves. Escarole, or broad-leaved endive has wider, pale stems and broad, dark green leaves. The outside leaves of an endive head are can be bitter. The inner leaves of the endive head are light green to creamy-white and milder flavored. Both are eaten like other greens, sauteed, chopped into soups and stews, or as part of a green salad.

Root Vegetable Soup with Farro & Lentils Du Puy

From [Everybody Likes Sandwiches](#)

2 T olive oil
1 small onion, diced
4 cloves garlic, minced
1 large carrot, diced
2 stalks celery, diced
1 small head of celery, diced
1 small parsnip, diced
1 beet, diced
2 thai chilis, minced (optional)
salt & pepper
1 t dried rosemary, lightly crushed
1 t dried thyme
1 t smoked paprika
1 t chili powder
1/2 c lentils du puy, picked over & rinsed
1/2 c farro, picked over & rinsed
2 T tomato paste
8 c vegetable stock

In a large stock pot, heat olive oil and saute the onions, garlic, carrots, and celery until soft and fragrant. Add in the remaining vegetables, along with chilis, a good pinch of salt, a hammer of black pepper, rosemary, and thyme. Let the vegetables commune with one another and sweat it out – about 8 minutes or so, stir occasionally.

Add the stock, making sure the vegetables are covered by about 2 inches of liquid. Put the lid on and let simmer away over moderate heat for 30-40 minutes or until the vegetables, lentils and farro are tender. Taste & adjust seasonings, if necessary. Serve in deep bowls with some crusty bread on the side.

Curried Sweet Potato Soup

From [Joy the Baker](#)

serves 6 to 8

1 1/2 tablespoons olive oil
1 cup coarsely chopped onions
1 large clove garlic, coarsely chopped
1 tablespoon chopped ginger
1 teaspoon ground cumin
1/2 teaspoon ground coriander
1/4 teaspoon ground cardamom
1/4 teaspoon turmeric
1/8 teaspoon crushed red pepper flakes
2 1/2 pounds sweet potatoes, peeled and sliced 1/4-inch thick
6 cups chicken broth, or slightly more as needed.
salt and pepper to taste
6 to 8 teaspoons goat cheese

Heat the oil in a large pot over medium heat. Add the onions and saute until the onions begin to brown, about 10 minutes. Add the garlic and saute, stirring for 30 seconds. Add the ginger, cumin, coriander, turmeric and red pepper flakes. Add the sweet potatoes and broth and bring to a boil.

Reduce the heat and simmer until the sweet potatoes are soft, about 20 minutes.

Puree the soup, in batches in a blender or food processor. Season to taste. The soup can be made a day ahead and kept in the fridge. Reheat over a low flame. If the soup is too thick, add a little more stock.

Ladle into bowls and crumble goat cheese on top.

Goat Cheese Drop Biscuits

makes about 9 biscuits

2 cups all-purpose flour
3 teaspoons baking powder
1 1/2 teaspoons salt
4 tablespoons (2 ounces) cold unsalted butter, cut into cubes
1 tablespoon unsalted butter, for the pan
2 tablespoon unsalted butter, melted to top the biscuits
4 tablespoons (2 ounces) goat cheese, crumbled
1 cup buttermilk

Place a rack in the upper third of the oven and preheat to 425 degrees F. Place a 10-inch cast iron skillet in the oven to preheat as well.

In a medium bowl, whisk together flour, baking powder and salt. With your fingers incorporate the butter and goat cheese until the flour resembles a coarse, pebbly

mixture. Make a well in the center of the flour mixture and pour in the buttermilk. With a fork, mix together the buttermilk and flour until all of the dry flour disappears.

Melt 2 tablespoons of butter in a small sauce pan or in the microwave. Set aside.

Remove the cast iron from the oven and place one tablespoon of butter in it. Work the pat of butter around, greasing the entire pan, including the sides.

Spoon the batter, by the 1/4-cup into the hot skillet. I used a big scooper to do the job. The biscuits will touch when baked... that's ok.

Brush with melted butter.

Bake for 14-16 minutes, until slightly golden in color. Remove from the oven. Let rest for 5 minutes. Serve warm.

Creamy Cauliflower Soup with Bacon and Gorgonzola Recipe

From [Steamy Kitchen](#)

Servings: 4
Prep Time: 8
Cook Time: 8

This same recipe can be used for broccoli as well!

1/2 head cauliflower
3 cups broth (vegetable, mushroom or chicken)
salt, to taste
2 slices bacon
2 tablespoons crumbled gorgonzola cheese

1. Steam the cauliflower until very tender.
2. In the meantime, cook the bacon until crisp. (For microwave: place the bacon on a couple layers of paper towels, cover with another paper towel, microwave for 5-7 minutes until crisp). Finely mince cooked bacon.
3. Heat the broth in the microwave.
4. Drain the cauliflower and add to blender. Pour in the broth, blend on high until smooth. Season with salt to taste. If the soup is too thick, you can add a bit more broth.
5. Ladle soup into bowls, garnish with bacon and gorgonzola.

Hot and Sour Cabbage Soup

From [Vegan Yum Yum](#)

Serves six?

1 Tbs Oil
1 Small Onion, minced
1 Small Cabbage, about the size of a grapefruit
2 Large Carrots, chopped
1 15oz Can Tomatoes, blended smooth
6 Cups Water
1 Cup Cubed Pressed, Baked Tofu (like wildwood baked)
1/4 Cup Tamari, low sodium
1/3 Cup Seasoned Rice Vinegar (see note on substituting above)
1 tsp Hot Red Chili Flakes
1/2 tsp Salt
Black Pepper, to taste (a lot!)

Heat a large 5 qt soup pot that has a heavy lid over medium heat. Add oil and onion, and saute until golden. Meanwhile, quarter your cabbage, remove the core, and shred the cabbage with a large chef's knife. Add carrots, tomatoes, cabbage and water to the pot and stir well. Add the tofu, tamari, vinegar, chili flakes and salt. Bring to a boil, cover, then turn heat down to medium low. Simmer for 20 minutes or until cabbage and carrots are the desired tenderness.

Grind a lot of fresh black pepper over the top and serve.

Spicy Vegetable Soup

From Becky

Serves 4, but I often make 1.5x or 2x for leftovers

1/2 red onion, finely chopped

6 oz each: turnip, sweet potato and pumpkin (here, we fudge; we use pumpkin, butternut squash, potatoes, etc...)

2 T butter or margarine (you can sub olive oil)

1 t dried marjoram

1/2 t ground ginger (or as much fresh, minced ginger as you want to use)

1/4 t ground cinnamon

1 T chopped scallions

4 c rich vegetable stock

2 T sliced almonds

1 fresh chili, seeded and chopped (honestly, I use more than one. I like to slice into thin rings, too)

1 t sugar (you may sub 1.5 t of honey)

1/2 cup coconut cream (we have a hard time finding coconut cream (i.e., We haven't found it yet), so we sub ~8 oz (a half can) of canned lite coconut milk.)

salt and pepper (to taste. Recipe specifies black pepper, but i think white pepper would work well, too.)

fresh cilantro, chopped (to garnish, optional, but recommended.)

1/2 lb fresh mushrooms, coarsely chopped

Peel the turnip, sweet potato, pumpkin (squash, potatoes, etc... We typically leave the peels on the potatoes or sweet potatoes. You want to peel pumpkins or squash back pretty deep, between 1/8 and 1/4 inch, depending on thickness of the shell.) Chop these veggies into uniform medium-dice, between 1/4 to 1/2 inch cubed.

Over medium heat, melt the butter, margarine or heat the oil in a large, nonstick saucepan (We use a stockpot.) Fry the onion until translucent, 4-5 minutes. Add the toss vegetables and fry for 3-4 minutes.

Add the marjoram, ginger, cinnamon, scallions, salt and pepper. Fry over a low heat for about 10 minutes, stirring frequently. If using mushrooms, add them and continue to fry over a low heat another 5 minutes. (Alternately, you may briefly saute the mushrooms early on; then, add the sauted mushrooms to the soup.)

Add the vegetable stock, sliced almonds, chopped chili and sugar (or honey); stir well to mix. Cover and simmer gently for 10-15 minutes, or until the vegetables are just tender.

Add the coconut cream; stir to mix. Sprinkle with fresh cilantro, ladle into bowls and serve.

Yum.

Roasted Pear-Butternut Soup with Crumbled Stilton

From [Eating Well](#)

6 servings, 1 1/3 cups each

Active Time: 35 minutes

Total Time: 1 1/4 hours

2 ripe pears, peeled, quartered and cored
2 pounds butternut squash, peeled, seeded and cut into 2-inch chunks
2 medium tomatoes, cored and quartered
1 large leek, pale green and white parts only, halved lengthwise, sliced and washed thoroughly
2 cloves garlic, crushed
2 tablespoons extra-virgin olive oil
1/2 teaspoon salt, divided
Freshly ground pepper, to taste
4 cups vegetable broth, or reduced-sodium chicken broth, divided
2/3 cup crumbled Stilton, or other blue-veined cheese
1 tablespoon thinly sliced fresh chives, or scallion greens

1. Preheat oven to 400°F.
2. Combine pears, squash, tomatoes, leek, garlic, oil, 1/4 teaspoon salt and pepper in a large bowl; toss to coat. Spread evenly on a large rimmed baking sheet. Roast, stirring occasionally, until the vegetables are tender, 40 to 55 minutes. Let cool slightly.
3. Place half the vegetables and 2 cups broth in a blender; puree until smooth. Transfer to a large saucepan. Puree the remaining vegetables and 2 cups broth. Add to the pan and stir in the remaining 1/4 teaspoon salt.
4. Cook the soup over medium-low heat, stirring, until hot, about 10 minutes. Divide among 6 bowls and garnish with cheese and chives (or scallion greens).

Roasted Garlic Soup

From *Babe's Country Cookbook*

3 heads (not cloves) garlic, whole and unpeeled
2 tablespoons olive oil
1 large onion, sliced
1 leek, trimmed, rinsed well, and sliced
2 large russet potatoes, peeled and sliced
2 quarts water
1 red bell pepper, for garnish
1 cup heavy cream
½ teaspoon salt, or to taste
¼ teaspoon freshly ground black pepper

Garlic Chips

3 or 4 cloves elephant garlic
2 tablespoons olive oil

Preheat the oven to 350. Roast the whole, unpeeled heads of garlic on a baking sheet in the oven for 45 minutes. While the papery skin will turn dark brown, the pulp will become soft and golden brown. When cool enough to handle, slip off the skins. Slice the garlic heads and reserve.

In a large soup kettle or saucepan, heat the 2 tablespoons oil. Add the onion and leek and sauté until soft but not brown, about 8 minutes. Add the sliced roasted garlic heads, the sliced potatoes, and the water. Simmer, partially covered, for 1 hour.

Making garlic chips: Peel and thinly slice the elephant garlic. In a small skillet, heat the 2 tablespoons oil. Add the garlic slices and sauté until they become golden brown garlic chips, about 2 minutes. Transfer with a slotted spoon to paper towels, drain and reserve.

Core and seed bell pepper. Cut into thin strips and reserve.

Just before the soup is done, stir in the cream. In batches, puree the soup in a blender or food processor and then strain through a sieve into a bowl for extra smoothness. Season with salt and pepper. If need be, reheat the soup but don't let it come to a boil.