

Good afternoon, CSA members.

I hope this finds you well. We're still awaiting the arrival of tomatoes to fill your bags, but a few are ripening here and there. We've got some other great summer treats for you this week: **BEANS** and **OKRA**!

We are also experiencing a stupendous squash and cucumber harvest at this point of the season. We've been picking over half a ton of cucumbers a week. However, cucurbits are getting harder and harder to grow in general in this region with diseases like downy mildew that pop up later in the season. So, enjoy these now while we have them! It's squash and cucumber time, NOW!

Remember, **pick-up is today from 2-7 PM at our farmstand** (located at the corner of John Wolford and Rte. 287 in Purcellville).

If you are going to be late, but would like us to pack you a bag - please call 540-882-3885 between 2 and 7 PM. Do not reply to this message, as I am on the farm and will not receive it.

Sincerely,
Stacey (and Chad)
And the PVF WEST TEAM!

In The Bag

Week 6: July 9, 2013

Greetings locavores! Here's what you will find in the CSA room this week.

Parsley or Oregano

Lettuce or Chard

Beets or Turnips

Okra or Fennel

Beans

Cucumbers

Squash

Onions

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

Okra, the classic Cajun, African, Indian, or Mediterranean seedpod. The products of the plant are mucilaginous, resulting in the characteristic “goo” or slime when the seed pods are cooked. The goo is actually good for you—a soluble fiber that aids digestion. While many people enjoy okra any way, some prefer to minimize sliminess by keeping the pods intact and cooking quickly, briefly stir-frying, or cooking with acidic ingredients such as citrus, tomatoes, or vinegar. Pods can also be sliced thinly and cooked for a long time, so that the mucilage dissolves, as in gumbo.

Recipes

If you're looking for recipe ideas, check out our [website](#)! Type the vegetable name into the search box. We're constantly adding new goodies as we find them!

[Fried Okra](#)

[Green Beans with Caramelized Onion and Almond](#)

[Okra Pickles](#)

[Parsley Pesto](#)

[Mustard Roasted Beets](#)

[Cheddar Chard Quiche](#)

Squash Recipes:

Charred Mexican Zucchini: <http://www.potomacvegetablefarms.com/recipe/charred-mexican-zucchini/>

Roasted Zucchini with Cheese and Herbs: <http://www.potomacvegetablefarms.com/recipe/roasted-zucchini-with-cheese-and-herbs/>

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

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

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/>

