

IN THE BAG
Potomac Vegetable Farms
Week 3: June 18, 2012
Featured Veggie: Cabbage

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

Mini: kohlrabi, Hakurei turnips, green garlic, lettuce, basil, cabbage, squash

Regular: Hakurei turnips, garlic curls, lettuce, endive, scallions, basil, bok choy, arugula, cabbage

Robust: kohlrabi, Hakurei turnips, green garlic, lettuce, escarole, basil, bok choy, arugula, cabbage, squash

Everything should be stored in the refrigerator except basil. Basil should go in a cup of water on the counter. The too-cold refrigerator will cause it to turn black. Potatoes should go in a cool, dry place.

Store cooking greens unwashed in plastic bags in the refrigerator crisper. Any added moisture will cause them to spoil more rapidly. Use within five days, not washing until you are ready to use them. Wash the head lettuce and escarole/endive all at once, spinning it dry and storing in a plastic bag to make it easy to eat. To remove grit from head lettuce, remove the base, float them in a large bowl or sink filled with cold water (simply rinsing under running water won't do it). The dirt will sink to the bottom while the leaves float at the top. Remove the greens by hand lifting them out of the sink. Repeat if necessary. Tear the leaves to the desired size and spin them in a salad spinner.

New (to some) items this week:

Bok choy is a Chinese cabbage with white stalks and round green leaves. The flavor is slightly sweeter than traditional cabbage, and you'll find it to be a bit more delicate and juicy. It can be eaten raw, steamed, stir fried, braised, or used in soups. It is high in calcium and vitamins C and A.

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.

Garlic curls (or "scapes") are the tender flower stalks that grow out of the middle of hardneck garlic before the garlic bulb below is fully grown. We break them off so that the plant can devote its growing energy to the storage bulb and not to making flowers and seeds. The garlic curl season is about three weeks long, so if you like the pesto recipe we attached, you could freeze some in ice cube trays, and store the cubes in a freezer bag to enjoy later in the season. They are delicious as an ingredient in scrambled eggs (just slice into small bits and sauté them first) or any stir fry or quiche. They are also very tasty when grilled or roasted whole.

Green Garlic is our young, uncured, still slightly immature, hardneck garlic. Use it as

you would use your regular garlic, but store it in the fridge. The flavor is still a little milder than the mature, cured garlic, but has more oomph than the curls.

Hakurei Turnips are a gourmet variety of turnips, popular in Japan. They are tender and sweeter than most varieties so can be enjoyed raw. You may also use them in stir fries, soups or with other baked root veggies.

Kohlrabi, a stout member of the cabbage family, has a flavor reminiscent of broccoli stems or cabbage hearts, but slightly sweeter. It can be eaten raw, as a nice slaw, a crunchy and juicy addition to your salad, or sliced thin on sandwiches. Be sure to peel your kohlrabi—the outer skin is very tough.

Featured Veggie

Cabbage, in the Brassica family, seems to have a bad reputation. No one knows what to do with cabbage (aside from corned beef and cabbage or sauerkraut, that is). With such a longstanding history as a staple throughout the world, there is plenty to do with this gem. Its sweetness is enhanced by quick-cooking methods like stir frying or light steaming. It can also be cooked longer in soups and stews and give a richness to the broth. It keeps very well in the refrigerator or the root cellar and is an excellent source of vitamins K and C, and high in dietary fiber, manganese, folate, and vitamin B6. Scientists have also found that a certain component of the cruciferous vegetable family, sulforaphane, helps stimulate enzymes that guard against the development of cancerous tumors (*Greens Glorious Greens*, Johnna Albi and Catherine Walther, page 59).

Store all cabbage in plastic bags in the refrigerator and they will keep for four weeks or more if uncut.

To preserve your overwhelming cabbage collection, you can:

- Make [sauerkraut](#) (much easier than it seems), or
- Freeze. Cut out the core, cut the cabbage into wedges or shred it, then blanch for 3-4 minutes in boiling water. Drain, pat dry, and cool. Store in ziploc bags in the freezer. Frozen cabbage is great for soups, stews and casseroles.

Try some of our great cabbage recipes:

Alex's Mom's Stuffed Cabbage: <http://www.potomacvegetablefarms.com/recipe/alex-mom%E2%80%99s-stuffed-cabbage/>

Cabbage and Mushroom Galette with Horseradish Sauce:
<http://www.potomacvegetablefarms.com/recipe/cabbage-and-mushroom-galette-with-horseradish-sauce/>

Grilled Cabbage Wedges with Spicy Lime Dressing:
<http://www.potomacvegetablefarms.com/recipe/grilled-cabbage-wedges-with-spicy-lime-dressing/>

Rustic Cabbage Soup: <http://www.potomacvegetablefarms.com/recipe/rustic-cabbage-soup/>

Cabbage-Radish Slaw with Cilantro-Lime Vinaigrette:
<http://www.potomacvegetablefarms.com/recipe/cabbage-radish-slaw-with-cilantro-lime-vinaigrette/>