

Hi all!

Typically we would wait until this week to open up **Autumn CSA** registration, but this year we've kept it open since Summer registration began. Don't wait! We will close pick up locations as they fill up, and close the CSA registration as a whole once we hit our limit. If you haven't yet signed up for the Autumn CSA and would like to, send Hana an email with AUTUMN SHARE in the subject line (hana@potomacvegetablefarms.com). Information about Autumn share options is [here](#).

Our tomatoes have been hit with late blight, and we are anticipating a very short season. If you want to buy any **canning tomatoes**, THIS is the week. We know this is short notice, and there is some possibility that they will go for another week at this pace, but no guarantee. If you want a box of ripe, imperfect tomatoes (about 25 pounds) for \$25, send a message to hana@potomacvegetablefarms.com with CANNING TOMATOES in the subject line. For now, we will limit you to two boxes. We will have them ready for you outside the CSA room on the day that you designate -- between now and next Saturday. We will NOT be able to take them on our delivery routes; our vans are stuffed to the ceiling these days.

In this increasingly review-oriented world, we'd love it if you would **review our CSA on Yelp**, <http://www.yelp.com/biz/potomac-vegetable-farms-vienna>. Many of the reviews are old and stale, and, we'd love to freshen it up a bit. Thank you so much!

Have you heard about [Good and Cheap](#) (PDF)? [Written by a nutritionist](#), the goal of this free cookbook is to help low income people surviving on food stamps eat good, wholesome meals on a budget of \$4/day. It is an amazing resource for anyone trying to feed their family real food within a budget.

Happy Eating!

IN THE BAG

Week 11: August 12, 2014

Featuring Tomatoes

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: squash, onions, potatoes, peppers, beans, Juliets (mini Roma tomatoes), small organic watermelon, tomatoes

Regular: cucumbers, onions, peppers, eggplant, purple basil, radicchio or celery, cherry tomatoes, garlic, small organic watermelon, tomatoes

Robust: squash, cucumbers, onions, potatoes, peppers, eggplant, beans, purple basil, radicchio, cherry tomatoes, sweet potato greens, organic watermelon, tomatoes

The watermelon will not be in the bags, they will be in a crate near the bags. Each share gets one watermelon.

Tomatoes go on the counter and never, ever in the fridge. Garlic and potatoes go in a cool, dark place. Everything else should be stored in the fridge--even your onions. Check out this great post by blogger Food In Jars about storing produce without

plastic:<http://foodinjars.com/2014/05/storing-fresh-produce-without-plastic-bags-giveaway/>.

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](#).

New This Week

Radicchio is a leaf chicory, also known as Italian chicory, that grows in a head like lettuce. It has bright magenta and white leaves and tends to be both sweet and bitter. It dresses up a salad nicely, is excellent grilled and then brushed with a bit of olive oil and salt or a favorite vinaigrette. It is fantastic alongside other grilled vegetables and polenta, or poultry.

Sweet Potatoes Greens: You didn't know you could eat these, did you? These are exactly what they sound like—the tops of the sweet potato plant—and a common green served in many Asian and African cultures. They're high in antioxidants and in vitamins A, C and B2. Sauté them, steam them, boil them, put them in soup. We're stretching your horizons, and you'll be happy!

Featuring: Tomatoes

Remember that you can go to <http://www.potomacvegetablefarms.com>, type TOMATO in the search box and get every recipe we have that contains tomatoes (including all those salsa recipes). Easy inspiration!

Tomato Cobbler with Blue Cheese Biscuits: <http://joythebaker.com/2012/07/summer-tomato-cobbler-with-blue-cheese-biscuits/>

Baked Feta with Tomatoes: <http://www.acouplecooks.com/2014/06/baked-feta-tomatoes/>

Grilled Green Tomatoes: <http://whiteonricecouple.com/recipes/grilled-green-tomatoes/>

Heirloom Tomato Tart: <http://whiteonricecouple.com/recipes/tomato-tart/>

Simple Tomato and Burrata Salad: <http://www.sproutedkitchen.com/home/2012/7/22/a-simple-tomato-burrata-salad.html>

Spiced Tomato Gratin: <http://www.potomacvegetablefarms.com/recipe/spiced-tomato-gratin/>

Spaghetti with Fresh Tomato Sauce and Garlic Basil Oil:
<http://www.potomacvegetablefarms.com/recipe/scarpetta%E2%80%99s-spaghetti-with-fresh-tomato-sauce-and-garlic-basil-oil-recipe/>

Roasted Tomato Soup: <http://www.potomacvegetablefarms.com/recipe/roasted-tomato-soup/>

Slow Roasted Tomato Caprese Salad:
<http://www.potomacvegetablefarms.com/recipe/slow-roasted-tomato-caprese-salad/>

Flank Steak with Bloody Mary Tomato Salad:
<http://www.potomacvegetablefarms.com/recipe/flank-steak-with-bloody-mary-tomato-salad/>

Peach and Tomato Mozzarella Crostini:
<http://www.potomacvegetablefarms.com/recipe/peach-tomato-and-mozzarella-crostini/>

Simple Tomato Burrata Salad: <http://www.potomacvegetablefarms.com/recipe/simple-tomato-and-burrata-salad/>

Heirloom Tomato Salad: <http://www.potomacvegetablefarms.com/recipe/heirloom->

[tomato-salad/](#)

Preserving Tomatoes

If you're not into the thought of canning, there are also tips on freezing your tomatoes, and some of these can be made and not canned, so there's still reason to peek through the recipes.

I personally like to can or freeze my tomatoes without seasoning. I don't make enough spaghetti sauce to have quart upon quart of Italian-seasoned tomatoes, but I do make chili, minestrone soup, beans and greens, pizza, etc... so I like to have my tomatoes as versatile as possible when they're preserved.

Freezing:

Freeze your tomatoes whole! <http://www.thekitchn.com/the-easiest-way-to-preserve-to-154890>

Tomato Paste: <http://www.thekitchn.com/got-tomatoes-make-tomato-paste-92856>

Slow Roasted Tomatoes: <http://kitchen-parade-veggieventure.blogspot.com/2005/09/day-156-slow-roasted-tomatoes.html>

Tomato Sauce: <http://www.kalynskitchen.com/2006/09/how-to-make-and-freeze-tomato-sauce.html>

Fresh Tomato Soup: <http://www.formerchef.com/2009/08/02/how-to-make-fresh-tomato-soup/>

Canning:

25 pounds of seconds tomatoes typically make about 7-8 quarts of canned whole tomatoes or sauce (that has not been greatly reduced).

My best canning resource is *Ball's Blue Book*. I got my copy at Wegman's. You can also get most all the canning supplies you'll need at your average grocery or local hardware store. BUT, there is also the [Ball Complete Book of Home Preserving](#), [Food in Jars](#), [Preserving by the Pint](#) and [Canning for a New Generation](#). Many recipes can also be found in this great, comprehensive [single post](#). Canning is not as daunting as it seems, and tomatoes are a great way to begin because of their acidity (there's a low chance for spoilage/contamination) and their versatility. Please let me know if you have any questions.

Canning101: <http://hungrytigress.com/2009/05/canning-101/>

Canned Whole Tomatoes in Water: <http://the-kitchenette.com/2010/08/20/august-can-jam-canned-whole-tomatoes/>

Crushed Tomatoes: <http://mimisbooks.blogspot.com/2010/08/canning-challenge-for-august-is.html>

Stewed Tomatoes: <http://wellpreserved.ca/2010/08/20/stewed-canned-tomatoes/>

Dilly Tomatoes: <http://simplylovinghome.blogspot.com/2010/08/august-can-jam-dilly-tomatoes.html>

Tomato Jam: <http://www.foodinjars.com/2010/09/tomato-jam/>

Ketchup: <http://www.freshpreserving.com/recipe.aspx?r=137>

Pickled Green Tomatoes: <http://foodinjars.com/2010/10/small-batch-pickled-green-tomatoes/>

Green Tomato Chutney: <http://foodinjars.com/2010/11/green-tomato-chutney/>

Yellow Tomato and Basil Jam: <http://foodinjars.com/2011/08/yellow-tomato-and-basil-jam>