

**IN THE BAG**  
**Potomac Vegetable Farms**  
**Week 6A: November 1, 2011**

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

**Mini:** cabbage, sweet potatoes, radishes, kale, collards, mustard greens, garlic

**Regular:** cabbage, butternut, radishes, kale, collards, cauliflower, Hakurei turnips, lettuce mix, garlic

**Robust:** cabbage, sweet potatoes, radishes, kale, collards, cauliflower, Hakurei turnips, lettuce mix, regular turnips, garlic, Mei Qing choi

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

## **Barley, Split Pea & Greens Soup**

From [Everybody Likes Sandwiches](#)

If the barley & split peas you are using are old, they will take longer to cook. Mine were pretty old, so if you are using new grains/legumes, please adjust the cooking time.

- 1 T coconut oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 carrot, diced
- 1 T cumin seeds, crushed
- 1 t aleppo pepper
- 1 pinch of sea salt
- 1/2 c barley
- 1/2 c green split peas
- 6 c good stock (chicken or vegetable or a mix of both)
- 1/2 bunch each of swiss chard & kale, cut into thin ribbons
- 1/2 bunch baby spinach
- 1 t dried dill or 2 T chopped fresh dill

In a large pot, heat oil and add in onion until soft and fragrant. Add in the garlic, carrots, crushed cumin seeds, salt and pepper and stir around so everything gets coated and slick with spice and oil. Pour in the barley and split peas along with the stock. Cover and cook over medium-high heat until it boils. Turn down heat to a simmer and cook until the barley and split peas are tender, about 45 minutes. Is it more stew-like than soup-like? Add more water or broth if you like. Add in greens and dill and let simmer for another 10 minutes and serve.

## **Collard Greens Salad with Peanut Vinaigrette**

From [Saveur](#)

We created this composed salad with baby collards to showcase their natural affinity with peanuts and black-eyed peas.

1 cup raw peanuts  
1 cup grapeseed oil  
2 tsp. smoked paprika  
Kosher salt, to taste  
6 tbsp. apple cider vinegar  
2 cloves garlic, smashed and minced into a paste  
2 shallots, minced  
Freshly ground black pepper, to taste  
1 medium carrot, peeled  
8 oz. baby collard greens, stemmed, or 8 oz. collard greens, stemmed and thinly sliced crosswise  
1 15-oz. can black-eyed peas, drained and rinsed  
1 Fresno or Holland chile, stemmed, seeded, and julienned  
4 hard-boiled eggs, halved  
1/2 cup loosely packed cilantro leaves

Heat oven to 325°. Toss together peanuts, 2 tbsp. oil, paprika, and salt on a baking sheet and bake, tossing occasionally, until golden brown, about 15 minutes. Transfer peanuts to a rack and let cool. Coarsely crush peanuts and divide between two bowls; set one bowl aside. To one bowl of peanuts, add remaining oil, vinegar, garlic, and shallots and whisk to combine; season with salt and pepper and set vinaigrette aside.

Using a vegetable peeler, shave carrot lengthwise into thin ribbons; transfer to a large bowl along with collard greens, black-eyed peas, and chiles. Drizzle some of the vinaigrette over top. Toss to coat and season with salt and pepper. Divide salad and eggs between 4–6 serving plates; drizzle with more vinaigrette and garnish with reserved peanuts and cilantro.

SERVES 4–6

## **Lively Up Yourself Lentil Soup**

From [101 Cookbooks](#)

I've found that French green lentils and black beluga lentils hold their shape nicely - they don't go to mush in the pot. I sometimes used fire-roasted organic crushed tomatoes, they lend a lovely deep smoky flavor to whatever you use them in. If you come across them, give them a try in this soup. If not, regular crushed tomatoes are just fine. Can't find greek yogurt, no problem - just use whole plain yogurt. Vegans can skip the yogurt entirely and finish the soup with a generous drizzle of good olive oil instead. And just a reminder, this makes a nice big pot of soup, so use a large pot - I eat the leftovers all week.

2 cups black beluga lentils (or green French lentils), picked over and rinsed  
1 tablespoon extra virgin olive oil  
1 large onion, chopped  
1 teaspoon fine-grain sea salt  
1 28-ounce can crushed tomatoes  
2 cups water  
3 cups of a big leafy green (chard, kale, etc), rinsed well, deveined, finely chopped

### **Saffron Yogurt**

a pinch of saffron (30-40 threads)  
1 tablespoon boiling water  
two pinches of salt  
1/2 cup 2% Greek Yogurt

Bring 6 cups of water to a boil in a large saucepan, add the lentils, and cook for about 20 minutes, or until tender. Drain and set aside.

While the lentils are cooking, make the saffron yogurt by combining the saffron threads and boiling water in a tiny cup. Let the saffron steep for a few minutes. Now stir the saffron along with the liquid into the yogurt. Mix in the salt and set aside.

Meanwhile, heat the oil in a heavy soup pot over medium heat, then add the onion and salt and saute until tender, a couple minutes. Stir in the tomatoes, lentils, and water and continue cooking for a few more minutes, letting the soup come back up to a simmer. Stir in the chopped greens, and wait another minute. Taste and adjust the seasoning if need be. Ladle into bowls, and serve with a dollop of the saffron yogurt.

Serves 6 to 8.

Variations:

- You can serve it with a poached egg on top,
- or crunchy, fried shallots,
- with a drizzle of chive infused cream,
- or with chunks of tiny pan-fried butternut squash cubes.
- Make a thicker version by using just a bit of water, and then spoon it over an omelet in the morning.
- Have some cooked farro or wheat berries around? Toss some in. Millet might be good too.
- You can finish the soup by adding your favorite spices or spice blends. Smoked paprika, crushed chiles, toasted cumin, would all work nicely.

## **Wok'd Greens with Ginger and Tamari**

From [A Bushel of What?](#)

Serves 2

all measurements are guesstimates. Change to your taste.

sesame oil - 1 Tbsp.

tamari or soy sauce - to taste

fresh ginger, peeled and chopped-1 Tbsp.

mix of cooking greens- 2 very generous handfuls, chopped. (I used radish tops, mizuna, tatsoi, and komatsuna.)

one large celery stalk, chopped

1/2 small can of water chestnuts, drained, and quartered

scallion greens, chopped to approx. 1/4 inch thick- 1/4 cup.

Add oil to wok and heat on med high heat. I like to add the ginger right away, so it heats up with the oil. Stir ginger and oil, mixing the flavors, until everything is hot, but not smokey, about 1 minute. Add in veggies and celery and stir-fry (keep the heat up! if you don't you'll just steam the poor greens and everything will be watery). Toss in water chestnuts and give the greens a few shots of Tamari or Soy Sauce, continuing to stir-fry. Add scallions last. You know it's going to be delicious when you get the fragrant combination of the ginger and scallions...Or you taste it right from the wok. Yum! Divvy up and serve.

## **Beans n' Greens**

From Me

This is all just estimated amounts. You can use as much or as little as you want. I also like to add mushrooms when I have them.

1-2 T olive oil

Clove garlic

One small/medium onion

3 medium tomatoes or a can of either stewed or diced tomatoes. I like the chunks

2 c. of fresh beans or a can of beans. Usually white, like cannellini, but I've used limas too. Reserve the bean juice.

1 bunch greens. I've used chard, kale, collards, mustards..., chopped

1 hot pepper, if you like it spicy

handful fresh basil leaves

half a handful fresh oregano leaves

Salt and pepper

Pour olive oil in a pan on medium low. Sautee garlic and onion until the onion is translucent.

Add tomatoes. If they're fresh, let them simmer down a bit. If it's a can, go ahead and toss the beans in so they can heat together. Add some salt and pepper now. If you're using dried herbs, I'd add those now, too. You can adjust flavors at the end.

Let the beans and tomatoes simmer together for a bit. I'd say anywhere from 15 min to a half hour, depending on how much time you have, how they seem. The tomatoes will start to break apart and get nice and juicy, and the beans will change color a bit.

Add in the greens and hot pepper, stirring to incorporate. Now is when you may notice that it's a bit dry and want to add that reserve bean juice. You can also add stock, water, or tomato juice. With the sturdier greens like kale and collards, I simmer everything together, stirring occasionally, for about 15 minutes, until the greens are tender. If they're taking a while to cook, I'll stick the lid on the pan and let the green steam in the goodness. If you use chard or mustards, you may need less time.

Taste. Add more salt and pepper or herbs as needed. We like to eat this with a hunk of wheat garlic bread (bread sprayed with olive oil, add either fresh garlic run through the press or dried minced garlic and a sprinkle of parmesan and then stick it in the toaster oven for a cycle).

## **Spicy Smoky Kale Chips Recipe**

From [White on Rice Couple](#)

about one bunch of kale, rinsed and dried

Olive oil

Salt, to taste

about 1 tablespoon of chili flakes (or to taste)

sprinkling of paprika or cheyenne pepper power (optional)

Preheat oven to 350 degrees.

Remove the kale leaves from their tough end and inner stems. Cut longer leaves in half or preferred bite size pieces.

Place kale chips in large bowl. Start by tossing in about 1 tablespoon of olive oil. The kale leaves only need to be lightly coated with oil. Too much will make the chips too limp and greasy. Only add about 1 tablespoon of olive oil at a time. Then sprinkle in sea salt and chili flakes.

Put the kale pieces in a single layer in a baking sheet lined. You can use parchment paper if you like for easier cleaning.

Bake for 12-14 minutes or until crisp. About 5 minutes before they are finished, you can gently toss them in the sheet pan for more even baking. They will burn easy, be aware of how they are baking.

For more smoky or spicy flavor, lightly dust the kale chips with paprika or cheyenne pepper power.



## Potato & Swiss Chard Frittata

From [Nourished Kitchen](#)

3 tablespoons clarified butter (see sources)  
2 shallots, peeled and sliced thin  
1 bunch Swiss chard, stem removed and chopped coarsely  
4 small potatoes (about 1 lb), sliced thin  
1 dozen eggs  
3 tablespoons heavy cream, not ultrapasteurized  
unrefined sea salt, to taste  
black pepper, to taste

1. Melt three tablespoons clarified butter in a skillet over a medium flame. Toss peeled and thinly sliced shallots into the skillet and fry in butter until fragrant.
2. Add coarsely chopped Swiss chard and thinly sliced potatoes into the skillet and continue to cook until the Swiss chard wilts and the potatoes are tender when pierced by a fork.
3. Beat one dozen pastured eggs with three tablespoons heavy cream until the mixture becomes uniform. Season the eggs to your liking with salt and black pepper.
4. Reduce the flame to medium-low then pour the beaten eggs and cream into the skillet, over the vegetables. Cook over medium-low until barely set, about six minutes or so.
5. Place the frittata in your oven, under the broiler for about six minutes until it is cooked through.
6. Serve warm.

YIELD: about eight servings.

TIME: about twenty minutes.

## **Garlicky Greens Recipe**

From [101 Cookbooks](#)

If you are using spinach ignore the stem instructions below. With spinach I simply trim any long stems. Also, feel free to make this vegan and/or dairy-free by leaving out the Parmesan cheese. Toasted almonds or pine nuts are a great substitution (or addition).

1 large bunch of kale, chard  
2 tablespoons extra-virgin olive oil  
fine grain sea salt  
5 cloves of garlic, crushed and chopped  
1/4 cup Parmesan cheese (opt)  
crushed red pepper flakes

To de-stem each leaf of chard/kale, grab the main stalk in one hand and strip the leaf from the stem all the way up with the other. I then tear the big leaves into bite-sized pieces, but you can use a knife for this task if you prefer. Wash the greens in a big bowl (or sink) full of clean water, rinsing and swishing to rinse away any stubborn grit and dirt. Drain, rinse again, and set aside.

Hold off cooking the greens until just before eating. Then, in a large skillet heat the olive oil. Add a couple big pinches of salt and the greens. They should hiss and spit a bit when they hit the pan. Stir continuously until their color gets bright green, and they just barely start to collapse - two, three, maybe four minutes, depending on how hot your pan is and how much structure your greens have. Then, just thirty seconds before you anticipate pulling the skillet off of the heat, stir in the garlic. Saute a bit, remove the pan from the heat, stir in the Parmesan, and add a big pinch of crushed red pepper flakes. Taste, add a bit of salt if needed, and serve immediately if not sooner.

Serves 2- 3.