

IN THE BAG

Potomac Vegetable Farms

Week 2A: October 3, 2011

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

Mini: beans, peppers, eggplant, kale or collards, celeriac or Mei Qing Choi, mild mustard greens or dill

Regular: beans, peppers, eggplant, butternut, kohlrabi or Napa cabbage, salad mix, kale or mustard or radish, fresh herbs

Robust: beans, peppers, eggplant, neck pumpkin, kohlrabi, Napa cabbage, salad mix, kale or collards, turnips, mild mustard greens, dill

These beans are beautiful, robust pole beans. They just need to have the ends snapped off--no shelling required. They're delicious cooked as you would cook any green bean.

Butternut and neck pumpkins should go in a cool, dry place. Everything else should go in the fridge.

New (to some) items:

Bok choy/Mei Qing Choi 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.

Celeriac is a large, knobby white bulb with skinny celery stalks attached to the top. It's also known as celery root and is a type of celery grown as a root vegetable for its large bulb instead of its leaves. It has a starchy consistency (but is not a starch) with a celery/parsley flavor. The hairy outer layer should be peeled. Inside you will find creamy, ivory flesh. It is wonderful raw, shredded together with other roots (especially carrots), roasted, mashed, pureed, and made into soups.

Kohlrabi, a stout member of the cabbage family, with a large, green bulb and big, broccoli-like leaves. It 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.

Napa Cabbage, in the Brassica family, is a Chinese cabbage widely used in East Asian cuisine. The flavor is slightly sweeter and milder than traditional cabbage and the texture is a bit more crisp and delicate. Use this raw in a nice Asian cole slaw, in addition to other greens in a salad, or to top some tacos for a nice, crunchy change. You can also sauté it up in a stir fry or as a side dish.

Neck Pumpkins, also called Pennsylvania Crookneck Squash, are essentially ginormous butternut squash. They can be upwards of 20 pounds plus and are ideal for making pumpkin pie. It can be steamed, baked, roasted, cooked on the grill, and mashed up and then frozen. For a great article about neck pumpkins, check out Small Kitchen Garden.

Green Beans in Oil – Loubieh

From Henrik Suhr, owner/chef of Lebanese Taverna Market

3 1/2 Lb Green Beans, strung and cleaned. (I prefer broad beans)

1 lb Spanish Onion, cut like Wings (wide Julienne)

7 to 10 cloves of Garlic, peeled and whole

2 1/2 ripe tomatoes, peeled and large diced

3 tsp salt - Kosher

1 tsp (or to taste) pepper, fresh ground

1 qt boiling water

6 oz oil (I use Lebanese extra virgin, a luxury)

Fry onions and garlic in the oil until onions are brown. Add beans and salt and pepper. Sauté for 20 min, turning occasionally.

Add tomatoes and water. Cook over high heat for 30 min then reduce to medium and cook till beans are tender.

Chill and serve cold on a platter, adding slices of tomato to garnish.

Pan-Roasted Chicken With Lemon-Garlic Green Beans

From [Real Simple](#)

Serves 4

Hands-On Time: 15m

Total Time: 1hr 15m

6 tablespoons olive oil
2 lemons, 1 thinly sliced, 1 juiced
4 cloves garlic, minced
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
3/4 pound trimmed green beans
8 small red potatoes, quartered
4 chicken breasts (bones left in, with skin, about 3 1/4 pounds)

Preheat oven to 450°F. Coat a large baking dish or cast-iron skillet with 1 tablespoon of the olive oil. Arrange the lemon slices in a single layer in the bottom of the dish or skillet.

In a large bowl, combine the remaining oil, lemon juice, garlic, salt, and pepper; add the green beans and toss to coat. Using a slotted spoon or tongs, remove the green beans and arrange them on top of the lemon slices. Add the potatoes to the same olive-oil mixture and toss to coat. Using a slotted spoon or tongs, arrange the potatoes along the inside edge of the dish or skillet on top of the green beans. Place the chicken in the same bowl with the olive-oil mixture and coat thoroughly. Place the chicken, skin-side up, in the dish or skillet. Pour any of the remaining olive-oil mixture over the chicken.

Roast for 50 minutes. Remove the chicken from the dish or skillet. Place the beans and potatoes back in oven for 10 minutes more or until the potatoes are tender. Place a chicken breast on each of 4 serving plates; divide the green beans and potatoes equally. Serve warm.

Green Bean Dumpling Soup

From [Minnesota Locavore](#)

For the Soup

- 1 Tbsp. sunflower oil
- 1 onion, chopped
- 4 cups carrots, sliced in coins
- 8 cups chicken stock
- 1/2 tsp. dried thyme
- 1/4 tsp. black pepper
- 4 C. green beans, cut into 1-2 inch pieces

For the Dumplings

- 1 1/2 C. all-purpose flour
- 1 1/2 C. whole wheat bread flour
- 1 egg
- 1 C. skim milk
- 2 tsp. salt (optional)

In a large stock pot, heat oil over medium-low. Add onion and carrots and cook 1-2 minutes. Pour in stock and seasonings and bring to a boil, uncovered.

Meanwhile, combine flours, eggs and milk in a small mixing bowl. Mix with a fork until dough is evenly moist (it will be sticky!). Set aside and allow to rest for 4-5 minutes.

When soup is boiling, add green beans and reduce to a simmer for 3-4 minutes. While soup is simmering, drop heaping teaspoonfuls of dumpling dough into the pot. When all dumplings are in the pot, bring to a boil, reduce the heat and cook 12-15 minutes or until dumplings are cooked through. (Dough will be firm but not sticky on the inside).

Arugula, Potato and Green Bean Salad, with a Creamy Walnut Dressing

From [Smitten Kitchen](#)

Makes 8 small salads or 4 larger ones

1 ounce walnuts (about 1/3 cup)
1 1/2 pounds fingerling potatoes, cut crosswise into 1/2-inch-thick rounds
6 ounces haricots, verts, or other green beans, trimmed and cut into 2-inch segments
2 tablespoons white wine or other mild vinegar
2 tablespoons plain yogurt
1 teaspoon Dijon mustard
1 teaspoon coarse salt
Freshly ground pepper
2 tablespoons walnut oil
3 ounces baby arugula

Preheat oven to 375°. Place walnuts on a rimmed baking sheet and toast in oven until fragrant, about 8 minutes. Let cool slightly, then coarsely chop and set aside.

Bring a medium saucepan of water to a boil. Add potatoes, and cook until tender, about 10 minutes. Using a slotted spoon, transfer potatoes to a colander to drain and cool. Set aside.

Prepare an ice-water bath; set aside. Return pan of water to a boil. Add green beans, and cook until tender and bright green, about 3 to 4 minutes. Using a slotted spoon, transfer to ice-water bath to stop the cooking. Drain.

Whisk together vinegar, yogurt, mustard and 1/2 teaspoon salt in a small bowl; season with pepper. Add oil in a slow, steady stream, whisking until emulsified. Set dressing aside.

Arrange arugula, potatoes, and green beans on a platter. Season with remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Drizzle with dressing and sprinkle with toasted walnuts; toss to coat.

Green Bean–Chile Stir-Fry

From [Food and Wine](#)

2 pounds green or yellow wax beans
1/4 cup vegetable oil
1/2 teaspoon black mustard seeds
1 jalapeño, seeded and minced
1/2 teaspoon minced fresh ginger
10 curry leaves or 1/4 cup chopped cilantro
Salt

In a large saucepan of boiling salted water, cook the beans until crisp-tender, about 2 minutes. Drain, let cool and pat dry with paper towels.

In a large skillet, heat 2 tablespoons of the oil until shimmering. Add half of the mustard seeds and when they pop, add half each of the jalapeño, ginger and curry leaves and cook over high heat until fragrant, about 30 seconds. Add half of the green beans and toss until hot, about 30 seconds. Season with salt and transfer to a platter. Repeat with the remaining oil, mustard seeds, jalapeño, ginger, curry leaves and beans. Serve hot or at room temperature.

GREEN BEANS with LEMON & PINE NUTS

From [A Veggie Venture](#)

Hands-on time: 5 minutes for frozen beans, 15 minutes for fresh

Time to table: 25 minutes for frozen beans, 35 minutes for fresh

Serves 4

Water to cover

Table salt

1 pound frozen or fresh green beans

1/4 cup toasted pine nuts

Zest of a lemon

Juice of half a lemon

1 tablespoon olive oil

Salt & pepper to taste

Bring the water to a boil on MEDIUM HIGH. SALT the water. Add the beans, cover and let cook til done, about 10 minutes. Drain and return to hot pan. Stir in remaining ingredients. Serve and enjoy!

GARLICKY ROMANO BEANS

From [A Veggie Venture](#)

Hands-on time: 10 minutes (if oil is already done, 15 if not)

Time to table: 15 minutes (ditto, 35 if not)

Serves 4

GARLIC- and ROSEMARY-INFUSED OIL

1 cup olive oil

a large sprig of fresh rosemary

5 garlic cloves, peeled and crushed with flat of a knife

Heat oil, rosemary and garlic in a skillet (the larger surface area heats the oil more evenly and quickly) until the rosemary sizzles. Turn off heat and let rest for 20 minutes. Remove the rosemary and garlic.

BEANS

Salted water to cover (see Kitchen Notes)

1 pound beans, ends snapped

1 tablespoon Garlic- and Rosemary-Infused Oil

1 tablespoon good bread crumbs, optional

Salt & pepper

Bring the salted water to a boil. Add the beans and cook for 5 minutes or until done but still bright green. (They cook faster than regular green beans.) Drain and toss with the oil and bread crumbs if using. Season to taste.