

Good afternoon, CSA members!

Welcome to Week 5 of your CSA share. This week is all about the beginning of summer veggies--carrots, peppers, and radicchio. You'll also find a lovely summer treat... blueberries!

The farmstand is OPEN TODAY. So, please be prepared for a little more traffic - AND more vegetables and fruit available for sale.

Remember, **pick-up is today from 2-7 PM at our farmstand** (located at the corner of John Woford and Rte. 287 in Purcellville). Brianne will be there to help you out.

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.

Below you'll find a description of what you'll find in this week's CSA share.

IN THE BAG

Potomac Vegetable Farms Week 5: July 1, 2014

Parsley or Basil

Chard

Radicchio or Fennel

Carrots

Blueberries

Onions

Pepper

Cukes and/or Squash (mix n' match)

Scroll down for an alphabetical list of this week's vegetables with descriptions and a few suggested recipes.

Every one of these items should be stored in the refrigerator.

To keep your produce fresh the longest, you need to know how to store it. 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/>

- **Radicchio** is a leaf chicory, sometimes known as Italian chicory, and is a perennial. It is grown as a leaf vegetable which usually has white-veined red leaves. It has a bitter and spicy taste, which mellows when it is grilled or roasted.
- **Chard** is a leafy green belonging to the same family as beets and spinach. The flavor is of a robust, slightly salty spinach. To cook, slice up the stems, throw them in the sauté pan first, and then add the leaves. Chard is ridiculously good for you, high in vitamins and minerals like vitamin K, vitamin A, vitamin C, magnesium, manganese, potassium, iron, vitamin E, dietary fiber, calcium, vitamin B2, vitamin B6, protein, vitamin B1, zinc, folate, and niacin. Use it as a side dish, sauté with mushrooms, have it instead of spinach on pizza, mix it in with your eggs... the possibilities are endless.
- **Fennel** This feathery food is completely normal in Italy, but many of us are unfamiliar with it here. Pale green, with stems like celery and a flat bulb for a base, it takes a bit like licorice and anise, but not so strong. Fennel stalks don't store well; they dry out quickly and lose their flavor, so cut the stalks from their base and wrap them separately in plastic, and put them in the coldest part of the refrigerator.

A few suggested recipes:

[Cumin-Fennel Rubbed Salmon with Fennel-Parsley Salad](#)

[Grilled Fennel with Lemon Oil](#)

[Lemon-Basil Chicken Salad in Radicchio Wraps](#)

[Roasted Zucchini with Cheese and Herbs](#)

[Couscous and Feta Stuffed Peppers](#)

[Chickpea, Carrot & Parsley Salad](#)