

Good morning, CSA members.

Welcome to Week 9 of your CSA share. We have corn! We've finally had success with growing corn this season after trying for 3 seasons. We've even included a recipe for fresh corn salsa from Farmer Casey himself at the bottom of this email.

**If you are going to cannot come between 2 and 7 today, 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 9: July 29, 2014**

Cilantro or Dill  
Chard or Sweet Potato Greens  
Beans  
Corn  
Onions or Garlic  
Squash and/or Cukes  
Tomatoes  
Cherry Tomatoes

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

**Tomatoes and cured garlic are happiest out on your counter. The rest of these items should be stored in the refrigerator.**

- **Dill** is a short-lived perennial herb that can be used fresh or dried. I most often think of dill pickles, but it's actually native to Russia, western Africa and the Mediterranean region. It would be sprinkled over your roasted potatoes, with salmon or chicken, or in added to a salad for some zip.
- **Swiss chard** is in the spinach family, but it grows all summer (spinach can't take the heat). That's the bunch of large, dark green leaves with a long stem. The crunchy stem is delicious, so don't throw any part of the chard away. The red and yellow stems are rainbow chard, and the one with the broad white stem is called Argentata. They don't taste very different from each other. The simplest way to prepare Swiss chard is to chop it into 1" pieces and sauté in a hot frying pan with

onions and garlic in olive oil. You'll have many opportunities to expand your horizons with chard this year—the plants are thriving.

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.

- **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!
- **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.

A few suggested recipes:

Sauteed Swiss Chard with Onions

Roasted Garbanzo Beans and Garlic with Swiss Chard

Curried Okra Stew With Sweet Potato Leaves And Coconut Milk

Cilantro Pesto

English Cucumber Gazpacho

Feisty Green Beans

From Farmer Casey's recipe collection:

### **Fresh Corn Salsa**

2 ears corn

1/2 onion

1 tomato

3 Tbsp cilantro

1 jalapeno (optional)

2 tsp lime juice

1/2 tsp salt

Cut kernels off ears of corn and put in a bowl. Dice onion, cilantro, tomato and jalapeno and mix with corn. Add lime juice and salt and mix.