

Happy Summer!

Despite the cooler than normal weather, we're seeing evidence that summer truly is here. Our blueberry bushes are ready for light picking, the blackberry flowers are turning into small, green berries, and the cherry tomatoes have winked at us with a bit of color. It won't be too long until you're wondering what happened to all those leaves. In the meantime, we hope you're having fun playing with your food and trying new recipes. If there is a particularly good one you've found, feel free to send it our way!

The roadside stands will open up in both Purcellville and Vienna on Tuesday, July 2. We'll be open 10am to 6:30pm and stocking up with meats, soup, bread and pie, and lots of other goodies. Stop by and say hi--we love to put faces with names!

Happy eating!

In The Bag Week 4: June 25, 2013 Featuring Chard

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: chard, turnips, garlic curls, cabbage, radicchio, lettuce, squash, basil

Regular: chard, kohlrabi, turnips, garlic curls, cabbage, lettuce, squash, celery, beets, cilantro, sweet onions

Robust: chard, turnips, garlic curls, cabbage, lettuce, squash, celery, beets, kale, cilantro, basil, sweet onions

Everything here should go in the fridge except squash and basil. Basil likes to live in a glass of water on the counter. (Trim the ends first.) Squash does just fine on the counter, too.

If you have trouble figuring out what you brought home, go ahead and 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](#).

Beets are the two-meals-in-one vegetable: You can eat the beautiful roots AND you can sauté up those leafy greens. They belong to the same family as chard and spinach. Beets are fantastic boiled or roasted and then put over a salad, or grilled (wrap whole beet in foil, drizzle with olive oil, and stick them on the grill for about an hour) as a side dish. Beet greens are a bit earthier in flavor than chard or spinach, but still in the same vein. You can sauté them with a little olive oil and garlic and serve them over some ravioli. The sweet ricotta balances the earthy really nicely. Beets are high in folate, manganese, potassium, vitamin C, and iron.

Cabbage, in the Brassica family, seems to have a bad reputation. No one knows what to do with cabbage (aside from corned beef and cabbage or sauerkraut, that is). With such a longstanding history as a staple throughout the world, there is plenty to do with this gem. Its sweetness is enhanced by quick-cooking methods like stir frying or light

steaming. It can also be cooked longer in soups and stews and give a richness to the broth. It keeps very well in the refrigerator or the root cellar and is an excellent source of vitamins K and C, and high in dietary fiber, manganese, folate, and vitamin B6. Scientists have also found that a certain component of the cruciferous vegetable family, sulforaphane, helps stimulate enzymes that guard against the development of cancerous tumors (Greens Glorious Greens, Johnna Albi and Catherine Walther, page 59).

Celery: This is not your traditional stalk celery; this is what we call soup celery. Chop and use this like an herb. It's amazing in soups, stocks, potato, macaroni, or other cold salads, and stir fries. The flavor is much bolder and more robust than your traditional grocery store celery, so little goes a long way. It freezes very well--just chop it and store it in a ziploc. you can also dry the leaves to use as an herb throughout the year.

Garlic Curls (or "scapes") are the tender flower stalks that grow out of the middle of hardneck garlic before the garlic bulb below is fully grown. We break them off so that the plant can devote its growing energy to the storage bulb and not to making flowers and seeds. They are delicious as an ingredient in scrambled eggs (just slice into small bits and sauté them first) or any stir fry or quiche. They are also very tasty when grilled or roasted whole.

Kale, a broad, leafy, robust-stemmed green, is a form of cabbage and in the Brassica family. It is used worldwide, and can be sautéed, stewed, steamed, frozen, or even used raw in green smoothies or when young and tender in salads. Kale is a super food, high in antioxidants, vitamins K and C, calcium, beta carotene, and iron. Use it in any recipe that calls for leafy greens.

Kohlrabi, a stout member of the cabbage family, 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. It is a purple or green bulb--almost space ship in shape--with tall, collard-like leaves. Be sure to peel your kohlrabi--the outer skin is very tough.

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 Onions are fresh onions--not cured. They need to go in the fridge. They're amazing grilled, caramelized, raw, or in pretty much any recipe that calls for onions. They also freeze very well. Just slice or dice them, stick them in a bag, and throw them in the freezer.

Turnips: You'll see both Hakurei and Scarlet Queen turnips this early season. The Hakurei are white salad turnips, usually about the size of a golf ball (though sometimes they surprise us!) and taste like a mild, juicy radish. They're great raw, roasted, in soups, or in the pan with a pot roast, potatoes and carrots. Scarlet Queen turnips have a bright, dark pink exterior and stark white interior. They're bigger than the Hakurei and have a stronger, more towards a classic turnip flavor. They're also great raw or cooked. Turnip greens are one of the most nutritious greens you can eat. They're a bitter green--remember last week's phytonutrient lecture--sometimes with a peppery kick and are best

cooked to tone down their assertiveness. Turnip greens are super high in calcium, and an excellent source of many vitamins, including K, A, C, E B6, folate, manganese, fiber and copper, and full of cancer-fighting phytonutrients. The turnip root is also rich in phytonutrients as well as a very good source of vitamins C, E, K, B2, B6, B9, and

Featuring Chard

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.

Recipes

If you're looking for recipe ideas, check out our [website](#)! Type the vegetable name into the search box. We're constantly adding new goodies as we find them!

[Swiss Hash](#)

[Sautéed Swiss Chard with Onions](#)

[Swiss Chard and Lemon Ricotta Pasta](#)

[Roasted Garbanzo Beans and Garlic with Swiss Chard](#)

[Swiss Chard Frittata](#)

[Sautéed Rainbow Chard with Raw Beets and Goat Cheese](#)

[Hazelnut & Chard Ravioli Salad](#)

[Chard Stem Refrigerator Pickles](#)

To freeze Swiss Chard:

--Wash the chard well.

--Separate the stalks from the leaves. I do this mainly because it makes it more convenient when you're cooking the chard later, since the stalks take longer to cook than the leaves (and, sometimes you only want to use one or the other in a recipe, not both.)

--Bring a pot of water to a boil, and fill a bowl with ice water.

--Blanch Swiss chard stalks for two minutes, leaves for one minute. Place them in the ice water immediately after blanching to stop the cooking process.

--Drain well, and place the stalks and leaves in separate freezer bags or other freezer-safe containers.

--Freeze for up to six months

For the canners: [Pickled Chard Stems](#)