

IN THE BAG
Potomac Vegetable Farms
Week 1A: September 27, 2011

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

Mini: beans, peppers, celeriac, garlic, butternut, kale, arugula, carrots or collards

Regular: beans, peppers, eggplant, garlic, turnips or radishes, kale, arugula or chard, rosemary

Robust: beans, peppers, celeriac, eggplant, garlic, radishes, kale, arugula, carrots, rosemary

Garlic and butternut should go in a cool, dry place. Everything else should go in the fridge.

New (to some) items:

Arugula is a zippy, peppery green in the cruciferous family of vegetables (also known as the Brassicas). It's popular in Italian cuisine, grows wild in Asia and the Mediterranean, and can be traced back to Roman times where it was used for its seeds and oils. It can be eaten raw in salads or cooked. Arugula has become a popular ingredient in salad mixes. If you find its flavor too pungent, try cooking it to tone down the taste. It is an excellent source of vitamins A and C, folic acid, calcium, magnesium, and manganese.

Butternut Squash originates in or around Mexico. It is a type of winter squash with a sweet, nutty flavor similar to a pumpkin. In fact, it makes a delicious pumpkin pie. It can be roasted, grilled, pureed, and used for baking. The seeds can be toasted and eaten, and the skin can also be eaten when softened by cooking. It's high in vitamins A and C, fiber, manganese, magnesium, and potassium.

Celeriac, also known as celery root, 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.

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.

Collard Greens have a round, broad dark green leaf and robust stem. Next to kale, collards are one of the healthiest greens you can eat. They are an excellent source of folate, vitamin C and beta-carotene while also being high in calcium. Collards are a member of the Brassica family, along with broccoli, kale and cabbage. Eat them fresh, stewed, steamed, sautéed, or in soups.

Eggplant is a member of the nightshade family. You may find one of two varieties in your bag: Italian (round) or Asian (long and skinny). It has a mildly bitter taste and

slightly spongy texture. It's high in dietary fiber, potassium, manganese, vitamins B1 and B6, and folate. Eggplant has been used in cuisine worldwide.

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.

RECIPE RESOURCES

101 Cookbooks

Heidi Swanson, author of 101 Cookbooks, is also the author of two natural, whole foods cookbooks. Her focus is vegetarian recipes. Search by key ingredient or category.

<http://www.101cookbooks.com/index.html>

A Farmer in the Dell

This is a great farm blog written by a passionate, new farmer and a passionate cook. Her recipes are seasonal, relevant, and delicious.

<http://afarmerinthedell.com/>

Epicurious

The standard for recipe searching. Some of the recipes are complicated, but the search functionality is fantastic, as is the inspiration you'll find.

<http://www.epicurious.com/>

Mark Bittman/The New York Times Magazine

Mark Bittman, food writer, has great ideas each week for seasonal fare. I especially like this great post about creative salads for summer greens.

http://www.nytimes.com/2011/06/19/magazine/bold-salads.html?_r=1&emc=eta1

Nourished Kitchen

Real food, traditional recipes, searchable by category or key ingredient... what more could you want?

<http://nourishedkitchen.com/recipe-index/>

Smitten Kitchen

Though her recipes are not necessarily seasonal, Smitten Kitchen has some fantastic, creative recipes for both the cook and the baker. You can search on key ingredient to easily find recipes.

<http://smittenkitchen.com/>

Stone Soup

Food blog that focuses upon healthy, 5-ingredient meals. I especially love this fantastic post of 50 healthy, 10-minute meals

<http://thestonesoup.com/blog/2011/06/50-healthy-10-minute-meals/>

Tasty Kitchen

An offshoot of Pioneer Woman, this blog is full of delicious, reader-submitted recipes and is easily searchable by key ingredient.

<http://tastykitchen.com/>

Winter Pasta
From [101 Cookbooks](#)

I used penne here, but you can substitute whatever pasta you like. Spinach can be substituted for the kale if you like as well.

4 cloves of garlic, peeled
4 small shallots, peeled
1 small bunch of kale - 1/2 lb / 8 oz, stalks removed, washed well
1/3 cup / 80 ml extra virgin olive oil
1/3 cup / 2 oz goat cheese, plus more for topping
2 tablespoons + hot pasta water
fine grain sea salt & freshly ground black pepper
fresh lemon juice - optional
12 oz / 340 g dried penne pasta
fresh thyme - and thyme flowers

Bring a large pot of water to a boil. Salt the boiling water generously, and add the garlic and shallots. Boil for 2-3 minutes, stir in the kale and cook for another ten seconds. Don't overcook. Working quickly, use a slotted spoon or strainer to fish the greens, garlic, and shallots from the water. Use a food processor to puree the ingredients along with the olive oil and goat cheese. Add a couple tablespoons of hot pasta water if needed to thin things out if needed. Then season with a touch of salt and plenty of black pepper. Taste. Depending on your goat cheese, you might need a little extra acidic oomph if your sauce is a bit flat. If so, add fresh lemon juice a bit at a time until you're happy with it the sauce. Set aside.

Reheat the pot of water and boil the pasta per package instructions. Drain and toss immediately with the green sauce. Serve topped with a few pinches of fresh thyme, and more crumbled goat cheese.

Serves 4-6.

Prep time: 10 min - Cook time: 10 min

Lemony Swiss Chard with Fried Capers and Garlic

From CSA Member Adrienne Usher via [Food52](#)

This has got to be my new favorite swiss chard recipe. I belong to a farm CSA and have been having a lot of fun working with whatever shows up. I've been getting a lot of greens lately, and needed to develop some variety in my recipes. I love the flavors of fried capers and garlic and started from there when developing this very easy recipe. I think I've had it now 4 nights in a row!

Serves 2-4 (depending on how much you want)

2 bunches of green swiss chard
3 tablespoons olive oil, divided
2 tablespoons capers, drained
8 garlic cloves, peeled and minced
3 tablespoons Italian parsley leaves
2 tablespoons unsalted butter
juice from 1 lemon
1/4 teaspoon dried red pepper flakes
salt and pepper to taste

Bring a large pot of well-salted water to a boil. Tear the swiss chard into large pieces, separating the central stalk from the leaves. Cut the stalks into 2" long pieces. Put the chard stalks into the boiling water first and cook for 10 minutes. Add the leaves and cook for another 10 minutes, or until the leaves and stalks are tender. Drain and set aside.

Heat up 2 tablespoons of the olive oil in a saute pan that is large enough to accomodate the swiss chard. When the oil is hot, add the capers and cook for about 1 minute. Add the garlic and cook another minute. Add the parsley and cook another 1-2 minutes.

Add the swiss chard and toss to cover the chard with the caper garlic mixture. Add the last tablespoon of olive oil and the butter. Add the lemon juice and thoroughly toss to mix in. Sprinkle with the crushed red pepper flakes and season to taste with salt and pepper.

Serve as a side dish or do as I did last night and lay a piece of fish on top and enjoy!

Braised Lentils with Winter Greens and an Egg

From [Serious Eats](#)

3 tablespoons olive oil, divided
1/2 cup French green lentils
1 bunch winter greens, such as kale, chard, collards, etc.
1 shallot, peeled and minced
1/2 cup red wine
1 clove garlic, chopped
1/8 teaspoon red chili flakes, or to taste
Splash of lemon juice or sherry vinegar
salt and black pepper
2 eggs

In a medium saucepan, heat 1 tablespoon of the oil over medium heat. Add the shallot and saute until soft, 2-3 minutes. Add 1 cup water and the red wine, bring to a boil, and simmer, covered, until the lentils are tender but not mushy, 30 minutes or so. Add more water as necessary. Season to taste with salt.

In the meantime, wash the greens and slice the leaves away from the stems and roughly chop the leaves. Heat 1 tablespoon of the oil, garlic, and chili flakes in a saucepan or large skillet until fragrant, then add the leaves along with 1/4 cup or so of water and a pinch of salt. Cover, turn the heat to medium-low, and allow the leaves to steam as the water evaporates, tasting for tenderness and adding more water as necessary. Finish with lemon juice or vinegar to taste, and perhaps more olive oil.

When the lentils and greens are nearing completion, heat the remaining oil in a small non-stick skillet and fry the eggs sunny-side-up, about 3 minutes over medium-low heat, until the whites are set but the yolk is still runny.

Serve the greens on a bed of lentils, topped with the egg and fresh black pepper.