

Good afternoon, CSA members.

Welcome to Week 1 (of 9) for your Fall CSA share. Welcome back to previous members and a huge welcome to our newest members! We're very excited to be able to provide you with lots of yummy fall veggies and happy to have you in our CSA! Fall is one of our favorite times of the year and we hope you'll find comfort, nourishment and warmth from our produce.

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

**If you 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.

Sincerely,  
Stacey and Brianne

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

**IN THE BAG**  
**Potomac Vegetable Farms**  
**Week 1: September 23, 2014**

Assorted Herbs

Head Lettuce or Arugula

Beans

Tat Soi or Kale

Shallots

Broccoli or Cabbage

Acorn or Spaghetti Squash

## Peppers

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

**Winter squash can go on the counter rather than in the fridge. Everything else should be stored in the fridge.**

- **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.
- **Tat soi** is another Brassica—this time an Asian cooking green. It tastes like a milder mustard green, but its texture is similar to bok choy. It can be eaten raw in salads, in soup, sautéed, boiled or steamed. Tat soi is high in vitamins and minerals, including folate.
- **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.
- **Shallots** are a member of the Allium family along with onions and garlic. Some think they're another variety of onion, but they're actually a species of their own. They originate in Asia, but have become a staple in French cooking. Shallots have a nice, firm texture and flavor that is sweeter, milder than onions with a hint of garlic and maybe even a hint of apple.
- **Broccoli** is another member of the Brassica family, with edible flowers and stalks. It can be eaten raw, steamed, boiled, roasted, sautéed, and made into soup. How's that for some options? It's super healthy, high in vitamins C, K, and A, and dietary fiber, and it has many nutrients with cancer fighting properties.
- **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 Walthers, page 59).

- **Acorn squash** (*Cucurbita pepo* var. *turbinata*), also called pepper squash[1] or Des Moines squash,[2] is a winter squash with distinctive longitudinal ridges and sweet, yellow-orange flesh. Although considered a winter squash, acorn squash belongs to the same species as all summer squashes (including zucchini and yellow crookneck squash). Acorn squash is good and hardy to save throughout the winter in storage, keeping several months in a cool dry location such as a cold cellar. Acorn squash is most commonly baked, but can also be microwaved, sauteed or steamed. It may be stuffed with rice, meat or vegetable mixtures.[3] The seeds of the squash are also eaten, usually after being toasted. This squash is not as rich in beta-carotene as other winter squashes, but is a good source of dietary fiber and potassium, as well as smaller amounts of vitamins C and B, magnesium, and manganese.
- **Spaghetti squash** is the your first winter squash of the season. When cooked, this squash's flesh falls away from the skin in ribbons, like spaghetti. It can be baked, boiled, or steamed, and it's high in folic acid, vitamin A, potassium, and beta carotene.

A few suggested recipes:

[Herbed Spaghetti Squash](#)

[Tatsoi Wilted in Mustard Dressing](#)

[Roasted Acorn Squash with Brown Butter + Crispy Sage](#)

[Kale and White Bean Soup](#)

[Green Beans with Marcona Almonds, Shallots, and Parsley](#)

[Rustic Cabbage Soup](#)