

Hi all!

That's right... it's week 13 of 16. We're in the home stretch of the summer CSA season. Don't wait to sign up for the 9 week Autumn season, running from the week of September 21 through the week of November 16. We will close pick up locations as they fill up and close the CSA registration as a whole once we hit our limit. If you haven't yet signed up for the Autumn CSA and would like to, send Hana an email with AUTUMN SHARE in the subject line (hana@potomacvegetablefarms.com). Information about Autumn share options is [here](#).

We will be hosting our annual CSA open house on Sunday, September 7 at 4pm. The afternoon will include a hay ride farm tour, a self-guided walking tour, and potluck snacks. Please bring something to share! If you plan to attend, please RSVP to becky@potomacvegetablefarms.com so we know how many wagons to have ready. We hope to see you!

We picked our first tiny bit of arugula this weekend. Our kitchens are filled with canning jars and pots and piles of produce. Our freezers are just starting to bulge a little bit. The mornings are cooler and the days are shorter. Folks stocked up on garlic and asked for kale at the markets this weekend, and I've seen the first apples of the season. The shift is happening... Autumn is coming. It's always this way, with the sense of slowing and the peak of summer simultaneously upon us. I think it's nature's way of forcing us to appreciate and preserve what we can of the summer bounty, despite the long farm hours and weary bodies. We know the abundance and the season will end, and, because we can feel the promise of winter's rest in the cool morning air, we happily stay up late with our faces steaming over the bubbling canning pot while dreaming of soup season, knitting, and lazy mornings.

Happy Eating!

IN THE BAG

Week 13: August 26, 2014

Featuring Garlic

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: corn, squash, peppers, beans, eggplant, garlic, tomatoes, cherry tomatoes

Regular: corn, cucuzza, peppers, beans, beets, eggplant, garlic, chard, tomatoes, cherry tomatoes

Robust: corn, squash, cucuzza, peppers, beans, beets, eggplant, garlic, chard, tomatoes, cherry tomatoes, cilantro

Tomatoes go on the counter and never, ever in the fridge. Garlic goes in a cool, dark place. Everything else should be stored in the fridge. 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/>.

Cucuzza is a long, skinny, pale green edible gourd that can grow up to three feet long.

The white, pulpy flesh has many seeds in the center, similar to a cucumber and has a slightly sweet, nutty flavor. The cucuzza can be sliced and fried or sauteed, steamed or microwaved. The cucuzza makes a great addition to soups, stews, gumbos, quiches and sauces and can even be used in baked goods such as quick breads, muffins and pies. Try it instead of cucumbers in some gazpacho!

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

Featuring Garlic

Garlic is another member of the *Allium* family along with onions, chives and leeks. You have seen it in three forms this season: garlic scapes, green garlic, and now cured garlic. Our garlic is potent! It may not always be pretty, but the flavor is like nothing you've had from grocery store garlic. Garlic is a wonderful seasoning to add aroma, taste, and added nutrition to your dishes. It is best to add it towards the end of the cooking process to retain the maximum amount of flavor and nutrition

[Garlic](#) is a great source of manganese, vitamins B6 and C, and selenium. It is rich in a variety of powerful sulfur-containing compounds that are responsible for its characteristically pungent odor and also the source of many of its health-promoting effects. Garlic has been found to be excellent for our cardiovascular systems, have anti-inflammatory benefits, have antibacterial and antiviral benefits, and prevent cancer. Eat it liberally!

If garlic is used in cooked dish, add chopped garlic towards the end of the cooking time to retain maximum flavor and nutrition. Too much heat for too long will reduce the activity of the health-promoting sulfur compounds that have formed by letting it sit for 5-10 minutes; it will also make garlic bitter. Therefore expose garlic to heat for as little time as possible (5-15 minutes).

Garlic Recipes

Pasta with Garlic and Oil: <http://www.potomacvegetablefarms.com/recipe/pasta-with-garlic-and-oil-also-called-aglio-et-olio/>

Wicked Garlic Dip: <http://www.potomacvegetablefarms.com/recipe/wicked-garlic-dip/>

Garlic Vinegar and Garlic Spice Aromatic Oil:

<http://www.potomacvegetablefarms.com/recipe/garlic-vinegar-and-garlic-and-spice-aromatic-oil/>

Chicken with 40 Cloves of Garlic:

<http://www.potomacvegetablefarms.com/recipe/chicken-with-40-cloves-of-garlic/>

Roasted Garlic Soup: <http://www.potomacvegetablefarms.com/recipe/roasted-garlic-soup/>

Garlicky Romano Beans: <http://www.potomacvegetablefarms.com/recipe/garlicky-romano-beans/>

Scarpetta's Spaghetti with Fresh Tomato Sauce and Garlic Basil Oil Recipe:

<http://www.potomacvegetablefarms.com/recipe/scarpetta%E2%80%99s-spaghetti-with-fresh-tomato-sauce-and-garlic-basil-oil-recipe/>

Lemony Swiss Chard with Fried Capers and Garlic:

<http://www.potomacvegetablefarms.com/recipe/lemony-swiss-chard-with-fried-capers-and-garlic/>

Preserving Garlic

Can it

Pickle it: <http://www.barefeetinthekitchen.com/2012/09/preserving-garlic-for-winter.html>

Preserve in oil with a pressure canner: <http://honest-food.net/2012/06/17/how-to-preserve-garlic/>

Refrigerator Garlic Pickles

Loosely fill a glass jar with peeled garlic cloves. Add enough red or white wine vinegar to cover the garlic and then add about one tablespoon of sea salt per cup of vinegar. Dried (not fresh) herbs such as red pepper flakes, bay leaves, and oregano may be added to taste. Cover the jar with a tight-fitting lid and shake to distribute the salt and herbs.

Refrigerator garlic pickles will keep almost indefinitely in the refrigerator, as long as the garlic remains submerged in the vinegar.

Freeze it

Garlic can be frozen in a number of ways:

1. Chop the garlic, wrap it tightly in a plastic freezer bag or in plastic wrap, and freeze. To use, grate or break off the amount needed.
2. Freeze the garlic unpeeled and remove cloves as needed.
3. Peel the cloves and puree them with oil in a blender or food processor using 2 parts oil to 1 part garlic. The puree will stay soft enough in the freezer to scrape out parts to use in sautéing. Freeze this mixture immediately - do not store it at room temperature. The combination of the low-acid garlic, the exclusion of air (by mixing with oil), and room-temperature storage can support the growth of *Clostridium botulinum*.

Dry it

Dry only fresh, firm garlic cloves with no bruises. To prepare, separate and peel the cloves. Cut in half lengthwise. No additional pre-drying treatment is necessary. Dry at 140 degrees for 2 hours, then reduce heat to 130 degrees until completely dry or crisp. If desired, garlic salt may be made from dried garlic. Powder dried garlic by processing in a blender or food processor until fine. Add 4 parts salt to 1 part garlic powder and blend 1 to 2 seconds. If blended longer, the salt will become too fine and cake together in clumps.

Garlic Vinegar

To make garlic vinegar, take a bottle of white or red wine vinegar and drop in either whole or chopped garlic. Use as much garlic as you wish, as long as it is completely submerged in the vinegar. Store your garlic vinegar in the refrigerator and use both the vinegar and the garlic in salad dressings or any dish that calls for both vinegar and garlic. Garlic vinegar will keep, refrigerated, for about four months. If mold develops, discard the mixture.

Garlic Salt

Place dried garlic in a blender and process it until it turns to powder. Add four parts sea salt for each one part garlic powder and process for just a second or two to combine the two ingredients. Do not process the garlic salt too long because it will cake. Store the garlic salt in an airtight glass jar.

Garlic Powder and Garlic Paste

When stored, fresh garlic begins to spoil and grow soft, that's a great time to turn it into

garlic powder or garlic paste. To make garlic powder simply cut up the cloves into thin slices and spread them into a cookie sheet that has edges to contain the garlic. Bake the garlic slowly in a 150-degree (Fahrenheit) oven for an hour or so, turning the garlic regularly so that the cloves dry uniformly.

When the garlic is dried you may place the dried pieces in a blender or food processor to turn the garlic into powder. Consider adding additional spices such as hot pepper flakes or curry powder for different garlic seasonings. Store the garlic powder in tightly sealed jars.

Garlic paste is extremely easy to make and functions as both a spice and a thickener for soups and sauces. To make garlic paste, mince the garlic cloves and then flatten with the broad edge of a knife. A rolling pin can also be used to crush up the garlic into paste.