

Hi All!

Please note that the small yellow fruit in your bags is a melon. See the information below. We've had people very disappointed to realize they're not spaghetti squash.

It's time to register for Autumn CSA shares if you haven't already! Now that we are more than halfway through the summer season, our new members have a clearer picture of how the CSA works and how it fits into your life. If you did not sign up for the fall season before and you would like to, you can do that now. In the fall, there are lots of leafy greens, root crops, some winter squash, sweet potatoes and fall broccoli, kale, and cabbage. CSA registration will open to all on August 15 so be sure to get your registration in early.

Send an e-mail to Hana@potomacvegetablefarms.com with FALL SHARE in the subject line.

Please include this information in the message.

Name:

Share size:

Bread?

Eggs?

Flowers (six week season)?

We will register you and send an invoice by e-mail. Payment will be due by September 1.

Prices are on the website. Mini shares are \$22/week, regular \$32/week, robust \$42/week. Sales tax for Virginia customers, delivery fee (\$3/week) for off-farm pick-up. The Autumn share is an 9-week share spanning from September 22 through November 17. More information is available on our [CSA Information page](#).

Happy Eating!

IN THE BAG
Potomac Vegetable Farms
Week 10: August 6, 2013
Featuring Salsas

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, onions, leeks, Sun Jewel melon, tomatoes, purple basil

Regular: corn, onions, beets, potatoes, Sun Jewel melon, cherry tomatoes, tomatoes, basil, celery

Robust: corn, squash, onions, beets, leeks, potatoes, eggplant, Sun Jewel melons, cherry tomatoes, tomatoes, basil, celery

Squash, tomatoes, and cherry tomatoes should go on the counter. Basil should go in a glass of water on the counter. Potatoes and garlic should go in a cool, dark place. Everything else, including those onions, should go in the fridge.

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](#).

Sun Jewel Melons are a Korean variety of squash. The oblong fruit is bright yellow on the outside, with a light yellow to white flesh inside. They are sweet and similar in flavor to a honeydew melon, but with more of a cucumber-pear flavor.

Featuring: Salsas!

The onset of high-summer goodness has us thinking about salsa. Tomatoes, tomatillos, peppers, onions, garlic, peaches, corn... there are so many delicious combinations to try, and they're so versatile! They're great over grilled fish or meats, added atop potatoes, served as a dip, and of course in tacos. Salsa is an easy way to add zip to your simple summer meal without heating up your kitchen, and an excellent way to preserve many of those overly abundant summer veggies you'll be finding in your bags.

Fresh Salsas:

Becca's Famous Salsa: <http://www.potomacvegetablefarms.com/recipe/beccas-famous-salsa/>

Homemade Fresh Salsa: <http://www.potomacvegetablefarms.com/recipe/homemade-fresh-salsa/>

Peach Salsa (great with chicken): <http://www.potomacvegetablefarms.com/recipe/peach-salsa/>

Cantaloupe Salsa (think fish or chicken):

<http://www.potomacvegetablefarms.com/recipe/cantaloupe-salsa/>

Tomatillo Salsa: <http://www.potomacvegetablefarms.com/recipe/tomatillo-salsa-salsa-verde-cruda/>

Radish and Green Tomato Salsa: <http://www.potomacvegetablefarms.com/recipe/radish-and-green-tomato-salsa/>

Raw and Naturally Fermented Salsa Verde:

<http://www.potomacvegetablefarms.com/recipe/raw-and-naturally-fermented-salsa-verde/>

Cooked Salsas:

Roasted Jalapeno-Tomato Salsa with Fresh Cilantro:

<http://www.potomacvegetablefarms.com/recipe/roasted-jalapeno-tomato-salsa-with-fresh-cilantro/>

Roasted Tomato Salsa: <http://www.potomacvegetablefarms.com/recipe/roasted-tomato-salsa/>

Warm Grilled Tomato Salsa (try served over pork tenderloin):

<http://www.potomacvegetablefarms.com/recipe/warm-grilled-tomato-salsa/>

Roasted Tomatillo Salsa: <http://www.potomacvegetablefarms.com/recipe/roasted-tomatillo-salsa/>

Roasted Corn Salsa: <http://www.potomacvegetablefarms.com/recipe/roasted-corn-salsa/>

Salmon with Grilled Peach Salsa:

<http://www.potomacvegetablefarms.com/recipe/salmon-with-grilled-peach-salsa/>

Canned Salsas:

Roasted Tomatillo Salsa Verde: <http://www.organicgardening.com/cook/roasted-tomatillo-salsa-verde>

Zesty Salsa: <http://www.freshpreserving.com/recipe.aspx?r=131>

Peach Salsa: <http://allrecipes.com/cook/pam-3boysmama/blogentry.aspx?postid=118837>

Black Bean and Corn Salsa: <http://emilysoven.blogspot.com/2008/10/black-bean-and-corn-salsa.html>

A bevy of different salsa recipes from salsagarden.com:

http://www.salsagarden.com/Canning_Salsas.html

If you are an experienced canner, check out this post about large-scale salsa canning, complete with ingredient proportion charts, conversion charts, and how to can with a group: <http://preservingtraditions.wordpress.com/2010/09/02/large-batch-tomato-salsa-canning-recipe/>