



Vol. 23 No. 11

October 16 - 20, 2022



POTOMAC VEGETABLE FARMS
www.potomacvegetablefarms.com
pvfnewsletter@gmail.com

WINTER CSA 2022 - 2023

Winter CSA is for those who can't bear to get all their food from the supermarket, and who are adventuresome and flexible enough to cook what is growing through the winter right here in Fairfax/Loudoun County. Winter vegetables have amazing flavor because cold weather intensifies the sweetness of carrots and the beauty of chard. Kale tastes best in the winter. Winter lacks the diversity of summer, of course, but the soups that you can make are incredible. Rich and hearty and so nutritious.

How Does It Work?

Market Style only

On Farm only, in both Vienna and Purcellville.

What are the Dates?

First weekend is November 19/20, right after Thanksgiving.

Last weekend is April 22/23.

Sunday pickups in Vienna, Friday/Saturday in Purcellville

12 pickups between November and end of April.

We take January off, but we have one pickup planned for January 28/29

We send reminders before every pickup.

February, March and April are every other week.

Share Sizes? Price?

Two share sizes: Winter Mini (5 items) and Winter Regular (8 items)

Winter Mini is \$300, Winter Regular is \$480

How Do We Sign Up?

We do our own registration, not through Harvie.

Space is limited. We want to make sure we have enough food.

Watch your email for an invitation if you pick up On Farm now. It will arrive around Halloween.

Off Farm folks should write to Hana if they want to

sign up. You will not automatically get an invitation. Pay by check or Online invoice.

What Is There to Eat in the Winter?

It depends on how hard the winter is.

Storage crops: Sweet potatoes, carrots, potatoes, radishes, turnips, rutabaga, sunchokes, cabbage, winter squash

Fresh greens, but not all at once: chard, kale, collards, mustards, salad mixes, winter mixes, spinach in the spring

Organic grains from Next Step Produce

Eggs

Canned tomato sauce from summer PVF tomatoes

What If It Snows?

Occasionally we have to change the dates based on severe weather.

Sometimes if the weather is unusually beautiful, we pick vegetables and announce a surprise date (giving us flexibility for those blizzard days).



Riffing on Ina Garten's Recipe

by Rachel McCormick

I made this tomato soup 3 times this summer. One time for our Friday PVF potluck.

I think it was delicious. There is a lot of black pepper in it, more than I consume in a year probably, but it was perfect in here. At potluck I made this version of the soup and one pot without cream. No need to add tomato paste. I did not use chicken stock for this (as the recipe calls for), veggie stock is fine, or even water would be ok. So much flavor with the other ingredients. Don't fuss with a food mill. Blending in the seeds and skins works just fine. Immersion blenders are great for this. I am looking forward to next summer already, to enjoy this tasty soup.

Prep: 15 min

Cook: 1 hr

Yield: 5 to 6 servings

- 3 tablespoons good olive oil
- 1 1/2 cups chopped red onions (2 onions)
- 2 carrots, unpeeled and chopped
- 1 tablespoon minced garlic (3 cloves)
- 4 pounds vine-ripened tomatoes, coarsely chopped (5 large)
- 1 1/2 teaspoons sugar
- 1 tablespoon tomato paste
- 1/4 cup packed chopped fresh basil leaves, plus julienned basil leaves, for garnish
- 3 cups chicken stock, preferably homemade
- 1 tablespoon kosher salt
- 2 teaspoons freshly ground black pepper
- 3/4 cup heavy cream
- Croutons, for garnish

Heat the olive oil in a large, heavy bottomed pot over medium-low heat. Add the onions and carrots

and saute for about 10 minutes, until very tender. Add the garlic and cook for 1 minute. Add the tomatoes, sugar, tomato paste, basil, chicken stock, salt, and pepper and stir well. Bring the soup to a boil, lower the heat, and simmer, uncovered, for 30 to 40 minutes, until the tomatoes are very tender. Add the cream to the soup and process it through a food mill into a bowl, discarding only the dry pulp that's left. Reheat the soup over low heat just until hot and serve with julienned basil leaves and/or croutons.



photo courtesy of rachel udall

Frugal Chicken Soup

by Hiu Newcomb

A few years ago, a friend told me he makes chicken soup from bones saved from eaten dinners... eeww...gross, I thought. After I got over the thought of using bones that someone had already chewed on, after being boiled for several hours, I convinced myself that whatever might be considered gross would be totally

sanitized.

So I started saving bones in a large ziploc bag and storing them in my refrigerator freezer door. When the bag was full, I emptied it into a large pot, added cold tap water to fully cover the bones and set the pot on the stove. I added a tablespoon of salt, brought it to a boil and let it simmer for a few hours. When all the meat scraps fell off the bones, I removed and

discarded the bones. Sometimes I might add some onions, rice, leftover vegetables and herbs and cook the soup a little longer until cooked. Or, I might let the broth cool and then store it in containers and freeze them to turn it into a tasty dish later. It's remarkable how flavorful this used chicken broth turns out to be for an additional meal.

Countertop Soup

by Hana Newcomb

While it is always soup season, I don't cook much until the fall and winter myself, so this is the start of MY soup season. And often I am too tired at night to start cooking, so I leave it until early morning. I cook soup for inventory, not for a specific meal. It gets eaten for breakfast, mid-morning snacks, lunch, and sometimes for dinner if there is any left.

The best soup is not eaten on the day it is created, but you can speed up the process by using leftovers from the fridge, like roasted vegetables and dribs and drabs of pesto and old tomato sauce. I have been looking for the verb that describes what happens when the flavors of soup blend/meld together, creating the quality that defines soup. I have decided there is no such word,

and have started to use "to soup." As in, I am waiting for the potato-leek concoction to soup.

The other day I learned that someone was coming to lunch, and we needed a soup. On my counter was a large bowl of onions that were waiting for me to find the good parts (these were CSA rejects, but we never throw an onion away on our farm because they are too hard to grow) and a beautiful Kabocha squash that had been languishing for about a month, waiting for attention. I made a big pot of caramelized onions while I was roasting the squash enough to take the skin off. When the onions were brown and sweet and mushy, I peeled the squash and combined it all in the cast iron pot. Because there are vegans in my life now, I decided to add coconut milk but no dairy. A little salt, a little vegetable



photo courtesy of rachel udall

bouillon paste, some water. When it was cooked enough, I used my trusty immersion blender. The soup was surprisingly delicious just a few hours later.

So often I don't really know what I am going to make until I get started. Usually I start by peeling onions while I figure out what is in the bottom of the fridge, or on the counter, or in a basket on the porch. I figure out if it will be tomato-based or use beans or a chicken. Will it be creamy or lumpy? Leftover rice and noodles are always useful. There are no two soups that come out the same (my husband says this is why he could never cook in a restaurant,

and the same is true for me, we don't have that knack for doing the same thing over and over – or measuring.) but that is okay.

One winter I decided to make 100 different soups between the growing seasons. I can't remember if I got all the way to 100, but we ate a lot of soup that winter. It's not too hard to make a different soup every time if you have shelves full of canned tomatoes and dry beans and a freezer full of meat and vegetables. The trick is to figure out which flavors you want to bring out, and just go in that direction. And always give your soup the time to soup.



photo courtesy of hana newcomb

Cold Dog Soup



photo courtesy of terra

by Terra

On my worst days, I like to give all of my kindness to my pup. There's nobody else around to give it to anyway and I quite like to see him happy. I tend to his needs first thing in the morning and if it's nice enough outside I'll let him out to the patio where herbs grow and foliage begins to brown. He sits on his favorite chair, the adirondack, and sticks his paws out to bask in the sun. I watch him out my bedroom window with a big, silly grin. Cultivating an environment for a creature to be able to enjoy themselves in... that's a task I should take on for myself. I stoke my own joy with care for others; watching others take care of themselves encourages me to do the same.

Dogs are selfish critters inherently yet they're still tender and reciprocal to the treatment they receive. They thrive with order and are naturally wired towards community in the form of a pack. While I am no canine, I think about how I relate to them while I watch my dog. We understand each other, and have similar upbringings (he was a rescue.) Unfortunately, I am a mere human who cannot level out emotions with a good spot in the sun and a snack (though it is one of the most important ingredients working towards it.) Alas, it takes work and the ability to become introspective for a while. To spiritually gather inside of yourself and come to an internal spot in your own sunlight... whatever that's made of. As the season winds down and the cool weather settles in, I plan on taking a lot of time indoors to sit in my own sunlight... and make some dang soup.

Seven Soup Suggestions

1. Charred Tomato & Sage
2. Sweet Potato & Carrot with Ginger
3. Lentil & Turmeric
4. Power Greens
5. Black Bean with Peppers (sweet and/or spicy)
6. Borscht
7. Cauliflower and Onion



photo courtesy of hc

Soup Boosts

So, you've made a giant vat of soup. Now what? Time to take it to the next level.

1. Ladle into your most cherished bowl
2. Swirl in fruity fresh olive oil or maybe something creamy (dairy or coconut milk)
3. Speaking of creamy, consider cheese
4. Add crunch! Toasted seeds, nuts, croutons
5. Make it a meal with salad and a slice of toasted (GF) bread
6. Share with friends