



VEGETABLES AND FRUITS FROM A TO Z

A STORAGE AND HANDLING
GUIDE FOR YOUR CSA PRODUCE

REDFEARN FARMS

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Arugula

Arugula has a peppery, slightly nutty flavor. It is stronger than most salad greens, so it's often paired with other greens. Mature arugula has sturdy leaves, whereas baby arugula tends to be more tender and milder in flavor. Hotter weather makes for spicier leaves. Arugula is rich in vitamins A, K, and folate.



To store: Arugula is highly perishable and will only last about 4-5 days. Store in the fridge inside a plastic bag, to preserve moisture (but it shouldn't be stored wet).

To use: Used as a raw salad green, arugula pairs well with vinaigrettes. It can also be tossed in at the end of sautés or pasta dishes, and it stands up to salty dishes well. You can add it to a stir fry. You can use arugula in place of basil to make a peppery pesto or as a substitute for spinach. Try it in salsa verde, or chimichurri sauce. Use arugula to top sandwiches and pizzas, as a bed for grilled steak, or to garnish hors d'oeuvres.

Basil

There are many varieties of basil. We grow Basil Genovese, the traditional green variety.



To store: Basil is very sensitive to cold. Do not refrigerate fresh basil; it will turn black. To keep just harvested basil fresh, strip the lower leaves off the stems and place stems in a glass of water on the kitchen counter. Wrap the stripped leaves (or all your basil if your fresh basil arrives w/o adequate stems) in a dry paper towel and keep in an airtight container at about 50 degrees or room temperature.

To use: Try chopping it and adding to butter, cream cheese, or your favorite pasta sauce. Make a batch of pesto or simply puree extra basil with a bit of olive oil and freeze it in ice cube trays. It pairs well with tomatoes, eggplant, peppers, green beans and summer squash. Because it is so fragile, it is best to add basil near the end of a dish's cooking time.

To dehydrate: Remove leaves from stem and place on a piece of paper towel on a glass plate. Cover with another piece of paper towel. Microwave plate on high for 1 minute. Leaves will be dry. Crinkle them with your finger and place them in a dry container, such as a Mason jar with a lid.

Beans

Beans come in lots of varieties. We grow green beans as well as a some purple, yellow and “Yard-Long” beans.



Handling: Remove strings and stems of fresh beans before cooking.

To store: Store unwashed beans in a perforated plastic bag in the veggie bin of your fridge for up to 1 week. Rejuvenate limp beans by soaking them in ice water for 30 minutes.

To cook: Steam or simmer fresh beans in boiling water for 4-8 minutes. Watch carefully for beans to brighten in color and become tender, but not soft or mushy.

To freeze: Blanch in boiling water for 2 minutes, rinse in cold ice water, drain, dry well, and pack into airtight containers.

Beets

Red beets have a crimson color, sweet flavor, and red-veined leaves. Golden beets have yellow skin and flesh. Because they have a delicate flavor and their color doesn't run all over, they are a good choice for more decorative meals. Beets are rich in folate and vitamin C.



To store: If your beets still have greens attached, cut them off, leaving an inch of stem. Keep the greens unwashed and refrigerated in a closed plastic bag. Store the beet roots, with the rootlets (or "tails") attached, unwashed, in a plastic bag in the crisper bin of your refrigerator. They will keep for several weeks, but their sweetness diminishes with time. The yellow beets are especially sweet.

To prep: Just before cooking, scrub beets well and remove any scraggly leaves and rootlets. If your recipe calls for raw beets, peel them with a knife or a veggie peeler, then grate or cut them according to the recipe. To remove the skins, you can roast them in foil or boil them, and the peels will eventually come right off.

To cook: Beets are delicious, grated raw into a salad. Or slice them into finger-size sticks and eat raw with dip. Cube beets into a veggie stew. Serve sliced, steamed beets at room temperature tossed in olive oil with a dash of salt and pepper, or a simple vinaigrette. Bake beets in a foil-covered roasting pan with 1/2 cup water at 400 degrees. Or boil them, until easily pierced with a sharp knife. Both methods take 45 minutes to 1 hour. Peels should slide right off. Season with butter, salt, and pepper, or with cream and chopped fresh herbs; or with a vinaigrette.

To freeze: Wash and cook beets as described above. Cool them in ice water or let them come to room temperature. The peels should slide right off. Trim the beets into 1/4 inch slices or keep them whole (if they are small). Place in Ziplock freezer bag and remove as much air as possible. Seal and freeze.

Beet Greens

Beet greens are the tops of beets! They are medium sized leaves and have bright red veins. Large leaves can be cooked like chard, and small, tender leaves are good in salads. Beet greens are high in potassium, calcium, iron, beta carotene and vitamin C. You can also use them for making vegetable stock.



To store: Cut beet greens from their roots; store beet roots separately. Keep dry, unwashed greens in a sealed plastic bag in the refrigerator up to 1 week.

Handling: Wash leaves in basin of lukewarm water to remove grit. Remove the thicker stems.

To cook: Saute greens until tender in a covered pot or large sauté pan with olive oil, a pinch of salt, and garlic or onion. Watch for color to brighten as this signals they are done. Or... blanch greens until they wilt, 3-5 minutes. Dot the cooked greens with butter or cream and season with fresh herbs or salt and pepper. Serve cooked greens alone as a side dish or use them in soup or with pasta, beans, rice, or potatoes.

To freeze: blanch washed greens for 2-3 minutes. Rinse in cold water to stop the cooking process, drain, and pack into airtight containers.

Bok Choy

Bok choy, which may be written as bok choy, bok choy, or pac choy, is a traditional stir-fry vegetable from China. Choy grows in elongated, upright heads of dark green leaves with large, white stems. Since the texture of the leaves differs from that of the stems, bok choy is practically two veggies in one. The leaves can be cooked and eaten like spinach, while the crisp stems can be used like celery or asparagus. We grow Bok Choy nearly all year.



To store: Wrap bok choy in a plastic bag and place in the crisper of your fridge. Store for up to a week before the leaves begin to wilt.

Prep: Rinse choy under cold running water and shake it dry. Because the thick stems and tender leaves will require different cooking times and will usually be added separately, cut the stems from the leaves. Cut the stems into 1 inch pieces and slice, shred, or tear the leaves.

To use: For stir-fry, separate leaves from the thick white stem and chop both into 2-inch wide diagonal chunks. Put the stems in first near the end of cooking, then add the leaves for the last 2 minutes. Bok choy can also be simply steamed. Then toss with toasted sesame oil, butter, salt, or vinaigrette. A small choy is mild enough to eat raw. The stems resemble celery without the strings. Include small choy leaves as a tasty addition to a raw veggie platter. Add the small uncooked, shredded leaves of a small choy to salads.

Broccoli

Broccoli is a cool-weather crop, available only in the early summer. It is a member of the cole family. This family also includes cabbage, cauliflower, Brussels sprouts, Chinese cabbage, collards, kale and kohlrabi. All of the cole vegetables contain bioflavonoids that help reduce the risk of cancer. It is also a good source of vitamin C, vitamin A and folate, along with calcium, iron, and other minerals.



To store: Wrap broccoli loosely in a plastic bag and keep it in the vegetable bin of your refrigerator. It keeps for over a week but is firmest and tastiest if used within a few days.

Handling: Organic broccoli in particular seems to attract small green worms hiding in its depths. Soak head upside down in cold salted water (1 teaspoon salt to 8 cups of water) for 30 minutes to remove any hidden field worms. After cutting off the florets, don't discard the stem. Sliced stems are juicy, crunchy, and perfectly edible. If the skin is thick, you can remove it with a knife or peeler before adding the stem to your dish.

To use: Chop and separate florets, steam lightly for 5-7 minutes ... For salads and veggie platters, you may first want to blanch broccoli in boiling water for 2 minutes and then chill it instead of serving completely raw. Serve chopped broccoli as a pizza topping.

To freeze: Blanch 2-4 minutes, rinse under cold water, drain, let dry, and pack into Ziplock containers. Broccoli will not be firm when thawed and is best used in soups and stews.

Broccolini

Broccolini is a cross between Broccoli and GaiLan (an Asian veggie in the cole family). The plant is cultivated for its tender stalks, florets, and leaves, all of which can be eaten. It can be cooked or eaten raw. Broccolini is usually displayed in a refrigerated produce case sprinkled with ice because it wilts very easily. Choose firm, green, small stems with compact heads. Like broccoli, the flower buds that make up the florets should be tightly closed and dark green, not open or yellow.



To store: Refrigerate unwashed in your crisper wrapped in plastic or a damp towel for up to 5 days.

Handling: Rinse thoroughly in cold water, shake, and cut off the bottoms of the stalks.

To use: Broccolini can be eaten raw, but is more commonly lightly cooked. A light steaming brings out its distinctive taste. Cook it like broccoli, but whether you braise, sauté, boil, or steam it, only cook until barely tender. You can steam it in water or chicken broth, or sauté it with oil and garlic.

To freeze: Blanch for 2-3 minutes. Rinse in cold water to stop the cooking process, drain, and pack into airtight containers.

Butternut Squash

Winter squash is called winter squash because it can be stored over winter for an extended period after harvest in the fall. Squash have high levels of vitamin A and some vitamin C, folate and potassium. This squash has tan skin and a shape like a peanut. It has bright orange flesh and is one of the sweetest squashes.

Substitutions: *Butternut can be substituted by any winter squash (except maybe spaghetti squash).*



To store: Store in a cool, dry, dark place at around 50 degrees, but make sure they do not freeze. Under the best conditions, they should keep for 3-4 months. And they get sweeter in storage as the starch converts to sugar. Once cut, you can wrap them in plastic and store them in the refrigerator for 5 to 7 days.

To use: To bake, slice in half lengthwise, scoop out seeds, and place facedown on cookie sheet. Add 1/2 inch of water to pan. Bake at 400 degrees for 45 minutes to an hour until shells are soft and starting to collapse. Remove and fill with butter, brown sugar, maple syrup, seasoning or fillings.

To freeze: Winter squash freezes well. Simply cook squash and mash or puree it. Then pour it into ice cube trays and freeze. Pop the frozen cubes into freezer Ziplock bags.

Cabbage (Chinese)

Chinese cabbage heads are not packed as tightly as the red and green types.



To store: Just stick dry, unwashed cabbage in the refrigerator, preferably in the vegetable bin. The outer leaves may eventually get floppy or yellowish, but they can be removed and discarded to reveal fresh inner leaves. Chinese Cabbage can keep for about 1 month. Once cut, wrap it in a plastic bag and continue to refrigerate; it will keep for a week.

Handling: Rinse the cabbage under cold water before use. Cut cabbage head first into quarters, then diagonally across the wedge. Be sure to remove the stem end and triangular core near the base.

To use: Make raw cabbage into coleslaw or sauerkraut/ kimchi.... Eat raw grated cabbage in your salad ... Cooking celery with cabbage helps cut the strong cooking odor of cabbage. Briefly steam slivered and rinsed cabbage for 5 minutes. Top with butter and a pinch of salt and pepper or grated cheese. For the best cabbage, stir-fry or braise it until slightly browned ... Use large Cabbage leaves to wrap grain, rice, or meat fillings.

To freeze: Rinse cabbage and shred it. Cook in boiling pot of water for 1 minute, then douse in ice water to stop the cooking process. Drain the cabbage and dry as much as possible. Place in Ziplock freezer bag and remove as much air as possible. Put in freezer.

Carrots



To store: To avoid “floppy carrots,” you need to remove the green tops as soon as you can, leaving about an inch of stems. If you can only do one thing to prep your veggies for storage, this should be it. Refrigerate these carrots in a plastic bag. You can also store them in a bin of water (like celery) to keep them crisp, changing out the water every few days. Save the tops to use for a pesto or seasoning (store those in a bag in the fridge). Or put them in a plastic Ziplock in your freezer and use them to make DIY vegetable or chicken stock.

To use: Organic carrots don't need to be peeled. Eat carrot spears plain or dipped in hummus, peanut butter, or creamy dressing.

To Cook: Combine carrots with other root vegetables for a roasted vegetable platter. (Lightly coat in oil and salt and roast at 400 degrees until veggies start to brown all over about 30 minutes).

Carrot tops: Fresh carrot tops can be chopped into a green salad. The greens can be dried and used as an herb like parsley. Carrot tops also make a wonderful pesto!

To freeze: Blanch for 3 minutes, rinse in cold ice water, drain, let dry, and pack in airtight container.

Celery

Homegrown celery is more fragrant than store bought. The leaves also add lots of flavor, so add those to soups or stock.



To store: Refrigerate celery in a plastic bag/ container to preserve moisture or in a bin of water to keep them crisp, changing the water every couple days.

To use: Chop stems and add to chicken salad, egg salad or tuna salad. Add to soups for great flavor. Freeze the leaves and scraps for vegetable broth.

Chard, Swiss (Rainbow)

Swiss chard has expansive, pocketed leaves with stems in a spectrum of colors: red, white, green, yellow. It is actually in the beet family but doesn't develop a bulb. Its leaves are more tender and delicate than other greens. Eat small leaves raw in salads and blanch or steam larger leaves. You can freeze chard for recipes later.



To store: Keep dry, unwashed greens in a sealed plastic bag in the refrigerator up to 2 weeks. Or place in a glass of water with a bag on the leaves in your refrigerator.

Substitutes: spinach, beet greens, kale

To use: Use swiss chard leaves as a wrap. Chop raw stems and use as salad topping. Add uncooked greens to a mixed green salad. Use swiss chard in green smoothies (swiss chard can also be sliced and frozen for using later for smoothies).

To cook: Saute sliced chard, stems and greens, until tender in a large sauté pan with olive/ coconut oil, a pinch of salt, and garlic or onion. Watch for color to brighten as this signals they are done. Steam stem pieces 8-10 minutes, and leaves 4-6 minutes. Serve cooked chard alone as a side dish or use them in soup or with pasta, beans, rice, or potatoes. Chard also goes great in stir-fries or in any recipe calling for spinach. Add sliced Chard to omelets instead of spinach.

To freeze: Blanch washed greens for 2-3 minutes. Rinse in cold ice water to stop the cooking. Drain and freeze.

Cilantro

Cilantro looks like parsley, but has a strong soapy smell and flavor. It is used in ethnic cuisine — Asian, Indian, and Mexican (especially salsa). Since it doesn't stand up to much heat, it is usually added to a dish right before serving.



To store: For short-term storage, stand upright in a container with an inch of water. Then cover the herbs loosely with plastic bag and refrigerate for up to 2 weeks. Or store Cilantro in a produce bag to preserve moisture.

Claytonia

*Claytonia is a cold hardy microgreen only available in the cold/ cool season.
It has a mild, sweet flavor.*



To store: Store claytonia in its plastic bag in the crisper drawer of the refrigerator. Best used very fresh, but may last for a week.

To use: Use raw as a salad topping. Add to sandwiches or wraps.

Collard Greens

Collards are a member of the brassica family and have large, smooth, paddle-shaped leaves. You'll want to eat these quickly because they take up so much room. They contain almost as much calcium as milk. The thick stems require longer cooking than the leaves. Season collards with vinegar, hot pepper sauce, bacon, garlic, onions, chile peppers, or lemon.



To store: Place collards unwashed, wrapped in a sealed plastic bag in the crisper drawer of the refrigerator. Best used very fresh, but may last for a week.

Handling: Wash leaves in basin of lukewarm water to remove grit. If your greens have thick stems, you should remove them. Fold each leaf in half and slice out the stem. Then stack the leaves up and slice them diagonally into 1-inch-wide strips.

To use: Collard leaves can be barely blanched (just about 30 seconds) and then use as a wrap.

To cook: Saute greens until tender in a covered pot or large sauté pan with olive oil, a pinch of salt, and garlic or onion. Or blanch greens until they wilt, 6-10 minutes. Dot the cooked greens with butter or cream and season with fresh herbs or salt and pepper. Serve cooked greens alone as a side dish or use them in soup or with pasta, beans, rice, or potatoes.

To freeze: Blanch washed greens for 2-3 minutes. Rinse in cold ice water to stop the cooking process, drain, and pack into airtight containers.

Cress

Cress is a leafy green with a spicy flavor similar to arugula.



To store: Store cress in its plastic bag in the crisper drawer of the refrigerator. It can last about 1 week in the fridge.

To use: Add to salad greens. Add to sandwiches or wraps.

Cucumbers

Cucumbers are in a family known as cucurbits that includes melons, squash, pumpkins and gourds. The Redfearn Farm grows long slender English-type and mini cucumbers, both with thin skins and “normal” slicing cucumbers with medium green skin.



To store: Put cucumbers in a sealed plastic bag in the crisper drawer of the refrigerator for up to a week. Keep them far away from tomatoes, apples, and citrus which accelerate their deterioration.

Handling: Slicing cucumbers are often peeled. English and mini ones are not. If the seeds are bulky, slice the cucumber lengthwise and scoop them out. Scoring the skin of a cucumber with a fork or zester gives it attractive stripes. Slice, dice or cut into chunks according to recipe.

To use: Eat cucumbers raw in sandwiches or salads. Try cucumber rounds topped with vegetable, egg, or tuna salad, goat cheese, or simply sprinkle with salt. Use cucumbers in chilled summer soups. Slice up cucumbers and drop into a pitcher of water to make cucumber water.

Cucumbers, Mini

The Armenian cucumber is similar to the common cucumber, although botanically it is a melon. It has thin skin with corduroy-like ribs and is usually twisted into odd shapes. It has a mild taste and is excellent for slicing. It does not have to be peeled. This item is a delicacy and fun for kids with its serpentine shapes.



To store: Put cucumbers in a plastic bag in the crisper drawer of the refrigerator for up to a week. Keep them far away from tomatoes, apples, and citrus which accelerate their deterioration.

To use: Eat cucumbers raw in sandwiches or salads. Try cucumber rounds topped with vegetable, goat cheese, egg, or tuna salad, or simply sprinkle with salt. Use cucumbers in chilled summer soups.

Dill

Dill has feathery, blue-green leaves with a bright, clean, summery taste. It is a standard in pickling. It also combines well with green beans, broccoli, cabbage, carrots, cauliflower, tomatoes, parsnips, potatoes, spinach, cucumber, squash, eggplant, and eggs. Try adding it to yogurt sauces or baking it in bread.



To store: For short-term storage, stand upright in a container with an inch of water. Then cover the herbs loosely with a plastic bag and refrigerate for up to 2 weeks.

To freeze: Rinse dill in water and shake off excess water. Spin dry or pat between layers of paper towels. Trim off the long stem ends leaving only an inch attached to the feathery foliage. Place a couple of sprigs together inside a resealable plastic freezer bag; press out all of the air and seal. When you need fresh dill for a recipe, remove the frozen sprig and snip off what you need while still frozen. Do not let it thaw.

Eggplant

Eggplant is a close relative of tomatoes, peppers and potatoes. They are smooth-skinned, oval to elongated, and range in color from white, to black to purple to pink! Eggplant requires the right kind of preparation; otherwise it can be unpleasantly bitter, rubbery, or watery.



To store: Wrap unwashed eggplant in a towel (not plastic) to absorb any moisture, and keep it in the veggie drawer of your refrigerator. Or store unrefrigerated at a cool room temperature. Use within a week and it should still be fresh and mild.

Handling: Eggplant is sometimes peeled. The flesh will brown when exposed to air. To prevent browning, coat in lemon juice or keep submerged in water. Rinse eggplant in cool water and cut off the stem. The shape of the eggplant determines how to prepare it: cut straight narrow eggplant into strips for grilling or broiling, and cut a rounded bulbous eggplant into cubes for stews and stir-fries. To remove bitter flavors and excess moisture, lightly salt slices of eggplant and allow them to sit in a colander for 10-15 minutes. Gently squeeze out any liquid. Eggplant will now soak up less oil and need less salt in preparation.

To use: Stir-fry or sauté 1-inch cubed eggplant in a very hot sauté pan with peanut oil until the eggplant has released much of its water and is very soft. Or brush 1/2-inch to 1-inch slices of eggplant with olive oil or melted butter and broil or grill until brown. You can also pierce a whole eggplant in a few places with a knife, lightly coat with olive oil, and bake at 375 degrees until the eggplant is very soft and collapsed, 30-60 minutes.

To freeze: Peel and cut into slices 1/3-inch thick. To preserve color, soak 5 minutes in a solution of 4 T salt per gallon water — otherwise don't worry about it. Blanch for 2 minutes in steam. Cool immediately in cold water. Package in layers with each slice separated with two pieces of wrap.

Fennel

At the Redfearn farm, we usually grow fennel just to the “baby” stage, when the bulb and much of the stems can be sliced and prepared. The fernlike tops can be used like an herb and pairs well with fish or pork.



To store: unwashed fennel may be kept in a plastic bag in the refrigerator crisper drawer for 2 weeks.

To use: The fennel bulb and tender stems can be sliced or chopped and used as a pizza topping, with Italian dishes (fennel is what gives Italian sausage its characteristic flavor), or with roasted vegetables. Also try fennel raw: brush raw slices with olive oil and lemon juice, sprinkle with salt and pepper and serve as an appetizer. Use the fernlike tops as a licorice-flavored herb or garnish. Use the stems in soup stocks in place of celery. Grill, braise, or roast fennel. The feathery leaves are great on baked or broiled fish with butter and lemon.

Garlic & Garlic Scapes

We harvest both garlic bulbs and the garlic scapes. Garlic scapes are the curlicue flower stalks we snap off garlic plants in the spring. Not only will you get to enjoy garlic-flavored scapes while you wait for the bulbs to come on, you'll also get bigger bulbs of garlic later in the season as a result of our removing the flower stalks. Snapping off the flower redirects the plant's energy down toward the root, increasing the bulb size by 30%!



To store: Like onions, garlic can be eaten fresh or dried. Dried, cured garlic appears in August and can be kept for several months in a dark, dry, well ventilated place at a cool room temperature. Warm temperatures will encourage the cured garlic to sprout. Garlic scapes appear in late May and harvest lasts for 2-3 weeks. Store them unwashed in a loosely wrapped plastic bag in the refrigerator for up to 2 weeks.

To use: For garlic aroma, try rubbing a cut clove around the rim of a baking dish. Try roasting garlic: cut tops off garlic to expose cloves, brush with olive oil, and bake for 1 hour at 350 degrees. Squeeze garlic out of its skins and spread on crusty bread. Garlic scapes can be chopped or diced raw into green or pasta salads, sautéed in place of bulb garlic, sprinkled onto pizza, eaten raw, or used anywhere garlic flavor is desired. They're also a key ingredient in pesto.

To freeze Garlic: Leave the skins on and place individual cloves in a Ziplock bag. You can also take the skins off, chop in half and freeze on a cookie sheet until solid, then freeze in Ziplock bag. Or, mince fine (or use a garlic press) and mix with coconut oil. Place teaspoon of oil/garlic mix on cookie sheet and freeze solid. Pop them into a Ziplock bag. Garlic Scapes can likewise be chopped and frozen in Ziplocks.

Ginger, Fresh Baby

We harvest baby ginger in September to early November. The baby ginger is juicy, mild, pink-hued instead of the more commonly seen old fibrous roots —young ginger has that almost translucent skin that rubs right off. It's less fiery and fibrous than gnarled roots and easier to cook with since no peeling is required. Ginger contains very potent anti-inflammatory compounds called gingerols. Gingerols, have been shown to inhibit the growth of cancer cells as well as being an effective pain reliever for arthritis sufferers. Ginger has a long history of being very effective at alleviating gastrointestinal distress and motion sickness, especially seasickness. Ginger is so concentrated with active substances, you need very little to receive its beneficial effects. For nausea, make a ginger tea by steeping one or two 1/2-inch slices (one 1/2-inch slice equals 2/3 of an ounce) of fresh ginger in a cup of hot water. For arthritis, some people have found relief consuming as little as a 1/4-inch slice of fresh ginger cooked in food.



To store: fresh baby ginger can be stored at cool room temperature for 4-5 days, but will develop a skin on the surface. Ginger can also be stored in the fridge in a loose bag for up to 2 weeks.

To freeze: Fresh ginger can be frozen, stored for up to a year and used when needed, right from the freezer. Freeze an entire rhizome (more commonly called ginger roots), grate what you need and return the frozen piece to the freezer.

Or, Freeze minced or thinly sliced ginger in individual portions or in bulk. It is very important to return unused frozen ginger to the freezer immediately or it will become "mushy". If you forget to put it back in the freezer and end up with watery, mushy ginger rhizomes, place them in a food processor or blender and puree. Store the puree in the refrigerator for up to three weeks or dehydrate it to use as a ginger powder.

Ginger can also be stored longer by making Japanese pickled ginger, candied ginger and ginger syrup. You can make ginger syrup using the cooking liquid of the ginger, mixed with equal amount of sugar and brought to a boil to dissolve sugar and then refrigerated or frozen. Freeze the candied ginger for longer storage.

Kale

Kale is a member of the brassica (broccoli/ cabbage) family. It is a very versatile green, used raw in salads or smoothies or cooked as a side dish or in a soup. It is high in beta carotene, vitamins A and E. It is rich in bioflavonoids that help protect against cancer.

Substitutions: Collards, turnip greens, beet greens, broccoli raab, mustard greens, dandelion, spinach and Swiss chard. Although greens have distinctive flavors that lend them to a particular preparation, they can be used interchangeably in recipes.



To store: Place kale unwashed, wrapped in a sealed plastic bag to preserve moisture in the crisper drawer of the refrigerator. Can stay fresh for a week. If kale becomes limp during storage, it usually can be rejuvenated by placing in a large bowl of very cold water for about 30 minutes.

Handling: Wash leaves in basin of lukewarm water to remove grit. If your greens have thick stems, you should remove them. Fold each leaf in half and slice out the stem. Then stack the leaves up and slice them diagonally into 1-inch-wide strips.

To cook: Saute greens until tender in a pot or sauté pan with olive oil, a pinch of salt, and garlic or onion. Dot the cooked greens with butter or cream and season with fresh herbs or salt and pepper. Try serving cooked greens alone as a side dish or use them in soup or with pasta, beans, rice, or potatoes. Add a few sliced kale greens to soups and stews during the last 10 minutes of cooking time. Add sautéed kale to omelets, quiches, scrambled eggs, or casseroles. Try kale chips (works best with curly kale).

To freeze: Blanch washed greens for 2-3 minutes. Rinse in cold ice water to stop the cooking process, drain, and pack into airtight containers.

Kohlrabi

The name says it all: kohl (cabbage) rabi (turnip). This plant was developed by crossing a cabbage with a turnip! The edible part of the plant is an enlarged section of the stem that develops just above the ground. It comes in two colors: a light green and purple bulb.



To store: Store kohlrabi globe and leaves separately. The globe will last for 2 weeks refrigerated in a plastic bag. Wrap leaves and stalks in plastic bag and keep in hydrator drawer of refrigerator.

Substitute: Substitute kohlrabi where recipes call for carrots, potatoes, or turnips.

Handling: Rinse under cold running water just before use. Peel the outer skin off. Trim off the remains of the stalks and root. Grate, slice, or chop as desired.

To use: Young kohlrabi leaves can be used in recipes calling for greens. (Remove the tough stems from the leaves.) Cut raw kohlrabi bulb into sticks for a refreshing addition to a raw vegetable tray or grate it for salads. Lightly boil, steam or bake it, or add it to stews and stir -fries. Steam kohlrabi whole 25-30 minutes or thinly sliced 5-10 minutes. Dress slices simply with oil, lemon juice, and fresh dill.

To freeze: Cut into cubes or slices and blanch for 3-4 minutes. Place into ice water bath to stop the cooking. Drain and dry. Place in Ziplock freezer bag.

Komatsuna

Komatsuna is a member of the brassica (broccoli/ cabbage) family. It is high in calcium, beta carotene, vitamins A and C. It is rich in bioflavonoids that help protect against cancer.



To store: Place unwashed Komatsuna, wrapped in a sealed plastic bag to preserve moisture, in the crisper drawer of the refrigerator. Can stay fresh for up to a week.

To use: It is similar in flavor to spinach and young leaves can be used raw in salads or can be sauteed as a side dish.

Leeks

Leeks look like large, flat-leaf scallions, which have a buttery taste to them. They can be substituted for onions in recipes, however since they do not caramelize well, be sure they don't burn.



To store: Cut off the green tops (save those greens and put them in your veggie freezer bag to make veggie stock). Loosely wrap unwashed leek bottoms (with roots attached) in a plastic bag and store them in the crisper drawer of your refrigerator where they will keep for 2 weeks.

Handling: Cut the leek about 1 inch above the white part, where the leaves begin changing from dark to light green. Save the unused greens; they'll give great flavor to your next vegetable stock. Slit the leek lengthwise and soak it in lukewarm water for 15 minutes. Fan the leaves under running water to dislodge dirt, then pat dry.

To use: Use leeks in salads, casseroles and soups. They can be left whole and eaten as a cooked vegetable — braised, boiled or steamed. Steam or boil leeks for 10-12 minutes. Top with butter, a dash of salt, pepper, and Parmesan cheese. Use slimmer, younger leeks raw in salads. Grill or braise leeks for simple side dish. Saute leeks for use in soups or stews.

Lettuce (head)

We grow several varieties of head lettuce on our farm, from green butter heads to red crisp heads.



To store: store unwashed lettuce in a plastic bag in the refrigerator. To store lettuce that you have already washed and dried with a spinner, place back in a plastic bag with a dry paper towel in the bag, and place the package in the vegetable crisper bin.

Handling: Slice the head at its base with a knife and let the leaves fall open. Discard any damaged or leathery outer leaves and tear large leaves into bite-size pieces. Wash leaves in a basin of cold water. Dry in a salad spinner.

To use: Include combinations of greens and lettuce with grapefruit, pear, avocado, raw or roasted nuts, flax or sunflower seeds, olives, fine cheese, cooked grain, pasta, croutons, or edible flowers.

Lettuce (mix)



To store: store lettuce/ Salad mix in a plastic bag in the refrigerator. Can stay fresh for up to 1 week, as long as it is kept cold.

To use: Combine with chopped/ sliced veggies (radishes, carrots, cucumbers, peppers, tomatoes), nuts or seeds, olives, fine cheese, cooked grain, pasta, croutons, or edible flowers.

Mustard Greens (Mizuna)



To store: store Mustard Greens in a plastic bag in the refrigerator. Can stay fresh for up to 1 week, as long as it is kept cold.

To use: Chop greens, including stems and quickly sauté with olive oil, butter or bacon grease. Great as a side dish or pairs well with Indian curries, a topping for a rice bowl, added to a white bean stew.

Onions (red & yellow)

Red and Yellow Storage Onions may be kept in a cool, dark, dry place, in a perforated paper bag.



To store: Be sure to store onions and potatoes in separate places. Moisture given off by potatoes can cause onions to spoil. Uncured storage onions should be stored in the refrigerator in a plastic bag. (Eat within a week or two). You'll know they're uncured if they still have the green stalk attached.

Handling: When the sulfur in cut onions meets the water in your eyes, it turns into sulfuric acid — hence the infamous onion-induced tears. To reduce the assault, use a very sharp knife, or chill your onions in fridge before cutting them. If you're planning to use chopped or sliced onions raw, it's a good idea to rinse them in water before use as this takes away the unpleasant bite. Reserve a separate cutting board just for onions, garlic, leeks, and scallions. Peel the onion's skin and cut off the roots and top. Save your papery onion skins in a bag in your freezer reserved for making vegetable stock. If you encounter a little rot in your onion, just cut away the bad sections. If there are a few black spots, rinse the whole onion in cool water and rub the spots off with your thumbs.

To freeze: Cut or slice onions to desired size and place in freezer Ziplock bag. Remove all the air and seal. It helps to freeze them in 2-3 cup increments. When you need them, simply add them to your recipe. Frozen onions will turn soft when they thaw, so don't use them for recipes that need crisp onions.

Peas (Sugar Snap)

Peas are a cool weather crop, which means they show up only in the early part of the CSA season. Sugar snap peas have an edible peapod that is picked when the pods are well-filled. They are rich in vitamins A and C, thiamine, riboflavin and potassium.



To store: Use as soon as possible within 4-5 days of harvest. Refrigerate in perforated plastic bag in the crisper drawer.

To use: Snap peas need stringing. Snap off stem tip toward the flat side of pod and pull downward. Eat young, fresh snap peas raw. Put them on top of a salad. Add raw peas to stir-fry or soup in the last stages of cooking. Steam peas until just tender-crisp, 3 minutes. Toss with butter, olive oil, cream, vinaigrette, or pesto.

To freeze: Peas freeze well but will lose their crunchy texture. Remove stems/strings. Blanch peas for 1 minute, rinse under cold water, drain, and pack into Ziplock freezer bags.

Peas Shoots

Pea shoots have soft leaves, curly-cue tendrils and succulent stems. They are baby pea plants. And they're rich in nutrients.



To store: Store in a plastic bag in the fridge, they stay fresh about a week.

To use: You can eat pea shoots raw in a fresh salad; they are a fresh tasting topping with a light sugar snap pea flavor. Pea shoots are wonderful in sandwiches and wraps. You can add them to stir fry dishes at the end of cooking.

Parsley

Parsley is often thought of as an Italian herb, but is much more versatile, lending a fresh flavor to many savory dishes. Parsley contains several important nutrients, such as vitamins A, K, and C. It's also a good source of the minerals calcium, iron, magnesium, and potassium.



To store: For short-term storage, stand upright in a container with an inch of water. Then cover the herbs loosely with plastic bag and refrigerate for up to 2 weeks. Alternatively, store in a plastic bag to preserve moisture.

To dry parsley: Remove leaves from stem and place piece of paper towel on glass plate. Cover with another piece of paper towel. Microwave on high for 1 minute. Leaves will be dry. Crinkle them with your finger and place them in a dry container, such as a Mason jar with a lid.

To freeze: Frozen herb cubes are easy to make. One frozen herb cube is equal to 1 Tablespoon fresh or 1 teaspoon dried herb. Just add a cube when your recipe calls for the herb. To prepare herbs for freezing: Rinse them gently in cool water. Chop the leaves fairly coarsely. Spoon 1 tablespoon of the herb into each compartment of an ice cube tray, add about 1 inch of water to each compartment, and place the tray in the freezer. Remove the frozen herb cubes from the trays and bundle all the cubes in a plastic freezer bag. Remove as much air as possible, seal and store in the freezer for up to a year.

To use: Toss it into a green salad. Excellent in soups and stews or in homemade tomato sauce, parsley is famous for freshening breath at the end of a meal. Use it to make compound butter to top steaks and breads. Dehydrate it for seasoning later. You can also save the stems or leaves for your freezer Ziplock bag in the freezer to make vegetable stock. Chopped parsley leaves can be used to top steaks. Parsley is the key ingredient of two popular sauces, Chimichurri and Gremalota.

Peppers, sweet & colored

Sweet peppers come in a variety of colors when ripe: red, yellow, Orange and purple. Red, orange and yellow peppers are simply green peppers that were allowed to ripen to their full color change. They are sweeter and need to be eaten sooner. Shapes and sizes vary from round to bell-shaped, to elongated, to banana shaped.

Green peppers are stronger flavored, firmer and can be stored longer than colored pepper. Shapes and sizes vary from round to bell-shaped, to elongated, to banana shaped.



To store: Refrigerate peppers unwashed in a sealed plastic bag in the refrigerator for 1-2 weeks.

To freeze: Wash and dry peppers. Freeze whole or cut into bite-size pieces and place in ziplock freezer bag, removing as much air as possible. Peppers will soften when thawed, so take out only the amount you need, and use them in recipes where their crisp texture is not necessary. You can also dry peppers in a food dehydrator.

To use: For greatest nutrition retention, eat bell peppers raw as a topping for salads and sliced as a healthy snack. Peppers can also be added to stir-fries, fajitas, Philly steak sandwiches or roasted with other vegetables. Stuffed peppers are also a wonderful main dish.

Hot Peppers



To store: Refrigerate peppers unwashed in a sealed plastic bag in hydrator drawer for 1-2 weeks. You can also dehydrate peppers for long-term.

Handling: Be careful when preparing hot peppers of any kind. For greatest safety wear rubber gloves while chopping and handling them. Do not touch your eyes, nose, mouth or other places. Wash hands thoroughly when finished. Slice off the top of the hot pepper, including the stem. Since the heat in chile peppers is concentrated in the seeds and membranes, you can use the whole pepper for a spicy dish, or cut out the heat-filled seeds and membranes and use just the flesh of the hot pepper for cooking (chile flavor without the bite).

To freeze: Wash and dry peppers. Keep whole, or cut into bite-size pieces and place in ziplock freezer bag (squeeze out any air). Peppers will soften when thawed, so take out only the amount you need, and use them in recipes where their crisp texture is not necessary.

Potatoes

Boiling potatoes: have a firm, waxy texture. Because they hold their shape well when boiled or steamed, these low-starch potatoes are good choices for salads, soups, stews, or au gratin dishes. (Tip: if after slicing a raw potato, the knife comes out clean, chances are it is more suited to boiling than baking). Our boiling potato varieties include: Golden potatoes and red potatoes.

All-purpose potatoes: have qualities that fall in between those of boiling and baking potatoes. They include: blue potatoes, Yukon Gold potatoes, Kennebec potatoes.



To store: Keep unwashed potatoes in a cool, dark, dry place, such as a loosely closed paper bag in a cupboard. They will keep for two weeks at room temperature. Moisture causes potatoes to spoil, light turns them green, and proximity to onions causes them to sprout. Don't put them in the refrigerator, as low temperatures convert the starch to sugars. However, new potatoes, which are young and thin-skinned, may be refrigerated if you don't plan to eat them within a few days.

Handling: Scrub well and cut off any sprouts or green skin. Peeling is a matter of preference. In soups, the skins may separate from the flesh and float in the broth, but when baked, pan-fried or roasted, the skins acquire a crisp, crunchy texture. If baking a whole potato, be sure to prick the skin at least 2 places to allow steam to escape.

To use: Boil potatoes in water for 20-30 minutes until tender. If desired, mash them. Use potatoes in soups, hash browns, and salads. Roast sliced or whole small potatoes with fresh herbs, salt, and olive oil at 400 degrees until tender, about 20 minutes.

Radishes (Diakon)



To store: Remove radish leaves if they are still attached. Store the unwashed greens in a loosely wrapped plastic bag in the crisper bin of your refrigerator and use ASAP. Store daikon radish roots in a plastic bag in the refrigerator for up to a month.

Handling: Scrub radishes well to remove dirt. Trim off the stem and rootlets.

Radishes (Black Spanish)



To store: Remove radish leaves if they are still attached. Store the unwashed greens in a loosely wrapped plastic bag in the crisper bin of your refrigerator and use ASAP. Store Black Spanish radish roots in a plastic bag in the refrigerator for up to a month.

Handling: wash radishes well to remove dirt. Trim off the stem and rootlets.

Radishes (Watermelon)



To store: Remove radish leaves if they are still attached. Store the unwashed greens in a loosely wrapped plastic bag in the crisper bin of your refrigerator and use ASAP. Store watermelon radish roots in a plastic bag in the refrigerator for up to a month.

Handling: Scrub radishes well to remove dirt. Trim off the stem and rootlets.

To use: Watermelon Radishes are wonderful thinly sliced on salads, adding zest and crunch to your greens. Don't limit yourself to leafy green salads, radishes add zest to shaved vegetable salad.

Radishes (Red Ball)

Radishes come in all kinds of colors: red, white, black, purple, and pink.



To store: Remove radish leaves if they are still attached. Store the unwashed greens in a loosely wrapped plastic bag in the crisper bin of your refrigerator and use ASAP. Store radish roots in a plastic bag in the refrigerator for 1-2 weeks.

Handling: Scrub radishes well to remove dirt. Trim off the stem and rootlets. Slice, chop or mince the roots or leave them whole.

To use: Eat radishes raw with a sprinkle of salt, or with room-temperature butter. Grate radishes into slaws and salads.

Leaves: Try small young radish leaves in salads or scrambled eggs; they are perfectly edible and have a terrific earthy taste like watercress. Blanch whole radishes in boiling, salt water for 5-10 minutes, or steam them until just tender, 8-12 minutes. Top with butter, salt, and pepper or with a vinaigrette. They're also great grilled.

Raw: Radishes are wonderful thinly sliced on salads, adding zest and crunch to your greens. Don't limit yourself to leafy green salads, radishes add zest to shaved vegetable salad.

Scallion (Green Onions)

Scallions are young onions that are considered “bulbless.” Also called green onions, they can range from sweet to spicy, but generally their flavor is milder than a full-grown onion. Their round, hollow tops are almost always sweet. We grow two varieties: green (white bulb) and purple (purple skinned bulb).



To store: Scallions should be stored wrapped loosely in a plastic bag in the refrigerator where they will keep for a week. Alternatively stand the scallions in an inch of water in a tall container covered loosely with a ziplock bag, refreshing the water every 3 days.

To eat: You can eat the entire scallion. Rinse scallions in cold water and snip off anything that’s floppy. Use chopped scallions as a garnish; they are less pungent. The minced greens of scallions are a good substitute for chives. Use scallions in almost any recipe calling for onions, raw or cooked. They are excellent in soups and stew. Try brushing scallions with sesame oil, salt, and pepper and put them on the grill. You can also use any part of the onion for your freezer bag of vegetable stock ingredients.

To freeze: Chop into desired size and place on cookie sheet and freeze. Then pop into a Ziplock baggie and store in the freezer.

Spaghetti Squash

Winter squash is called winter squash because it can be stored over winter for an extended period after harvest in the fall. Squash have high levels of vitamin A and some vitamin C, folate and potassium. This variety of winter squash has unusual string-like flesh, which looks like spaghetti when scraped out with a fork. They are often baked or boiled and then the mildly sweet flesh is scooped out and topped with spaghetti sauce.



To store: Store in a cool, dry, dark place at around 50 degrees, but make sure they do not freeze. Under the best conditions, they should keep for 3-4 months. And they get sweeter in storage as the starch converts to sugar. Once cut, you can wrap them in plastic and store them in the refrigerator for 5 to 7 days.

To use: To bake, slice in half lengthwise, scoop out seeds, and place facedown on cookie sheet. Add a 1/2 inch water to the pan to avoid drying out. Bake at 400 degrees. Squash will need about an hour—90 minutes to cook, depending on size. Cook until tender. Flesh is done when it scoops out easily in spaghetti-like strings. Serve hot with butter and parmesan cheese or your favorite tomato sauce on top.

Spinach

Spinach is a member of the greens family. Spinach has small leaves with thick stems. It can be served raw in salads or lightly cooked. The best spinach results come from briefly blanching, steaming, or sautéing until it turns bright green.

Substitutions: turnip greens, beet greens, broccoli raab, mustard greens, dandelion, kale, collards, and Swiss chard.



To store: Keep spinach greens in a sealed plastic bag in the refrigerator up to 1 week.

To use: Add raw spinach to a mixed green salad.

To cook: Blanch spinach until it wilts, 2-4 minutes, or steam for 5-8 minutes. Or saute greens until tender in a covered pot or large sauté pan with olive oil, a pinch of salt, and garlic or onion. Watch for color to brighten as this signals they are done. Serve cooked spinach alone as a side dish or use it in soup or with pasta, beans, rice, or potatoes. Use cooked spinach in enchiladas, quesadillas, crepes, lasagna, and mac and cheese. For breakfast, sauté slivered greens and garlic in the frying pan before adding to eggs for scrambling. Use leftover cooked spinach in omelettes, quiches, or soups.

To freeze: Blanch washed greens for 1 minute. Rinse in cold water to stop the cooking process, drain, and pack into airtight containers.

Stir-fry Greens

Our stir fry greens are a flavorful mix of tat soi, napa cabbage, purple pac choi and red and green mustards.

Nutrition: The stir-fry greens mix belongs to the nutrient- dense cruciferous family of vegetables, the same family as Broccoli and Cabbage. Tat Soi and other cruciferous vegetables have anti-cancer properties, helpful for bone health, heart health and blood pressure. These greens are good sources of vitamin A, vitamin K, vitamin C, dietary fiber and more.



To store: Keep refrigerated in a container that preserves moisture (plastic bag, Tupperware or glass container)

To use:

Raw: Small, tender stir-fry greens are a flavorful addition to salads. Larger stir-fry greens can be chopped and added raw to rice/ Asian dishes at the very end.

Cooked: Stir fry greens can be chopped and added the last minute of cooking a stir fry dish. Stir- fry greens, chopped, make a wonderful addition to fried rice, added at the end of cooking.

<https://cookieandkate.com/vegetable-fried-rice-recipe/> Stir-fry greens can be added at the end of cooking Korean beef as in this dish: <https://damndelicious.net/2013/07/07/korean-beef-bowl/>

Stir-fry greens can be added at the end of cooking Indian or Thai Curry as in this dish: <https://pinchofyum.com/instant-pot-red-curry-lentils?fbclid=IwAR2cpzJsU3KubfmEPnFEA-W8oxA4z3HcYBmQvtF0xMw9jQM-0lYwjW131Do>

Stir- fry greens, chopped, can be add quinoa and roasted sweet potatoes for a super nutritious dish. Also stirred in some kimchi and siracha for flavor.

Summer Squash

Summer squash is a general term for 70 different types of fast-growing, tender-skinned, soft-fleshed squash. Zucchini is the most famous, followed by yellow squash (either straight or crookneck), and scallops (or patty pan) which look like flying saucers. If you get a giant-sized zucchini, use it for making zucchini bread. It will be too tough and seedy for other recipes.

Substitutions: All summer squashes can be used interchangeably.



To store: Store squash unwashed in a perforated plastic bag in the vegetable bin. In the refrigerator they keep for about a week and a half.

Handling: Rinse under water to remove the dirt or prickles, and slice off the stem and blossom ends. Then slice or chop. Scrape out seeds from baseball bat sized zucchinis before using them to bake.

To use: Because of their bland flavor, summer squash lend themselves to many cooking applications, taking on the flavor of whatever they're cooked with. Try using them as a substitute for rice, pasta or potatoes. Slice tender, young summer squash into salads. Try them in stir-fries, with pasta. Lightly steam (4-5 minutes) and dress them with fresh herbs or pesto. Or coat squash lightly in oil and roast at 350 degrees whole or sliced in half for 15-45 minutes. Stuff whole squash with your favorite stuffings.

To freeze: You can freeze pureed (seeded) zucchini in Ziplock bags, and grated zucchini for use in breads and muffins.

Sweet Potatoes



To store: Keep unwashed sweet potatoes in a cool, dark, place, such as a loosely closed paper bag in a cupboard, and use them within a few weeks. Do not store sweet potatoes in the refrigerator. Cold temperatures can darken the potatoes and will adversely affect their taste.

Handling: Scrub gently before cooking. The skin can be eaten, but peel them if you will be eating them raw. If you will be pureeing or mashing them, bake or boil them whole and then remove the skins.

To use: Try raw sweet potatoes cut into sticks for dipping, or grate them into salads. To bake, place whole (pierce with a knife in a few places) potatoes each wrapped in foil in a pan and bake at 400 degrees for 45 minutes until the centers are soft. To steam, place quartered sweet potato chunks in steamer over boiling water and cook until tender 20 minutes. Boil whole sweet potatoes in salted water until very tender, 25-40 minutes. Substitute pureed sweet potatoes for pumpkin in many recipes. Saute or fry 1/2 inch slices of sweet potatoes in oil until nicely browned on both sides and fork tender.

To freeze: Boil sweet potato until tender and mash/puree. Place puree into ice cube containers and freeze. When frozen, put cubes in Ziplock freezer bags, removing as much air as possible. Makes a great baby food.

Tat Soi

Tat Soi is a small Asian green that belongs to the nutrient- dense cruciferous family of vegetables, the same family as Broccoli and Cabbage. Tat Soi and other cruciferous vegetables have anti-cancer properties, helpful for bone health, heart health and blood pressure. These greens are good sources of vitamin A, vitamin K, vitamin C, dietary fiber and more.



To store: To store: Store in a plastic bag in the fridge, they stay fresh about a week.

To use: Wash in cool water and spin until mostly dry. Tat Soi can be eaten raw in Salad or added raw to smoothies. Tat Soi is most commonly stir fried, very lightly cooked at the end of a stir-fry dish (it only takes 1-2 minutes to barely wilt). It pairs well with garlic and ginger.

Tomatoes

(Globe, Cherry, & Heirloom)

Every year we grow different kinds of tomato varieties, although you can expect to see a few of the standards every year: Brandywine, Roma (for canning), cherry tomatoes. We also grow a lot of heirloom tomatoes. These tomatoes sometimes have a unique cracked appearance near the stem or odd shapes and colors. Don't worry — they're supposed to look that way. Inside, you'll be rewarded with a delicious, juicy flavor from of old.



To store: Do not refrigerate tomatoes; cold temperatures deplete their flavor & texture. If your tomatoes smell fragrant and yield slightly when squeezed, they are ready to use. If not, store them for a few days at room temperature out of the sun until they are ripe. Putting dry tomatoes in a brown paper bag may accelerate the ripening process.

Handling: If serving tomatoes raw or lightly cooked, give them a quick rinse and slice, chop or cut them into chunks as desired. If you'll be cooking them for a long time, consider removing the skins so they don't float around in your dish. To do so, score the end of the tomato with an "X," dunk whole tomatoes in boiling water for 30 seconds, lift out with slotted spoon, plunge into ice water, and the skins will slide off.

To freeze: Tomatoes can be frozen whole. Skin and core tomatoes, place on cookie sheet, and freeze. When solid, place in ziplock freezer bag and replace in freezer. Thawed tomatoes are appropriate only for cooking sauces, salsas, or purees.

Note: avoid cooking in aluminum or iron pots because tomatoes react with those substances, giving the dish a metallic taste. Tomatoes can also be dehydrated.

Turmeric, Fresh Baby

We harvest baby Turmeric in October to early November. Fresh baby Turmeric is brilliant orange, juicy, flavorful, with thin skin. Perfect for curry dishes and nutrient dense with Anti-Inflammatory properties.



To store: fresh baby turmeric can be stored at cool room temperature for 4-5 days, but will develop a skin on the surface. Turmeric can also be stored in the fridge in a loose bag for up to 2 weeks.

To freeze: Fresh turmeric can be frozen by washing well and wrapping in saran wrap, stored for up to a year and used when needed, right from the freezer. When using grate what you need and return the frozen piece to the freezer.

It is very important to return unused turmeric to the freezer immediately or it will become "mushy".

To use: use Fresh Turmeric in any recipe calling for powdered turmeric.

Turnips

Turnips are a root vegetable, related to arugula and radishes, which are members of the mustard family. Large or old turnips can be unpleasantly “hot” if not cooked properly or combined with the proper vegetables (like potatoes), but younger turnips add great zip to dishes. They are best in the fall or spring, when they are small and sweet. Our turnips have creamy looking bulbs and a violet-hued ring around the top or a simple white skin and interior.



To store: Remove the greens from the turnips and cook/store as instructed in the next entry. The turnip itself should be stored in a plastic bag in the crisper drawer of your fridge for up to a week.

Handling: Cut off the green tops (which can be eaten as well). Wash and cut into wedges or slices.

To cook: Serve them raw with dip in a crudite tray. Or grate and add them to a salad for a zip. Turnips are however more commonly cooked. They are delicious when roasted with other root vegetables (like carrot, potatoes, rutabaga, garlic). Add a turnip or two to your favorite mashed potato recipe. Or add them into soups and stews.

Turnip Greens

Turnip greens are coarse, have a slight bite, and look very similar to radish leaves. It is good to blanch them before cooking. They do well combined with other greens and cooked lightly with oil, vinegar, hot sauce, ground red pepper, sugar, garlic, or onions.



To store: Cut turnip greens from their roots; store roots separately. Keep dry, unwashed greens in a sealed plastic bag in the refrigerator up to 2 weeks.

Handling: Wash leaves in basin of lukewarm water to remove grit. If your greens have thick stems, you must remove them. Fold each leaf in half and slice out the stem. Then stack the leaves up and slice them diagonally into 1-inch-wide strips.

To cook: Saute greens until tender in a covered pot or large sauté pan with olive oil, a pinch of salt, and garlic or onion. Or blanch greens until they wilt, 2 minutes. Dot the cooked greens with butter or cream and season with fresh herbs or salt and pepper. Serve cooked greens alone as a side dish or use them in soup or with pasta, beans, scrambled eggs, fish, rice, or potatoes.

To freeze: Blanch washed greens for 2-3 minutes. Rinse in cold water to stop the cooking process, drain, and pack into airtight containers.

Zucchini

Summer squash is a general term for 70 different types of fast-growing, tender-skinned, soft-fleshed squash. Zucchini is the most famous, followed by yellow squash (either straight or crookneck), and scallops (or patty pan) which look like flying saucers. If you get a giant-sized zucchini, use it for making zucchini bread. It will be too tough and seedy for other recipes.

Substitutions: All summer squashes can be used interchangeably.



To store: Store squash unwashed in a perforated plastic bag in the vegetable bin. In the refrigerator they keep for about a week and a half.

Handling: Rinse under water to remove the dirt or prickles, and slice off the stem and blossom ends. Then slice or chop. Scrape out seeds from baseball bat sized zucchinis before using them to bake.

To use: Because of their bland flavor, summer squash lend themselves to many cooking applications, taking on the flavor of whatever they're cooked with. Try using them as a substitute for rice, pasta or potatoes. Slice tender, young summer squash into salads. Try them in stir-fries, with pasta. Lightly steam (4-5 minutes) and dress them with fresh herbs or pesto. Or coat squash lightly in oil and roast at 350 degrees whole or sliced in half for 15-45 minutes. Stuff whole squash with your favorite stuffings.

To freeze: You can freeze pureed (seeded) zucchini in Ziplock bags, and grated zucchini for use in breads and muffins.