



## **ASPARAGUS**

I want to share with you that asparagus should be treated like a bouquet of roses. As soon as you get home, place in a glass or vase filled with one inch of cold water. Any container will do. Then place in the refrigerator until ready to use. The stalks will keep moist and you will be enthusiastic about them. Roast asparagus in olive at 500 degrees for 5-10 minutes depending on the thickness add salt and enjoy!

# BASIL, FRESH

Does not like the cold. It will turn black if you put it in the refrigerator. As soon as you get home, place in a glass or vase filled with water. Then place on your kitchen table and replace with FRESH water daily, until ready to use.



## BEANS

You have heard of the phrase "5-a-day", which means "5-colors a day". We are making it easy for you to get the colors in your day with our beans. Refrigerate. Snap off the stem right before cooking. Tip from Farmer Phil: butter your frying pan, salt to taste, cover the pan, and cook until tender.

## BEET

When you get home, make sure to cut the greens off so that they stop drawing moisture from the vegetable. Place beets in plastic bag and refrigerate. Use greens in salads or for juicing. We harvest three different types. A golden, a candy striped and traditional red beet. Farm-wife Diane loves beets and Framer John began eating golden beets a few years ago because they are milder. DID YOU KNOW: in the USA we say "an apple a day keeps the doctor away". In Germany they say, "abeet a day keeps the doctor away". SO GOOD FOR YOU… thinly slice them into your salad… even Farmer John can eat them like this.





## **BOK CHOY**

Store in a loose plastic bag for up to one week in the refrigerator. Great in an Asian salad or main dish stir fry. Farm-wife Diane tells us from her health ministry days that, "Everyone should have Boy Choy in their diet. One segment of the stalk is almost 100mg of calcium". Added bonus!

### **BROCCOLI**

You will see that this has already ben packed for you in a plastic bag, to keep it fresh. Leave the moist paper towel on the bottom end. Refrigerate and wash when ready to use.



## **BRUSSELS SPROUT**

Keep unwashed and untrimmed. Store in a plastic bag in the vegetable drawer of the fridge Cooked brussels sprouts will keep for three days refrigerated. If you want to freeze brussels sprouts, blanch them first for 3-5 minutes. Did you know they ARE to be harvested in the winter and NOT in the Summer? The cold temperatures (especially freezing temperatures) is what makes the sugars enhance in the Brussels. Some tasty ways of cooking them include, roasting with olive oil, or steaming them.

# CABBAGE

Caraflex Cone is the sweetest lady among the cabbages. She has graceful, conical curves and silky smooth leaves; the flavor is mild, the texture is tender, and the taste buttery sweet. Store in the refrigerator. If the outer leaves begin to turn brown or yellow, just peel off a layer or two, it is still very good.





# CARROTS, MIXED COLOR

When you get home, make sure to cut the greens off so that they stop drawing moisture from the vegetable. Store the green tops in a bag and use for pesto; yum! Keep the carrots in the plastic bag, store in coldest part of the refrigerator with the highest humidity like a vegetable drawer. Carrots should be stored away from fruits such as apples & pears, which release an ethylene gas that causes carrots to become bitter. Did you know" The carrot's original color is white. The Dutch began adding beta carotene to grow "orange" carrots in the 17th century to honor their national color.

### CAULIFLOWER

To extend the shelf of cauliflower, it is best to store the whole head in a sealed plastic bag in the vegetable drawer of the fringe. Do NOT wash the cauliflower until just before use. Just break off what you need and rinse that section when ready to use. If you are not using right away trim any brown spots off.. It is still good to eat.





## **CELERY ROOT**

Store in the refrigerator. The skin is tough and bumpy, the best results come from using a sharp chef's knife. Place the celery root on its side and cut off the top and bottom, then cut the remaining peel off in vertical strips from the top to bottom following the shape of the root. Continue cutting until you have removed all the skin. The exposed flesh will turn brown quickly, so if you wish to retain the white color, have a bowl of water mixed with a tablespoon of lemon juice to submerge the pieces as you cut them.

## CILANTRO

You'll notice that we have wrapped the bottom with a wet towel, and placed it in a plastic bag. This will give you a longer shelf life if you keep it on. Place it in the refrigerator until ready to use. Use your cilantro with a Bok Choy recipe, add to salsa and mix into cooked rice with lime juice or any Asian, Italian or Mexican dish.





# CUCAMELON

Technically a fruit, the cucamelon is, as its name implies, is a cucumber-melon. It looks like a tiny watermelon, but does not actually taste anything like a watermelon. They instead have the flavor of a lime-soaked cucumber, making them great for pickling and adding to your favorite cocktail. However, unlike cucumbers, cucamelons don't need to be peeled, AND you can eat them whole, making them the perfect little treat picked fresh off the vine.

## **CUCUMBER**

Store in refrigerator crisper drawer: up one week. Best if NOT stored with apples or tomatoes because the gasses from these cause the cucumber to decay.





# CUCUMBER

Many of you will enjoy salt & pepper yellow cucumbers along with the regular cucumbers, Salt and Pepper Cucumbers are one on the first modern vegetables bred specifically (but not exclusively for organic production). The salt & peppers were carefully chosen due to the quality heirloom flavor. Store in refrigerator crisper drawer: Do not store with apples or tomatoes because the gasses from these cause the cucumber to decay.

## EGGPLANT

Store in warmer part of the refrigerator such as the top shelf. Eat 'em up quickly, ideally within a day or two. Can be unfamiliar for some who have not used it before. Our family simply loves them! Eggplant can be scalloped, fried, marinated or sautéed and topped with cheese, mushrooms, sour cream, yogurt, or tomatoes. Great cooked on the grill or added to sir fries. One of our favorite things to do is make eggplant parmesan.





#### **GARLIC SCAPES**

Place in a cup of water and store on the door of the refrigerator and use within a week, as the stalks will eventually soften and lose their punch. When ready to use, trim away and discard the flowery blossom ball, as it tends to be stringy. You could also blanch (quick boil) for 60 seconds, followed by an ice bath, cut into pieces, then freeze for when you get a scapes hankering later this year (and you will).

#### **JALAPENO**

Is one of the most popular chili peppers in the world. Did you know that when the jalapeno is smoked and dried it is called a "chipotle"? If you experience too much kick when using a jalapeno, then the trick is to remove the seeds and ribs. That is where most of the heat is contained. Jalapenos can last for several days in the refrigerator. It is still good to eat even if wrinkled a bit.





## **KALE**

Keep kale in a plastic bag with a wet paper towel wrapped around the stems. Store in the refrigerator up to 5 days. The longer it is stored the more bitter its flavor becomes. To de-stem kale —grab a stalk of kale, hold it by the stem with on hand and place the pointer or middle finger and thumb of your other hand around the stem just above the leaves. Pull your fingers along the stem, tearing the leaves off. Wash it thoroughly in cold water... Repeat if necessary until you are sure all the "grit is gone". Spin dry in a salad spinner or drain well. A few ribbons of raw greens curled among veggies enhance any meal. Add to soups, salads, or side vegetables, even enchiladas, crepes, lasagna and macaroni & cheese.

## **KALEIDSCOPE**

A cross between brussels sprout and kale, they grow on a tall, upright plant just like brussels sprouts, They are tender and have a milder flavor than kale. Use in a salad or cook like you do for your kale chips, oh my yum-o!





#### **MICROGREENS**

Take the bag off when you get home and place them in a windowsill with the most light. Water a little as needed at the base of the plant, not over the tops. Most everyday. Snip off what you would like to use each time, use on sandwiches, in salads, for smoothies, and to top off sir-fries (do not cook). You'll love the benefits, at this stage they have the highest nutritional value and are considered a super-food.

## **ONION WITH TOPS**

In a hurry? Wrap in a wet paper towel put in a plastic bag and refrigerate to keep tops from wilting. Have time?

- 1. Trim off roots but do not cut into the white base.
- 2. Cut off some of the green tops to fit the onion into your container.
- 3. Store the left over tops that you cut off into another container.

Then use the green tips first when onion is called for in a recipe.

# ONION, RED



Store on the counter in a well ventilated area. Once cut, place into the refrigerator. If you dice up onions and caramelize them slowly over low heat with some butter, they'll be so good in pasta, on pizza, on burgers, and in grain dishes. The greatest thing, is that they freeze beautifully. You can caramelize the whole batch (you can even do this in the oven or in a slow cooker) and then freeze the onions in small bags or even ice cube trays. Then defrost and use as toppings or in recipes that call for caramelized onions.

ONION, CANDY

Store in the refrigerator. Once cut, place in an air tight container or wrap in plastic.



## PARSLEY

You'll notice that we have wrapped the bottom with a wet paper towel, this will give you a longer shelf life if you keep it on. Refrigerate and keep in the plastic bag until ready to use. Parsley partners with omelets and asparagusit's gentle flavor blend well with other foods, especially dried beans, carrots, cauliflower, eggplant, potatoes, and tomatoes.



Should be stored in the refrigerator vegetable crisper drawer for no longer then seven days. Still good to eat even it gets a little wrinkled.



# PEPPER, LONG SWEET

These come in different colors (green, red, yellow, orange) and are full of flavor. Peppers are easy to freeze, no cooking involved. Remove the seeds and stem, cut into bite sized pieces. Place into small snack sized bags (portioned for a recipe) and throw in the freezer. For cooked recipes later, Farm-wife Diane says, "frozen peppers thaw quickly so I usually throw them into the recipe still frozen."

# PEPPER, LUNCH BOX

Should be stored in the refrigerator vegetable crisper drawer for no longer than five days. Farmer Phil says, "they are so good, just the grab the stem and eat like an apple.





## PINAPPLE TOMATILLO

GREAT SNACK ITEM! Just SLIDES THE HUSK BACK before popping them into your mouth. These taste slightly sweet and tropical, and really does remind you of a pineapple aftertaste. They taste slightly sweet.

# POTATO, PETER WILCOX

This purple-skin, yellow-flesh variety has a higher carotenoid content than the average potato, but has grown in popularity due to its outstanding flavor. Suitable for many uses, but excellent roasted or boiled. Sore in a dark area, like in your cupboard a brown paper bag,. Do not need to keep cold.



# POTATO, PINT GOLD

Bred by the University of Maine, Pinto Gold is an excellent gourmet potato with red skin and splashy yellow eyes. The smooth, buttery-yellow flesh is delicious. They are somewhat irregular and range from oval to fingerling shapes. Excellent for taste, this potato is so good boiled until fork tender. Add a little salt and pop in your mouth, says Farmer Phil

# POTATO, RED SKIN

These potatoes have very thin skins. Wash, cook and eat without peeling. Not like store-bought, you'll taste the difference! Store in a dark area, like in your cupboard or a brown paper bag. Do not need to keep cold.





# POTATO, YUKON GOLD

These potatoes are a goldmine of flavor. Wash, cook and eat without peeling. They will last longer if stored out of direct sunlight. Yukon Gold is not for long tem storage. They stay fresh longer in a well-ventilated area store around 42 to 55 degrees. A metal rack, wooden create or cardboard box with holes is adequate. To prevent dry rot, handle Yukon God potatoes gently when storing,,. do not toss.

## POTATO, SWEET

Fresh picked! sweet potatoes are a tropical crop, do NOT place in the refrigerator. Leave them on the counter. The cut end will turn white and begin to show black spots, it's still good to eat, just cut the end off again and enjoy!



## **RADISH**



By this point you are realizing that almost all of your veggies are stored in an air tight container. Putting your vegetables into the drawer of your refrigerator WITHOUT A PLASTIC BAG will shorten how long they last. One little secret to radish cooking. Slice them and boil for 5-7 minutes prior to any other cooking method (you can let them cool after boiling). Watch the water when you pour it out after boiling, it will be green in color. This green water is the bitterness (or radish flavor) from the radish. You will notice that the radish slices are slightly translucent. They will be much milder and more POTATO LIKE IN FLAVOR NOW. Perfect with a sprinkle of salt and pepper.

## RADISH, WATERMELON

- A. Perfect with a sprinkle of salt and pepper.
- B. Use topped on a bruschetta.

- C. Roast in oven with beets and carrots
- D. Place slices into a salad or sub sandwich.





## **SCALLIONS**

Store in air-tight container, keeps up to 2 weeks. Use when onion is called for in a recipe. A favorite way to eat is removing the root, clean and dip in salt as a side dish, eating only the white parts. This was a very common way of eating scallion during our grandparents days.

# **SPINACH**

Plan on eating your rinsed spinach right away. Wash it thoroughly in cold water. Repeat if necessary until you are sure all the "grit is gone". Spin dry in a salad spinner or drain well, wrap in "wet" paper towels, then put into clean plastic bags and tie very loosely. Keep refrigerated. Spinach taste better when temperatures are cooler in the Spring and Fall/Winter months.





# SQUASH, ACORN

Acorn squash are sweet, and baked acorn squash is a simple side dish. Store in a cool area, does not need to be refrigerated.

# SQUASH, BUTTERNUT

Has tan skin and a shape reminiscent of peanut. They have bright orange flesh and are sweet and moist. Without anyone knowing the difference, butternut squash can be substituted for part or all of the pumpkin in pumpkin pie. Store in a cool, dry, dark place with good ventilation. A porch or garage can work well as long as you don't let them freeze. Does not do well in a refrigerator, because it will eventually dry-out. KEEP IT SIMPLE, place into a crock pot for 4 hours on high, cut in half lengthwise, remove seeds and scoop out the cooked squash.





## SQUASH, SPAGHETTI

Store like Acorn & Butternut squash. Cut squash in half, remove seeds. Then bake at 350 degrees for 45 minutes OR EVEN SIMPLER, put a little water in a dish and MICROWAVE until fork will poke through the skin about 20 minutes. Remove strands with a fork. Toss lightly with butter, salt & pepper and season to taste with Parmesan or Italian seasonings. A great way to make spaghetti, let strands refrigerate in tomato sauce for a day, then reheat to help it mix well.

# SQUASH, SUMMER

Refrigerate in the vegetable crisper drawer in a plastic bag for up to one week. Do not wash until just before using. The bag should be loosely tied, not sealed tightly. Do not cut until you are ready to use it. A favorite use for the uniquely tender summer squashes is slicing it thin then serving it raw in a simple salad with curls of Parmesan and a squeeze of lemon juice and drizzle of live oil, served in a way that Italians call Carpaccio. Also can be used with pasta or in risotto, in gratins and lasagnas.





#### **SWEET CORN**

If you are too busy to eat right away, leave the husk on and place in a plastic bag until you can eat later.

## **SWISS CHARD**

This is the most perishable item in you Farm Box. Plan on eating right away. Remove any blemished leaves, trim off the stems, and wash thoroughly in cold water. Repeat if necessary until you are sure all the "grit is gone". Spin dry in a salad spinner or drain well. Store any unused leaves by wrapping in "wet" paper towels, then put them in clean plastic bag and tie loosely. Keep refrigerated. A few ribbons of raw greens curled among vegetables enhances any meal. And to soups, salads or side vegetables, even enchilada, crepes, lasagna and macaroni & cheese. Cut the stems into one inch pieces and sauté' into omelets or any other dish. Taste similar to spinach.





#### **THYME**

Is a small attractive herb. Fresh or dried, thyme leaves lend a lively essence to flavoring casseroles, soups, stews, and sautéed vegetables. Eggs, meats, fish, and bean dishes are all enhanced with a sprinkle of thyme. Store in a glass of water in your refrigerator

#### **TOMATO**

Store in a shady cool area on your counter top. Then eat them up to get the best flavor. Too busy to eat them up? In a couple of days place in the refrigerator crisper drawer for 2 to3 days. However, flavor tends to decrease. One of the best things about tomatoes is... you don't need to do much to make a great tasting dish.



# TOMATO, GRAPE OR CHERRY

Roasting tomatoes is a great way to bring out their natural sweetness. The best thing is... it adds more days to those tomatoes you might have giving up on because of wrinkles. Roast up a batch of these and keep them in a airtight container in your fridge.

#### **TOMATO HEIRLOOM**

Eat them up right away to get the best flavor. Too busy to eat them up? Place in refrigerator vegetable drawer for 2 or3 days. However, flavor tends to decrease.



# TOMATO, ROMA

These oblong tomatoes should be stored like regular tomatoes above.





(Kale, Swiss Chard, Spinach, and more)

If you fear you don't know what to do with all your greens and you are pressed for time, this is a great strategy that a lot of our csa Farm Box members use. Simply do the following:

- 1. Tear the greens into bites-sized pieces.
- 2. Wash the leaves well and allow them to drain and towel-dry.
- 3. Oil a cooking sheet, pile leaves onto the sheet and place in the freezer for a couple of hours.
- 4. Using a spatula, quickly-before they defrost—place the leaves into a gallon size freezer bag and remove as mush air as possible.

With this method some of your leaves will stick together, but you will be able to pull out a handful pretty easily as you need them.

Throw frozen greens in meatloaf, soup, pasta, casseroles, mix well. Trying to hide them from kids? Puree first.



The Ultimate Guide to Vegetable Storage
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