



COOKING & STORAGE TIPS

ARUGULA

Arugula is known for its sharp taste. Small, tender greens can be eaten raw and larger greens can be sautéed.

Storage Tips

- Wash and spin dry before placing in a plastic bag in the refrigerator.
- Best if used within 1 week.

Culinary Tips

- Add small tender greens to lettuce for a spicy addition to salad
- Make an arugula salad by adding a soft cheese, dried fruits, grated carrots, and walnuts tossed in your favorite vinaigrette.
- Add to sandwiches and omelets.
- Quickly braise or sauté and add to your pasta with grated parmesan.
- Add cooked arugula to quiche and lasagna.

BEETS

In the spring and early summer, we harvest beets in bunches with their leafy tops. They are small, tender and come with wonderful edible greens. During the fall & winter you will receive larger beets without tops in your share for storage.

Storage Tips

- Cut off stems one inch from the crown
- Refrigerate the unwashed beet roots
- Summer beets will stay in good condition for 2-3 weeks
- Wash and spin greens and place in a plastic bag in the refrigerator
- Greens are best when eaten within 3 days

Culinary Tips

- Raw beets can be grated into a salad
- Scrub the beet clean, no need to peel
- Bake the beets to enhance their natural sweetness. Slice the washed and unpeeled beets into ¼ inch thick slices. Arrange slices on a lightly oiled baking pan and season with thyme or tarragon. Add a small amount of water or apple juice and cover with foil. Put in 350° oven for 25 minutes until fork-tender
- Beets can also be steamed and boiled. Scrub beets clean but leave skins on until after cooking to minimize color and flavor loss. Run whole, cooked beets under cold water and rub off the skins. 1 ½ inch beets take 30 minutes to cook in steam and 15-20 minutes in boiling water. Serve whole, sliced or grated.
- Toss grated beets with grated carrots, apples, oil and vinegar dressing. A touch of plain yogurt makes for a wonderful color transformation.
- The greens can be steamed, sautéed, and mixed with pasta with cheese.

BOK CHOI

Bok Choi is a very mild Asian cooking green. It can also be called bak choi or pac choi. It is a cool weather crop and is grown in the spring.

Storage Tips

- Wrap Bok Choi in a damp towel or put it in a plastic bag and store in the hydrator drawer of the refrigerator.
- Store for up to one week. Leaves will wilt if allowed to dry out

Cooking Tips

- Separate stalks from main stem and rinse leaves and stem. Pat dry.
- For stir-frying separate green leaves from the white stalk. Chop stalks into 1 inch wide diagonal chunks. Cut leaves into small pieces.
- The stem needs to be cooked a few minutes longer than the leaves.
- Bok Choi makes a great stir-fry. First sauté onions until they begin to soften. Then add the Bok Choi stems, tofu chunks, soy sauce, and grated ginger root. Add the bok choi leaves last. Serve with rice or noodles.
- Sauté or steam bok choi and toss with a favorite marinade.
- Toss cooked bok choi with a light coating of toasted sesame oil, soy sauce, and rice vinegar

BROCCOLI RABE

An unusual, medium-sharp flavored green widely grown in Italy. It has edible stems, green leaves, and small broccoli-like buds that open up to yellow flowers. We usually harvest the leaves when they are young & tender before the plant forms the buds.

Storage Tips

- Spin dry or pat dry greens and place in a plastic bag and refrigerate
- Greens will hold their flavor for up to a week

Culinary Tips

- Rinse leaves and pat dry
- Remove greens from the larger stems and chop
- Chop stems, some people like to pound the stems to make them more tender
- 2-3 inch pieces take about 5 minutes to steam
- Sauté chopped garlic in olive oil for a few minutes and then add the chopped stems and continue to sauté for a few more minutes. Then add the chopped greens and a few tablespoons of water and cover. Cook for 3-5 minutes until greens turn dark green and tender but not mushy.
- Mixed steamed or braised broccoli rabe with pasta and serve with grated parmesan cheese.

BROCCOLI

Storage Tips

- Keep unwashed, trimming only the large leaves
- Store in a perforated, plastic bag in the refrigerator
- It will keep fresh for several days

Culinary Tips

- First rinse the broccoli
- If necessary, soak upside down in cold, salted water
- Broccoli will take 8-15 minutes to steam, 4-8 to blanch. Test for doneness by piercing the stalks with a knife point. The knife will pierce easily, but the broccoli should remain crunchy. If you plan to use it later cool by plunging immediately in cold water. Drain and pat dry.
- Steam or blanch broccoli before sautéing or stir-frying
- The stalks and stems of the broccoli are edible, too. They cook in the same amount of time if you peel the outer skin. Insert a paring knife blade under the skin at the base and pull up. The skin pulls off easily, breaking off at the buds. Cut stalks into thick julienne strips or diagonal slices for soups or sautés.
- Combine cooked broccoli with garlic and olive oil, sprinkle with cheese
- Add to pizza, quiche, and pasta dishes.

BRUSSELS SPROUTS

These plants are a real sight to see in the garden. The mini cabbage heads develop above every leaf node on the single stalk. When eaten fresh (within a few days of the harvest) the taste is that of a refined cabbage. We've discovered that the leaves, which are pulled off as the sprouts reach maturity, are quite a delicious cooking green on their own. As with many of the fall crops, the flavor of Brussels sprouts improves with the first frost.

Storage Tips

- Keep Brussel Sprouts unwashed in a plastic bag (keep longer on the stalk)
- Best if eaten fresh but will last up to one week

Culinary Tips

- Remove any damaged outer leaves, trim the base & cut a crosshatch in the core to allow for even cooking.
- For steaming, the smaller sprouts will take 5-8 min. & the large ones 8-10 min. Test with the point of a knife, they should be tender but retain a slight crunch. If steamed too long the sprouts will turn grey.
- If you are not eating the cooked sprouts right away, cool them off immediately to preserve their color & texture.
- Season the steamed sprouts with lemon juice, butter, pepper, or parsley
- Sprouts can be steamed until barely tender & then halved length wise & sautéed
- Leftover sprouts are a nice addition to stir-fries.

CABBAGE

You will receive 3 types of cabbage in your share. Early in the season you will receive mini green cabbage. Mid-season you will receive red cabbage. In the late season we will distribute green cabbage for winter storage. We ship the cabbage with the outer leaves to protect the head from bruising.

Storage Tips

- Refrigerate cabbage in a hydrator drawer. Do not remove the outer leaves before storage.
- Once the cabbage has been cut store in a plastic bag.

Culinary Tips

- Trim off outer wilted leaves & quarter the head. Then remove the core.
- For salad or coleslaw thinly slice the cabbage & toss with a vinaigrette or make a creamy dressing with plain yogurt, vinegar, honey, dill, & salt. Add grated carrots or other veggies.
- For steaming cut wider slices & cook for 5-6 min. Top with butter or grated cheese.
- Sliced cabbage sautés & stir-fries well.

- Adding sliced onions or apples helps reduce the gaseous qualities of cabbage.
- Finely shredded red cabbage is a colorful addition to green salads.
- Boil cabbage for 5 min with chopped onion & add to mashed potatoes

CARROTS

The early carrots are a smaller, more tender variety and are harvested in bunches with their tops. The late fall and winter carrots are varieties especially chosen for their ability to hold moisture and retain sweetness even after months in cold storage.

Storage Tips

- Twist off tops & refrigerate carrots in a plastic bag.
- For long term storage, pack carrots with moist sand & store in a cool (but not freezing) location.

Culinary Tips

- Scrub carrots under running water. Peeling removes the nutrients located just under the skin.
- Eat carrots raw to receive the most nutrients, cut into sticks or grate into many types of salads
- Slice & steam for 5-10 min or sauté in butter, top with honey for a sweet dish.
- Add to soups, stir-fries, stews, & casseroles.
- Steam & puree carrots add cream, onions, leeks, freshly grated ginger, or soy sauce for a simple soup.
- To roast carrots, cut in large chunks, dot with butter & place in an oven-proof dish. Cover & bake in a 350° oven for 40 min.
- You can also simmer the carrots in a stock instead of butter.

CAULIFLOWER

Storage Tips

- Cauliflower does not store well. It can take on a strong odor and flavor.
- Refrigerate in a plastic bag. It will keep for about one week.

Culinary Tips

- Soak head in cold, salted water for a few minutes and then rinse
- Remove tough outer leaves and cut out core for even cooking. The head can be left whole or cut into pieces
- Steam the whole head for 15-20 minutes or 5-10 minutes for florets. Cook until tender but not soft. Stop the cooking process by running under cold water.
- Cut up raw florets and serve with dip
- Marinate steamed cauliflower in a favorite dressing along or with other veggies. Serve chilled.
- Top with a lemon butter sauce or sprinkle with grated cheese.
- Use cauliflower puree for a creamy soup base or soup thickener.

CELERIAC (AKA CELERY ROOT)

A softball-sized root with a concentrated celery flavor. Celeriac is an excellent storage crop. It is high in carbohydrates, vitamin C, phosphorus, and potassium. It's hairy, tough exterior hides a delicious and versatile vegetable.

Storage Tips

- Do not wash celeriac before storing. Place in hydrator drawer in a plastic bag for up to one month.
- Celeriac will store for 6-8 months under proper root cellar conditions.

Cooking Tips

- Make a flat cut at both ends to remove roots & top. Then cut down the sides from top to bottom with a sharp knife or peel with a vegetable peeler.
- Place peeled celeriac into water or toss with lemon juice to prevent darkening of the flesh.
- Add celeriac cubes to soups & stews.
- Try raw celeriac strips tossed in your favorite creamy dressing or use it for dipping.
- Grate it raw into salads.
- Boil & mash with potatoes
- Cut into ¼" slices, lightly coat with oil in a baking pan. Sprinkle with thyme & salt. Add a quarter cup of water or apple juice. Cover with foil & bake at 350° for 25 min. or until tender.

CHARD

Chard is harvested as a green, leafy vegetable. Chard is in the spinach family but contains no oxalic acid which makes it easier for us to absorb the nutrients from the chard. These greens are high in vitamins A, E, & C and the minerals iron & calcium.

Storage Tips

- Place chard in a plastic bag in the hydrator drawer of the refrigerator.
- Chard is best if eaten within 5 days.

Cooking Tips

- If leaves are large & mature, remove the stem to cook separately.
- If the greens are young, cook whole.
- Use in place of spinach in most recipes.
- Sauté the leaves in garlic butter or olive oil & garlic.
- Steam large stem pieces for 8-10 min. & leaves for 4-6 min.
- Raw baby leaves are great in green salads.
- Toss steamed leaves with olive oil, lemon juice, salt & pepper. OR with sesame oil, rice vinegar or soy sauce.

COLLARD GREENS

Collards contain 8 times as much Vitamin A as cabbage & twice as much as broccoli. There is more vitamin C in a serving of Collards than in a glass of orange juice. Collard greens become sweet after frost. Kale and collards can be interchanged in recipes.

Storage Tips

- Store in a plastic bag in the hydrator drawer in your fridge.
- Will keep well for up to 2 weeks, but best when fresh.

Culinary Tips

- Slice out the main rib & slice it into chunks. Slice the leaves into strips.
- Sauté garlic in olive oil, add sliced collards with a bit of water, cover & braise until collards become bright green, about 10 min. Top with tamari, balsamic vinegar, or toasted sesame oil.
- Add collards to stir fries.

CUCUMBERS

Cucumbers are mainly water and once they are harvested they tend to shrivel very fast (for this reason, most commercial cucumbers are sold waxed). Cucumbers help replenish the fluids & minerals we lose during the hot summer months. Cucumbers can be an effective skin conditioner because they are high in vitamin E. Try rubbing an end slice or a peeling to your face for a refreshing experience.

Storage Tips

- Store cucumbers in the hydrator drawer of your fridge for up to 1 week.
- Sliced cucumbers deteriorate very quickly.

Culinary Tips

- Add cucumber slices to a sandwich.
- Use grated cucumbers in raita dressing.
- Toss sliced cucumbers with plain yogurt or mayo, fresh dill or dried & salt & pepper.
- Toss sliced cucumbers with your favorite vinaigrette dressing.

EGGPLANT

One of the nightshade, or Solanacea, family of vegetables which also includes peppers, tomatoes and potatoes. These plants like to grow in warm conditions and for this reason we plant them out in a bed prepared with black plastic which traps and holds the warmth in the soil.

Storage Tips

- Eggplant is best eaten fresh. Best is stored at a cool room temp. & not in the fridge.

Culinary Tips

- Eggplant can be peeled but isn't necessary, especially with the skinny Asian varieties.
- Slice eggplant & lightly salt. Let sit for 10-15 min. the squeeze out excess liquid. This reduces the amount of oil needed to cook the eggplant.
- Top pasta with sautéed eggplant.
- Grill slices of eggplant with other vegetables.
- Dip chunks of eggplant in flour or in eggs & seasoned breadcrumbs. Sauté in hot oil until lightly brown. Season with herbs, garlic, grated cheese, etc.
- Add to stir fries or pasta sauce.

GARLIC AND GARLIC SCAPES

Garlic scapes form out of the top of the garlic plant in early June. If left on the plant they form small purple bulbils at the tips. Garlic bulbs are harvested in the middle of July and can be stored for use all winter.

Storage Tips

- Store garlic scapes in a bag in the refrigerator for 1-2 weeks.
- Garlic bulbs should be stored in a cool, dry, and dark place for quite a few months.
- Do not store bulbs in the refrigerator.

Culinary Tips

- Garlic scapes can be chopped up and used just like bulb garlic in any recipe
- Use garlic scapes instead of garlic in Basil Pesto
- One medium clove of garlic is equal to 1 teaspoon of minced garlic.

- Roasting garlic produces a mellower flavor. Cut off tops of garlic bulbs to expose the cloves, brush with olive oil and bake for 1 hour at 350°. Squeeze garlic out of the skins and spread on a good bread.
- For garlic butter use ½ cup of softened butter mashed with four minced cloves of garlic
- Sauté garlic only until translucent as it will burn quickly and produce a bitter flavor.

GREEN BEANS

Storage

- Store unwashed in a perforated plastic bag in the refrigerator
- Best when eaten within a week

Culinary Tips

- To prepare, break off the top of the bean at the stem end
- Best when blanched or steam for 5-10 min
- Beans are done when the color begins to brighten & become tender (not soft or mushy)
- If you serving the beans cold in a salad, cook them less so they stay crisp
- Flavor with butter, lemon juice, sautéed onions, or herbed vinaigrette

HERBS

We deliver basil, cilantro, dill, and parsley in your share.

Basil

- Use it in Italian and other Mediterranean dishes
- It goes well in soups and sauces, egg dishes, and with spinach, tomatoes, zucchini, eggplant, broccoli, peas, and green beans
- Use your extra basil to make pesto sauce
- Goes well with tomato-based soups

Cilantro

- Adds the extra boost to your fresh summer salsas
- The strong pungent flavor goes well with beans or beef

Dill

- Can be used in salads, soups, fish dishes, sauces, dips, dressings, egg dishes and with many vegetables
- Use in potato or onion soups.
- Add near the end of cooking to retain flavor
- Goes well in breads

Parsley

- One teaspoon of dried parsley is equal to one tablespoon of fresh parsley
- Use it in dips, salad dressings, stuffings, sauces, gravies, butters

Other Uses for Herbs

Herbal Teas: Add boiling water to the whole fresh herb (leaves and stem), let it steep for 10-15 minutes and then strain out. Try mint and lemon balm iced for a cool summer drink.

Herbed Oil or Vinegar: over the time the oil or vinegar will take up the qualities for the herb

Herbed Butter: Mix fresh, finely chopped herbs into softened butter, press into a butter dish, refrigerate until it hardens and use as desired. Especially good are parsley and garlic or thyme.

How to Match your Herbs

Beans: parsley, sage, thyme
Breads: basil, dill, oregano, sage, thyme
Cheese: basil, dill, mint, parsley, sage, thyme
Eggs: basil, dill, oregano, parsley, sage, thyme
Beef: basil, cilantro, oregano, parsley, sage, thyme
Chicken: basil, dill, sage
Lamb: basil, dill, mint, parsley, thyme
Fish: basil, dill, mint, oregano, parsley, thyme
Potatoes: basil, dill, oregano, parsley, thyme
Salad dressing: basil, dill, oregano, parsley, thyme
Soup: basil, dill, parsley, sage, thyme
Sweets: mint, lemon balm
Tomatoes: basil, oregano, parsley, thyme

Storing Herbs

Freezing Herbs

Single Leaf Method

- Wash and dry herbs completely
- Place on a cookie sheet in one layer and make sure no leaves are touching. Cover with aluminum foil and freeze until frozen.
- Slide the leaves into a freezer bag.
- When you need the herbs take a pinch or a handful from the bag and throw them into soups, stews, or sauces

Ice-cube Tray Method

- Wash and dry herbs completely
- Remove leaves from the stem
- Pack into ice-cube trays leaving a little bit of space at the top.
- Fill the trays with water and cover with aluminum foil
- Place in the freezer until frozen
- Remove frozen herb cubes from tray and put into a plastic freezer bag
- Add ice cube to soups, stews, or sauces.

Drying Herbs

- Wash and dry the herbs completely
- Bundle the stems of the herbs together and tie with twine or rubber bands
- If you leave the herbs to dry for a couple of weeks you will want to cover it with a paper bag with lots of little holes in it. The bag will prevent dust from landing on your herbs.
- Hang the herbs upside down in a warm, dry, and dark place.
- Herbs are dry when they crumble easily. Make sure they are completely dry to avoid mold growth. If you have an electric drying machine you can put the herbs in the machine for extra drying right before storage.
- Place dried herbs in an airtight container and store away from light in a cupboard or pantry.

KALE

Kale is extremely hardy and will take us through the coldest days of fall and early winter. It develops a slight sweet flavor when it goes through a frost. It is a very nutritious veggie, high in vitamins A, C, & the mineral calcium. Kale has the highest protein content of all the cultivated vegetables.

Storage Tips

- Store in a plastic bag in the fridge for up to a week

Culinary Tips

- Be sure to wash leaves well as soil sticks in the nooks & crannies on the leaves
- Cut out the tough mid-rib
- Chopped kale leaves take about 7-10 min to steam & slightly longer to sauté
- Toss steamed kale with sautéed garlic & tamari.
- Add sautéed kale to mashed potatoes, omelets, quiches, & casseroles.

LEEKs

Leeks differ from onions in developing more of a layered stalk versus a round bulb. They are milder in flavor and tougher in texture than the onion.

Storage Tips

- Refrigerate leek unwashed with roots attached for up to two weeks. Wrap tightly in plastic so the flavor isn't absorbed by other foods.

Culinary Tips

- Cut leek almost in half length wise. Dirt collects between the layers so run the leek under lukewarm water to rinse out the dirt. Be sure to move the layers and check for dirt.
- Strip off any damaged outer leaves and trim off the roots.
- You can use most of the green leaves just trim off the very tips.
- Lightly sauté leeks alone or with other veggies.
- Add leeks to quiches, egg dishes, casseroles, stews, stocks, and stir-fries.
- Add cooked leek to mashed potatoes.
- Puree cooked leeks for a soup base.

LETTUCE

We grow a wide variety of head lettuce.

Storage Tips

- Place the lettuce in a bath of cold water and swish it around and then spin dry before storing.
- Store the lettuce in a plastic bag in the fridge. Storing the lettuce with a paper towel will often keep the lettuce from becoming soggy.
- If washed and dried properly salad mix and lettuce will keep for a week or longer.

Culinary Tips

- Make a dressing of tahini, water, and lemon juice or avocado, yogurt, water, cilantro, and lime juice for a satisfying salad

ONIONS

The onions harvested in early July are fresh and will not store long. The onions delivered in September and into the winter are dried and cured so they will store into the winter.

Storage Tips

- Keep the fresh onions in a plastic bag in the fridge. The green leaves can also be used like scallions.
- Ideal conditions for storage onions are 40-50F and low humidity, otherwise, if onions are stored with warmth or moisture they will tend to sprout.

Culinary Tips

- For ease in cutting onions, cut a bit off of both ends and cut onions in half from top to bottom. If necessary, cut out the core from the base. Peel skin off with the edge of your knife and lay the cut surface down on the cutting board. Keep the onion intact while you make length-wise slices from one side of the curved onion half to the other. Then rotate the onion a quarter turn and make crosswise slices. If you can manage to hold the form intact, you will end up with a uniformly chopped onion.
- Many and varied are the dishes seasoned with onions: quiche, soup, stew, grain-based casseroles, and vegetable stir-fry
- Save onion skins for the stock pot
- Cut a whole onion into quarters and then half the quarters to make wedges. Bake these on an oiled baking pan with a bit of liquid (water, vegetable stock, apple juice) added to prevent sticking. Season with dried thyme or rosemary, cover with foil and bake at 350-400 F for 30 minutes. Alongside the onion wedges, prepare other root vegetables (carrots, potatoes, parsnips, rutabaga, sweet potatoes) and bake these together.

PARSNIPS

Parsnips are one of the umbelifers, the family that includes carrots, parsley, dill, fennel, celery, and Queen Anne's Lace. Parsnips are notably less dense than carrots and develop their full sweetness after they have gone through a frost. Parsnips contain more vitamin C than a carrot and are high in potassium and vegetable protein.

Storage Tips

- Trim off tops and refrigerate unwashed in a plastic bag for up to two weeks.

Culinary Tips

- Scrub parsnips with a vegetable brush, peeling isn't necessary.
- Cut parsnips into uniform pieces for even cooking.
- Boil 1-inch chunks for 8-10 minutes
- Mash cooked parsnips and serve with butter
- Combine potatoes, carrots, and parsnips for a root mash
- Grate parsnips raw into salads
- Curry powder is often used to season parsnips
- Roast with other sliced root vegetables
- Sauté thin strips with butter
- Add to soups and stews

PEPPERS

All green peppers are unripe red or other colored peppers. We grow green to red bell peppers and “Italia” peppers, which are long and thin. These varieties turn red & yellow and are great for roasting. Peppers are high in iron and vitamins A,C, and E.

Storage Tips

- Ripe peppers spoil faster than green peppers.
- Store in the fridge for up to a week, unwashed

Culinary Tips

- For greatest nutrient retention eat peppers raw
- Add raw strips to salads and sandwiches, eat strips with your favorite dip
- Roast peppers, place red pepper over hot coals or an open flame on your grill. Toast it, turning often, until the skin is evenly blackened. Place pepper in a brown bag for 10 min. to steam. Skin will peel off easily with a knife.
- Marinate and grill peppers.

POTATOES

If eaten with the skin on potatoes are high in potassium. If combined with meat, dairy, or grains they will form a complete protein. Potatoes are a good source of complex carbohydrates.

Storage Tips

- Refrigerate baby new potatoes if not used within 2-3 days
- Most potatoes will hold at room temperature for up to two weeks.
- Store potatoes out of the light or skin will turn green.
- For long storage, keep potatoes at 45-50 degrees F in a dark, humid place

RADISHES

This is the first root vegetable of the season, offering bright color to your first share. Radishes are in the brassica family (broccoli, cabbage family) having that familiar mustardy bite.

Storage Tips

- Store radishes for up to 2 weeks in a plastic bag for damp cloth in the fridge.
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Culinary Tips

- Slice or grate raw into salads
- Do not peel, just scrub clean
- Use in soups or stews
- Steam radishes for 8-12 minutes until tender but not mushy. Roll in butter and salt and pepper
- Use radish green like any other cooking green
- Add radishes to stir fries

RUTABAGA

Rutabagas are a sweet addition to fall crops. They are high in vitamins A, C, and calcium. It is believed to be a cross between a turnip and a cabbage.

Storage Tips

- Will store at room temperature for up to a week
- Store in the fridge for up to a month

Culinary Tips

- Scrub rutabagas with a vegetable brush and trim off the tops and roots
- Peel off the rough outer skin
- Grate raw into salads
- Make a winter coleslaw with grated rutabaga, celeriac, carrot, diakon, and an apple with chopped parsley and a lemon/oil dressing.
- Steam 1-inch chunks for 30 min. Serve with butter and salt and pepper.
- Mash with potatoes
- Roast with other root vegetables

SCALLIONS

Scallions are a nice addition to the early shares in the spring. They can be eaten raw or added at the last minute to cooked dishes. They have a much milder flavor than onions.

Storage Tips

- Pat dry and store in a plastic bag in the refrigerator

Culinary Tips

- The white and green parts of the stem are both edible.
- Cut off the root tips and discard.
- Chop into fine pieces and add to salads, dips, and salad dressings
- Sprinkle onto finished stir-fries or soups
- Add to omelets and quiches.

SPINACH

Spinach is a nutritious green, although the nutrients are hard to absorb due to the oxalic acid found in the green. It is high in vitamins A and C. Vitamins are best retained with little or no cooking.

Storage Tips

- Dunk spinach in a cold water bath and then spin dry
- Store in a damp towel in a plastic bag for up to 1 week.

Culinary Tips

- Steam spinach for 5-8 minutes
- 2-3 lbs of spinach cooks down to 2 cups
- Toss with olive oil, lemon juice, diced garlic, fresh basil leaves, and feta cheese for a salad
- Toss tender raw leaves into pasta
- Add spinach to quiche, lasagna, or other baked dishes
- Substitute spinach for chard in other recipes

SUGAR SNAP PEAS & SNOW PEAS

Eat these peas in the pods. They are best just after they are harvested before the sugars turn into starch. They are a good source of vitamins A, C, K, and the B's, along with being high in vegetable protein, carbohydrates, and fiber.

Storage Tips

- Use as soon as possible. Refrigerate in a plastic bag for 3-4 days. Storing peas will cause them to lose some of their sweetness and crispness.

Culinary Tips

- Snap peas need stringing. Snap of the stem tip and pull downward to remove the string
- Cook quickly, no more than 2 minutes. Add butter or serve plain.
- Add to stir fries or chilled marinated vinaigrette style salads.

SUMMER SQUASH: ZUCCHINI AND YELLOW SQUASH

Tastiest when fresh and relatively small sized. They dehydrate rapidly. Summer squash is easily digested, nourishing and cooling, perfect for July and August. They are also a good source of vitamins and calcium.

Storage Tips

- Summer squash dehydrates quickly. Store in the hydrator drawer of your fridge for a few days.

Culinary Tips

- Try raw summer squash cut into stick with your favorite dip or in salads.
- Cut into chunks add to summer soups and pasta sauce.
- Grill thick slices for 3-4 minutes over hot coals, then 5-8 minutes on the side of the grill. Baste with marinade.
- Sauté onions in butter or oil, add summer squash and sugar snap peas. Then top with parmesan cheese and serve over pasta.
- Stuff patty pan squash with buttered fresh bread crumbs sautéed with garlic and fresh herbs. Heat through and serve.
- To remove excess water and prevent soggy, cooked dishes: Lightly salt the grated or thinly sliced squash. Place in a colander and let stand for 30 minutes. Some water will exude during the resting period. Much more will come out when squeezed or patted with paper towels. If you wish, rinse to remove the salt.

SWEET CORN

Sweet corn is best the day you pick it up. If you wait a few days, it becomes starchy and less sweet. Corn combined with most beans or dairy forms a complete protein.

Storage Tips

- Refrigerate immediately with the husks on. Use as soon as possible.

Culinary Tips

- You might find a worm or two in your ears. Just cut out the damaged parts, the rest of the ear is still good.
- Steam corn in 1-2 inches of water for 6-10 minutes or drop ears into boiling water for 4-7 minutes.
- Roast unhusked corn ears in the oven or grill for about 20 minutes. Soak corn in water before grilling.
- Older corn can be cut off the ear and used in chowders, salads, baked dishes, etc.

- Mix corn kernels with red peppers and sweet onions. Toss with lemon juice, oil, and your favorite fresh herbs. Marinate for one hour before serving.

SWEET POTATOES

We purchase our sweet potato plants from a farm in North Carolina. We harvest them just before the first frost. We cure them for 5 days into improve their flavor and storage quality.

Storage Tips

- Store in a cool dark place for about a month
- Do not wash until just before you use them

Culinary Tips

- Scrub well before cooking
- The skin is edible so you don't need to peel them
- Bake sweet potatoes whole at 350° until soft when pricked with a fork. Split open and add a pat of butter
- Slice sweet potatoes into chunks and toss with olive oil, thyme, salt, and pepper. Roast at 350° for about 45 minutes. Add chunks of potatoes and carrots for a winter root bake.
- Chop sweet potatoes into very small cubes. Heat butter in a sauté pan and add sweet potatoes. Add cinnamon and ginger and sauté until soft and tender. Serve with rice.
- Sweet potatoes go well with butter, cinnamon, orange, ginger, brown sugar, maple syrup, pecans, and walnuts.

TATSOI

Tatsoi is a very mild Asian green that can be eaten in salads or sautéed. It is a nice replacement for spinach as it doesn't have that sharp bite like spinach. We have found it to be a favorite with kids because of its mild flavor.

Storage Tips

- Wash and spin dry before storing in a plastic bag in the refrigerator
- Best if used with-in one week.

Culinary Tips

- Small, tender leaves can be added to salad mix for extra flavor
- Add to your sandwich, burrito, or omelet.
- Sauté with garlic for 2-5 minutes and add to pasta with grated cheese.
- Add at the last couple of minutes to your stir-fry
- To braise sauté garlic for 2-3 minutes then add tatsoi and a few tablespoons of water. Cover and cook for 2-5 minutes. Watch for the green color to brighten. If cooked much longer the greens will be mushy.
- Toss braised or sautéed tatsoi with sesame oil, rice vinegar, and soy sauce. Sprinkle with toasted sesame seeds.

TOMATOES

Tomatoes are second in popularity only to potatoes in the United States. We grow red & yellow slicing tomatoes, red & yellow small tomatoes, and plum tomatoes.

Storage Tips

- Hold tomatoes at room temperature for up to 1 week
- Cut tomatoes deteriorate quickly
- Not fully ripe tomatoes will continue to ripen stored out of the sun at room temperature
- Make sauces, salsas, and purees for winter eating.

Culinary Tips

- Sauté, bake, broil, grill, or eat them raw
- Slice tomatoes and arrange on a plate. Drizzle with olive oil or a vinaigrette, chopped fresh basil or parsley and salt and pepper.
- Add tomato chunks to summer soups and pasta sauces
- Sauté plum tomatoes and add to an omelet
- Hollow-out partially, stuff and bake or grill
- Roast halved tomatoes on a lightly oiled baking pan in a 250° oven for 3 hours (season with minced garlic and fresh, chopped basil before you pop them in the oven)

SPRING (BABY) TURNIPS

Turnips are in the brassica (cabbage) family. They are one of the most ancient and globally used vegetables. The baby turnips in the spring are sweet and their greens are tender and delicious. Both the root and the greens are good sources of vitamins and minerals.

Storage Tips

- Store turnips unwashed in plastic bag in the fridge for 1-2 weeks
- Store the greens separately in a damp cloth or a plastic bag. Use as soon as possible

Culinary Tips

- Scrub turnips with a vegetable brush. No need to peel
- Grate raw into salads and slaws
- Steam 1-inch slices for 12-15 minutes
- Bake turnips for 30-45 minutes at 350 degrees F basted with butter
- Roast along with roasting meats
- Saute garlic in olive oil, then add thin slices or turnips, when the turnips are almost done, add the turnip greens. Saute until greens are bright green but not mushy. Serve with tamari.
- Dice turnips and add to soups or stews or stir-fry
- Mash turnips like potatoes
- Use turnip greens as you would other cooking greens

WINTER SQUASH

Winter squash has 10 times more vitamin A than summer squash. Winter squash varieties are mostly interchangeable in recipes. Although the many different types of winter squash look quite different on the outside, their flesh is quite similar.

Storage Tips

- Winter squash will store at room temperature for at least a month
- Store for several months in a cool (50-55 degrees) and dry location

Culinary Tips

- 1 lb of trimmed raw squash equals 2 cups cooked squash
- Boil or steam 1-2 cubes for 15-20 minutes. You can peel before or after cooking, but let it cool first.
- Mash cooked squash with butter
- Add chunks to stews and soups
- Cut in half carefully lengthwise, scoop out the seeds. Place flesh down in a baking dish. Bake at 350 degrees for 30- 60 minutes depending on size.
- Butternut squash are a good substitute for pumpkins in pie
- Add butter and maple syrup or brown sugar to bake squash
- Cook squash chunks along side roasting meats.