



CSA News

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CSA Week 10

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Log in to your CSA account online to find a customized list, photos and descriptions for your share.

Farm Share Storage & Use Tips:

- Cucumbers, zucchini and summer squash: Store unwashed in a perforated plastic bag in your fridge's vegetable bin.
- Green onions: Wrap green onions in a slightly damp paper towel. Place inside a plastic bag or storage container; it doesn't need to be sealed airtight.
- Raspberries and blackberries: These are delicate! Eat or refrigerate right away.
- Edible flowers, squash blossoms and salad toppings: Store in fridge in their clamshell container or air-filled bag. Use as soon as possible.
- Leafy greens, bok choy, tatsoi, cabbage: Store in your fridge in perforated plastic bags.
- Microgreens, pea shoots and sunflower shoots: Keep in the fridge in their plastic clamshell container. Wash when you're ready to use them.
- Tomatoes: Store tomatoes at room temperature, not in the fridge. Ripen in a paper bag.
- Other favorite summer veggies: Save the article in this newsletter for more storage tips!

Keep Your Summer Veggies at Their Best

As your vegetable choices shift from spring crops into summer crops, we're offering a bit of expanded storage tips in this newsletter.

Depending on the plant, any part of it can be edible: roots, stems, leaves, flowers, seeds and fruits. In the spring, we see lots of roots and leaves with some stems. In the summer, it's much more about the fruits (tomatoes, peppers, eggplant, zucchini) with some seeds (corn), flowers (squash blossoms and edible flowers) and roots (potatoes, beets, carrots). And still available to you are leafy greens and microgreens, of course.

Here's our advice on storing the upcoming bounty of the season:

Tomatoes. Proper tomato storage carries with it some debate. We say you should store tomatoes on the countertop, not in the fridge. You will receive tomatoes of varying ripeness in your CSA. If they're getting soft and you're not using them that day, go ahead and refrigerate them, but expect their texture to change—you may want to cook them rather than eat them fresh. If you have tomatoes that you want to ripen faster, place them in a closed paper bag.

Keep tomatoes on their "shoulders"—on the side that had the stem attached—to reduce bruising.

Most popular of the tomatoes are the sweet and flavorful heirlooms. We try to include a few that need several more days to ripen so you can enjoy them later in the week.

How to know when your tomatoes are ripe? Tomatoes ripen from the inside out. Squeezing them with your fingertips will only bruise them. Try cupping and slightly squeezing them with the palm of your hand. A ripe tomato should be firm but yield slightly. A ripe tomato will also feel heavy for its size. Look for deep colors, too, for red tomatoes as well as heirlooms.

Zucchini, Summer Squash and Cucumbers. Store squash unwashed in a perforated plastic bag in the vegetable bin. They keep for about a week and a half.

Cabbage. Cabbage has a remarkable storage capacity. Keep unwashed cabbage in the vegetable bin of the refrigerator. If the outer leaves lose their firmness, remove and discard those. Once cut, wrap in a sealed plastic bag and refrigerate.

Fresh Herbs. Most herbs can be kept the same way: Stand fresh herbs upright in a container with 1 inch of water. Cover loosely with a plastic bag, and refrigerate for up to 2 weeks.

Basil is different and is sensitive to cold. It will turn black if exposed to harsh refrigerator temperatures. Keep basil stems in a glass of water on the counter. Alternatively, place in a plastic bag with air in it (like a balloon), and store in the fridge. The air-filled bag buffers the temps.

Garlic. You have multiple garlic choices: green garlic, fresh garlic and cured garlic. The product description you see when you log in to your CSA account will make the distinction between fresh garlic or just garlic so you know how to store and use it best.

Cured garlic can be kept for several months in a dark, dry, well-ventilated place at a cool room temperature. Your garlic is still usable after it begins to sprout, which happens when it's kept in a warm spot.

Both fresh garlic and green garlic must be kept in a plastic bag in the refrigerator and should be used quickly, because any accumulated moisture in the bag will cause it to spoil.

Beets and Carrots. If your beets or carrots still have tops attached, cut them off. Keep the greens unwashed and refrigerated in a closed plastic bag. Store the roots, unwashed, in a plastic bag in the crisper bin of your refrigerator. They will keep for several weeks.

Potatoes. Your summer-season potatoes are *new potatoes*, which are freshly dug and not yet cured. Store them in the refrigerator in a paper or perforated plastic bag.

Green Beans. Elmwood Stock Farm's "green" beans may be green, yellow, purple or purple-flecked dragon's tongue beans. 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.

Okra. Keep okra unwashed in a paper bag in the fridge. It will store for at least a week.

Peppers. Later in the summer, you'll see peppers of all kinds: bell, sweet, banana and hot. Put them in a plastic bag in the crisper drawer of the fridge.

Eggplant. Wrap unwashed eggplant in a paper towel (not plastic) to absorb any moisture, and keep it in the veggie drawer of your refrigerator. Use your eggplant within a week.

Sweet Corn. Plan to eat your sweet corn soon after receiving it. After harvest, the sugars turn into starches, and the corn loses its sweetness. Refrigerate corn as soon as possible. Keep the husks on.

Continue to refer to the front page of your CSA newsletter each week for general storage tips, and check in on the Elmwood Stock Farm CSA Member Facebook Group to have your storage and recipe questions answered.

Recipes

Fettuccine with Sausage and Cabbage

Adapted from Real Simple

8 oz. fettuccine	3 fresh garlic cloves, sliced
2 T. olive oil	salt & pepper
3/4 lb. Italian beef sausage	3/4 c. chicken broth or water
links, casings removed	1/4 c. chopped green onions
6 c. thinly sliced cabbage	or green garlic

Cook pasta according to package directions. Drain.

Heat 1 tablespoon of oil in a large skillet over medium-high heat. Add sausage and cook, breaking it up with a spoon, until browned, 5 to 6 minutes. Transfer to a bowl.

Wipe out the skillet, and heat remaining oil over medium heat. Add cabbage, fresh garlic, 1/2 teaspoon salt and 1/4 teaspoon pepper and cook, stirring occasionally, until beginning to soften, 5 to 6 minutes. Add chicken broth and simmer until cabbage is tender, 3 to 4 minutes. Combine cabbage mixture with pasta, along with sausage and green onions or green garlic.

Zucchini & Sundried Tomato Couscous

Adapted from Jehan Can Cook

2 c. pearl couscous	1/2 c. sundried tomatoes, cut
2 zucchini, halved and sliced	into small pieces
into 1/2-inch pieces	2 1/2 c. chicken or veggie stock
2 tsp. olive oil, divided	1 T. chopped fresh herbs
1 clove garlic, crushed	1/4 c. grated parmesan
1/2 tsp. red pepper flakes	

Preheat oven to 450 degrees F.

Toss zucchini with 1 teaspoon oil and place on a large sheet pan in a single layer. Bake for 20 minutes, stirring halfway through. Remove from oven.

In a large pot add remaining 1 teaspoon of oil. When oil is hot, add couscous, and toast for about 5 minutes, stirring occasionally. Add garlic, red pepper flakes, sundried tomatoes and stock. Bring to a boil, turn down heat and cover. Cook for about 10 minutes, until couscous absorbs all the liquid. Add zucchini, herbs and parmesan, and mix. Add salt, if necessary.