



CSA News

August 9-15, 2021

CSA Week 14

Volume 18, No. 26



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

Farm Share Storage & Use Tips:

- Berries: These are delicate! Eat or refrigerate right away.
- Carrots: Remove tops from carrots. Store each separately in plastic bags in the fridge. Use tops in place of parsley.
- Eggplant, peppers, zucchini and summer squash, beets, hakurei turnips: Store unwashed in a perforated plastic bag in your fridge's vegetable bin.
- Leafy greens and cabbage: Store in your fridge in perforated plastic bags.
- Leeks and green onions: Wrap in a slightly damp paper towel inside a plastic bag; it doesn't need to be sealed airtight.
- Potatoes: These are new potatoes, dug fresh and meant to be refrigerated.
- Spaghetti Squash: Store at room temperature, never in the fridge. Roast these and pull apart flesh with a fork. Eat like spaghetti. (Hence the name!)
- Tomatoes: Get your canning tomatoes this week! Store tomatoes at room temperature, not in the fridge. Ripen in a paper bag. You may receive tomatoes at varying degrees of ripeness so you can enjoy them throughout the week.

A Guide to Quick Pickling Almost Anything

With veggies coming in at the speed and variety we're seeing now, it's food-preservation time. We encourage you to can and freeze tomatoes—it's now time for that!—and besides canning, pickling is an easy way to put by fresh foods to eat all year. It's fun, too, with endless taste and ingredient combinations that you can create.

Here, we'll talk about easy quick pickles or refrigerator pickles. You can also make pickles in large quantities and can them, following National Center for Home Food Preservation recipes, which we're not covering here. (Find NCHFP canned-pickle recipes at nchfp.uga.edu.)

Whether making refrigerator pickles or canned pickles, you'll find the flavor evolves with time. What's too salty now will mellow out, and what's not quite spicy enough will become sharper.

Choose Your Veggies

Most any summer veggie except eggplant, leafy greens (except cabbage!) and microgreens can go into your quick pickles.

The denser the vegetable, the smaller the pieces will want to be for pickling, as a rule. Leave whole green beans, okra and cherry tomatoes. Slice or quarter carrots, beets, turnips, cucumbers and summer squash. Don't go overboard with your chopping, as the thinner your cut, the faster the vegetable will lose its crunch.

Basics of a Brine

Get as fancy as you'd like here, but a pickling brine at its most basic is half water and half vinegar. Use vinegar of any kind that's not aged. While balsamic is not a good choice, a splash of balsamic in addition to your brining vinegar is nice. White vinegar and apple cider vinegar lend the most traditional pickle flavor. Rice vinegar is also good.

Salt is a natural preservative, yet pickling in the fridge doesn't make it a required ingredient. The same goes for sugar. You'll find many recipes that include these ingredients for flavor as much as preservation.

From here, you can mix it up:

- Add fresh herbs for depth of flavor. It's unfortunate that basil and cilantro don't hold up well to brining, but most others do.
- Add garlic and leeks for that good allium flavor.
- Add peppercorns, mustard seeds, dill seeds, whole coriander or a bay leaf for more traditional pickling aromatics.
- Add a dried hot pepper or red pepper flakes for spice.
- Add sliced ginger or turmeric to play with new flavors.

Your ingredients will marinate together for days or weeks, and as they sit, the flavor may become stronger. Keep this in mind when adding the more pungent ingredients, like dried hot peppers and peppercorns.

Combine and Enjoy

Some recipes will ask you to heat, then cool, your brine and then pour it over your vegetables. Others recipes will have you combine everything cold. If you're making this up as you go, try a few different ways, and see what you like best. If you have something to dissolve, like salt or sugar, heating the brine helps with that.

Once your veggies are in the brine, cover and let them sit in the fridge for half a day or overnight so all of the flavors can meld.

The texture of your pickled veggies changes over time. Some will be best consumed within a couple of weeks. Others will stay firm and enjoyable for a couple of months or longer. One Elmwood Stock Farm employee has quick-pickled sliced carrots from last summer that are still holding up! (Trust your senses and the appearance of the pickles. If something smells off, if there's any mold, or if the lid of the jar is bulging—a sign of fermentation—send the pickles to your compost.)

If you're following a canning recipe and processing your pickles in a canning bath, your preserved pickles will last much longer, though the texture of the vegetables will still change over time.

Refrigerator pickles are a fun way to mix up your summer-vegetable routine. Think pickle plate with grilled meats and colorful appetizers for an outdoor gathering—not to mention they make great gifts.

Tag us on [Facebook](#) and [Instagram](#) (@ElmwoodStockFarm) with your creations, or post about them in the [CSA Member Facebook Group](#)!

Bonus Recipe: Quick-Pickled Cherry Tomatoes

Adapted from Let's Dish

2 c. apple cider vinegar
2 cups water
1/4 c. salt
1/4 c. sugar
zest of one lemon

2 pints cherry tomatoes
1/2 c. fresh herbs (except basil
or cilantro)
4 cloves garlic, minced
1/2 tsp. red pepper flakes
1/2 tsp. mustard seeds

In a saucepan, bring vinegar, water, salt, sugar and lemon zest to a boil. Simmer, stirring, until sugar and salt dissolve. Cool to room temp.

Pierce each tomato once or twice. Divide tomatoes, herbs, garlic, red pepper and mustard seeds evenly among sterilized jars.

Pour cooled vinegar mixture into jars, leaving 1 inch of space at the top. Cover and refrigerate for up to one month.

Recipes

Orzo with Greens and Roasted Tomatoes

Adapted from Tasty Kitchen

2 lb. tomatoes, cut to 1" pieces	¼ c. olive oil
½ tsp. sugar	1 clove garlic, minced
½ tsp. salt, plus to taste	3 c. dry orzo
1 bag cooking greens, sliced	2 oz. Parmesan cheese, grated

Preheat oven to 325 degrees F. Place tomatoes on a rimmed baking sheet lined with parchment paper. Sprinkle with sugar and salt. Roast 1½ to 2 hours, until tomatoes are dried and wilted.

Prepare orzo according to package directions.

Heat olive oil in a small pan over medium-low. Add garlic, and stir until just fragrant, then remove from heat and let cool.

In a large bowl, massage kale with salt for 30 seconds or so to tenderize. Add orzo and garlic oil. Stir, taste and add salt. Gently stir in tomatoes and most of the Parmesan. Top with remaining Parmesan.

Serve warm as a main dish or cold as a side salad.

Stuffed Zucchini

Adapted from Immaculate Bites

1 lb. zucchini or summer squash, halved lengthwise	1/2 lb. ground turkey or beef
2 T. olive oil, plus	1 c. diced tomatoes
1/2 bunch leeks, white and tender green parts chopped	1 T. chopped fresh herbs
1 tsp. minced garlic	1 T. smoked paprika
	salt and pepper, to taste
	1/2 c. grated cheese

Scoop out flesh from zucchini or squash, leaving some at the bottom. Reserve flesh, chop, and set aside.

Boil lightly salted water in a pot. Gently place zucchinis in the pot, and boil for 2 to 3 minutes. Using tongs, remove from water, and pat dry.

Preheat oven to 350 degrees F.

Heat oil in a medium saucepan. Add leeks and garlic, and cook, stirring, for about 3 minutes. Add ground meat, and brown. Add tomatoes and seasonings. Continue cooking for 3 to 5 minutes. Add back 1 cup of zucchini flesh. Adjust seasonings to taste. Set aside.

Coat a 9x13" baking dish with oil. Fill each zucchini half with mixture, sprinkle with cheese, and bake uncovered for 15 to 20 minutes.