

Vegetables in your CSA

* **Arugula:** Is a leafy green and is best described to have a "peppery" and slightly spicy taste. It mixes well with lettuce and other leafy greens.



- **Storage:** A key step is to dry thoroughly, to the point of feeling like you are over-doing it. Then pack lightly in a plastic bag with strips of paper towel to absorb and protect the leaves. Remove as much air as possible and store in the vegetable bin in the fridge

* **Garlic Scapes** are the "flower stalks" of hard neck garlic plants, although they do not produce flowers. Garlic scapes have a delicate garlic flavor, a tender, pliable texture, and a fragrance that hints at green grass and garlic. Scapes can be used much like garlic.



- ***Storage:** You can refrigerate scapes in a paper bag for about a month. For longer storage, blanch and freeze them for up to a few months, though they'll lose flavor over time.

* **Bunching Onions:** Green onions are used fresh in green salads, pasta salads, and potato salads, or cooked in dishes requiring a mild onion flavor. Although green onions are generally eaten raw, they can also be grilled, sautéed, or used in stir-fries.



- Storage:** Store unwashed onions in a plastic bag with it wrapped around the onions and then placed in the vegetable drawer of the refrigerator.

* **Radishes:** The bulb of the radish is usually eaten raw, although tougher specimens can be steamed. The raw flesh has a crisp texture and a pungent, and peppery flavor

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* **Storage:** Remove radish greens, which are edible, before storing and place in a plastic bag. Refrigerate up to one week.

* **Beets:** Raw beet roots have a crunchy texture that turns soft and buttery when they are cooked. Beet leaves have a lively, bitter taste similar to chard. The greens attached to the beet roots are delicious and can be prepared like spinach or Swiss chard.



* **Storage:** Refrigerate beets in a perforated plastic bag, separated from the greens, for up to three weeks. Leave the beets unwashed when storing. When cutting the tops from beets, leave at least 1/2 inch of the stems and at least two inches of the tap root on the beet. If you cut closer to the beet, the color will bleed from the vegetable during cooking. Remember, greens will only last for a few days in the refrigerator so use them within two or three days.



* **Leeks:** Leeks look like large scallions, having a very small bulb and a long white cylindrical stalk of superimposed layers that flows into green, tightly wrapped, flat leaves, and feature a fragrant flavor that is reminiscent of shallots but sweeter and more subtle.

* **Storage:** In a loose plastic bag up to a week.

* **Bok Choy:** This brassica is most synonymous with Asian cooking, specifically stir-fry. The mild flavor of bok choy is great to use in soups and noodle bowls.



* **Storage:** You can store in a plastic bag with a towel in the refrigerator, or I also like to store in a sealed glass container with a dry towel.

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* **Mint:** The flavor of mint is refreshing with a sweet, mellow flavor with hints of lemon. Mint has a fresh, slightly sweet and tangy fragrance with a strong menthol aroma.



* **Storage:** Wrap the **mint** leaves gently in a dampened paper towel. Place the **mint** in a plastic bag, not sealing all the way so that air can circulate. Do not wrap tightly; trapped moisture will cause the herbs to mold. Trim the ends and place in a glass filled with about 1" of water.

* **Lettuce (Loose leaf / Flame)** is most often used for salads, although it is also seen in other kinds of food, such as soups, sandwiches and wraps; it can also be grilled.



* **Storage:** Simply wrap it in a moistened paper towel as soon as you get home from the store and place it back in the plastic bag before storing it in the drawer. The really absorbent kind of paper towel works best.



* **Turnips (Tops & Bottoms):** Turnips are a delicious vegetable with edible greens and roots.

* **Storage:** Separate the greens and the roots. Clean, store, and cook the greens as any cooking green. Store the turnips loosely wrapped in a plastic bag in the crisper of the fridge. Like any root vegetable, they will be happiest in a cool, dark, dry environment.



* **Strawberries:** Strawberries are a heart-shaped, brightly red, sweet, juicy edible fruit.

* **Storage:** Don't wash the strawberries until you're ready to eat them or use them! Line a shallow bowl or rimmed plate with several layers of paper towels or a clean kitchen towel, place the unwashed strawberries in more or less a single layer on the towels, cover, and chill the berries until you're ready to use them. Stored this way, very fresh strawberries will keep for several days.

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* **Mustard Greens:** Spunky and soulful describes the taste of mustard greens that add a pungent, peppery flavor to recipes in which they are featured.



- **Storage:** Place mustard greens in a plastic bag, removing as much of the air from the bag as possible.

* **Chives** are an [herb](#), related to onions and [garlic](#), with long green stems and a mild, not-too-pungent flavor.



- **Storage:** Store chives in a cool place in a resealable container.

* **Thyme:** Thyme is an [aromatic](#), meaning we use it as much for its aroma as for the flavor it gives our dishes, and is one of the herbs used in a classic bouquet garni. Thyme is used for adding layers of flavor without being overwhelming.



- * **Storage:** Set aside the amount you are going to use in your dish, then refrigerate the rest, unwashed. Wrap the surplus sprigs loosely in plastic wrap and place in a sealed plastic container in the warmest part of your refrigerator.

* * **Sweet Bell Pepper:** They are grassy in flavor and super-crunchy in texture. I like them best in this Spicy Bell Pepper Slaw. Others have been known to stuff them with ground meat and cook them until tender and juicy.



- * **Storage:** To extend the shelf life of peppers it is best to store them whole in the vegetable bin of the refrigerator. Once a pepper is cut, it should be sealed in a plastic bag and used within a few days.

* **Basil:** fresh basil is extremely aromatic with a scent of pepper, anise, and mint. The taste is sweet, but savory, and just like the smell it is peppery yet ever so slightly minty.

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- **Storage:** Harvested basil does well when kept at room temperature. Place the harvested stems into a breathable bag, such as a paper bag or a perforated plastic bag. Store at approximately 60 degrees Fahrenheit, and the basil will stay fresh for up to **14 days**.

* **Collard Greens:** Mild tasting collard greens contain loads of calcium (almost as much as milk) as well as other minerals like manganese, copper, and potassium. They're also a great source of Vitamins A and C



- * **Storage:** Place greens in a plastic bag, removing as much of the air from the bag as possible

* **Dill:** The taste of dill leaves resembles that of caraway, while the seeds are pungent and aromatic. Freshly cut, chopped leaves enhance the flavor of dips, herb butter, soups, salads, fish dishes, and salads.



- **Storage:** Dill is particularly susceptible to spoilage due to excessive moisture. Do not wash it unless absolutely necessary. Place the dill on a damp paper towel and roll it up. Place the paper towel with the herb into a resealable plastic bag and store in the crisper drawer of your refrigerator. It can last for a week or longer with this storage method.

* **Kale:** Kale is a leafy vegetable of the [cabbage](#) family. Its high nutritional value and delectable taste make it very popular a vegetable.



- * **Storage:** It will store in the refrigerator in a plastic bag for up to one week, or in a cold, moist place for up to three weeks. You can also freeze, can, or dry it.

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*** Tomatoes (Red & Green):** The tomato is a wonderfully popular and versatile food that comes in over a thousand different varieties that vary in shape, size, and color. There are small cherry tomatoes, bright yellow tomatoes, Italian pear-shaped tomatoes, and the green tomato, famous for its fried preparation in Southern American cuisine.



Storage: The best place to store tomatoes is, indeed, on the counter top at room temperature. They actually continue to develop flavor until maturation peaks

*** Mizuna Mustard Green (Miz America):** Often described as a mix between arugula and mustard greens, mizuna has a mildly bitter, peppery taste that adds a subtle punch to raw and cooked dishes.



*** Storage:** To store mizuna and keep it fresh the longest, rinse and dry the leaves before storing them in the fridge. Wrap them in a paper towel first and put them in a plastic bag, and they should last in the fridge for up to 5 days.

*** Egg Plant:** Eggplants can be purple, green, white or striped, pear-shaped or cylindrical and the size of a golf ball to a football. While the different varieties do vary slightly in taste and texture, one can generally describe the eggplant as having a pleasantly bitter taste and spongy texture.



*** Storage:** Eggplants do not store well for long periods of time. Without refrigeration, eggplants can be stored in a cool, dry place for 1 or 2 days. If you don't intend to eat the eggplant within 2 days, it should be refrigerated. To refrigerate, wrap in a paper towel and place in a reusable container or perforated plastic bag in the crisper section of your refrigerator for use within 5 - 7 days.

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* **Poblano Peppers:** Poblano peppers are on the milder end of the Scoville scale, ranging from 1,000 [Scoville heat units](#) (SHU) to 1,500 SHU. These mild peppers have a rich and somewhat earthy flavor to them. Because they are thick peppers, there's a lot of "meat" to them, similar to a bell pepper. The thick walls of the vegetable make them excellent for cooking



- **Storage:** Store in a paper bag in the vegetable crisper of refrigerator.

* **Cucumbers:** A cucumber is mainly very watery and juicy and the seeds give it a hint of freshness. They have a bitter, slightly watery taste.



***Storage:** wrap each cucumber individually in a paper towel, and then put all cucumbers wrapped in paper towels inside the plastic bag. Put the plastic bag with the cucumbers in a refrigerator.

* **Jalapeno Peppers (EL Jefe):** Jalapeno or Jalapeño is one of the best-known chili peppers and used worldwide. Originates from Mexico. The Jalapeno El Jefe is a new hot Jalapeno variety. Very juicy with the well known Jalapeno flavor. These have a deep back of the throat burn and are hotter than the usual Jalapeno.



***Storage:** Store in a paper bag in the vegetable crisper of refrigerator. To freeze: Slice or chop peppers, then place in airtight containers or heavy-duty freezer bags, or wrap tightly in heavy-duty aluminum foil or plastic wrap

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* **Habanero Peppers:** The **habanero** is a hot variety of [chili pepper](#). Habanero chili's are very [hot](#), rated 100,000–350,000 on the [Scoville scale](#).^[2] The habanero's heat, flavor and floral aroma make it a popular ingredient in [hot sauces](#) and other spicy foods.



* **Storage:** To maximize the shelf life of raw habanero peppers, store in a paper bag in the vegetable crisper or refrainer

* **Black Cherry Tomatoes:** Cherry and grape tomatoes—which can vary in color—have high sugar concentrations and taste sweeter than full-size tomatoes.



- **Storage:** The best place to store tomatoes is on the counter top at room temperature.
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* **Potato (Red & White):** There are more than 100 varieties of potatoes. White-skinned (actually very light brown) and red-skinned varieties with white flesh are the most common in home gardens. New potatoes are any variety of freshly dug young potato that hasn't been stored.

Potatoes can be harvested at any stage of development from marble-size to full maturity.



* **Storage:** Even stored under the best conditions, potatoes lose some quality the longer they are stored. For best results, store in a cool, dark place with good air circulation. Do not refrigerate potatoes.

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* **Butternut Squash:** Butternut squash is much sweeter than other winter squashes. Its flavor also has a nutty dose, and, especially in purees, it can taste little like sweet potatoes. It has that "autumn" taste that can be associated with pumpkin, just a bit sweeter.



* **Storage:** Store your fresh, uncut squash in a cool, dark place, such as a basement or closet, where sunlight won't hasten it's ripening. Under the right storage conditions, your butternut squash should last two to three months.

* **Cabbage (green):** The flavor of Green cabbage is grassy, sweet and cruciferous, a trademark characteristic of cabbage.



* **Storage:** Wrapped tightly in plastic, a head of cabbage will keep for about two weeks in the crisper.

* **Mizuna Lettuce:** Mizuna is an Asian green that is commonly found in baby lettuce mixes. It is a mild tasting green that can be enjoyed raw or cooked.



* **Storage:** Store as you would other lettuce or leafy greens.

* **Sweet Potatoes:** Their sweet, with a nutty flavor and beautiful orange flesh.



* **Storage:** Instead, keep your sweet potatoes at room temperature in a cool, dry, and well-ventilated place. If you store your sweet potatoes correctly, they can last for about two weeks.

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* **Rosemary:** Rosemary owes its popularity as a culinary spice to its **unique, piney fragrance**. A single branch of fresh rosemary is just as nutritious as a medium-sized apple.



* **Storage:** You can also wrap the rosemary in a damp cloth towel and place it in a reusable storage container. Rosemary will last around 10 to 14 days in the refrigerator when stored properly.

* **Kale:** Kale is a leafy vegetable of the [cabbage](#) family. Its high nutritional value and delectable taste make it very popular a vegetable.



* **Storage:** It will store in the refrigerator in a plastic bag for up to one week, or in a cold, moist place for up to three weeks. You can also freeze, can, or dry it.

* **Tomatoes (Green):** The tomato is a wonderfully popular and versatile food that comes in over a thousand different varieties that vary in shape, size, and color. There are small cherry tomatoes, bright yellow tomatoes, Italian pear-shaped tomatoes, and the green tomato, famous for its fried preparation in Southern American cuisine.



* **Storage:** The best place to store tomatoes is, indeed, on the counter top at room temperature. They actually continue to develop flavor until maturation peaks

* **Beet Greens:** They're naturally delicate, surprisingly sweet and mild. High in vitamins and minerals: A, C, K and fiber, iron and potassium.



* **Storage:** The greens can be wrapped in paper towel and placed in a Ziploc bag where all the air has been removed. Beet greens stored in this fashion will last 2 to 5 days after purchase.

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* **Swiss Chard:** Fresh young chard can be used raw in [salads](#). Mature chard leaves and stalks are typically cooked (like in [pizzoccheri](#)) or [sautéed](#); their bitterness fades with cooking, leaving a refined flavor which is more delicate than that of cooked [spinach](#).



* **Storage:** Place chard in a plastic storage bag and wrap the bag tightly around the chard, squeezing out as much of the air from the bag as possible and place in refrigerator

* **Chives** are an [herb](#), related to onions and [garlic](#), with long green stems and a mild, not-too-pungent flavor.



* **Storage:** Store chives in a cool place in a resealable container.

* **Carrots: (Multi colored)** Carrots have a nice, satisfying, slightly sweet, nutty taste. They are nice raw or grated as a side salad (with optional seasoning).



* **Storage:** Carrots will keep for a good amount of time in the coldest section of your refrigerator wrapped up and away from other fruits and veggies that produce ethylene gas, like [apples](#) and [pears](#), that will warp their flavor. Try to use within two weeks.

- **Radish (Helios):** The bulb has a creamy tan to yellow exterior skin and a crisp white interior flesh.



* **Storage:** Remove radish greens, which are edible, before storing and place in a plastic bag. Refrigerate up to one week.

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* **Asian Long Beans:** Graceful, 16-20" long, dark green pods, no bigger than the diameter of a pencil. Stringless, sweet, and richly flavored for steaming and stir-fry.



- **Storage:** Store in the refrigerator, unwashed in a plastic bag for up to 5 days.

* **Okra:** Okra has a mild flavor that is similar to that of an eggplant, though the texture is different than that of eggplant.



- **Storage:** To store okra in the fridge, wrap them in a paper towel or place inside a paper bag, and store in the vegetable drawer. Do not wash fresh okra until you are ready to use it.

* **Basil:** Is highly fragrant and has a bright, pungent and peppery taste.



- **Storage:** Store fresh basil Cut 1/2 inch from the bottom of the stems and stand the sprigs upright in a glass jar. Fill the jar with enough cold water to cover the stems by 1 inch. Loosely cover the leaves with a plastic bag. Store at room temperature for up to 1 week.

* **Swiss Chard (Rainbow):** Fresh young chard can be used raw in [salads](#). Mature chard leaves and stalks are typically cooked (like in [pizzoccheri](#)) or [sautéed](#); their bitterness fades with cooking, leaving a refined flavor which is more delicate than that of cooked [spinach](#).



Storage: Place chard in a plastic storage bag and wrap the bag tightly around the chard, squeezing out as much of the air from the bag as possible and place in refrigerator

* **Lettuce (Romaine variety):** Romaine lettuce is crisp and juicy, with a sweetness unmatched by other lettuce types.

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* **Storage:** To maintain the proper temperature and moisture level, store your lettuce in the crisper drawer in your fridge.

* **Pepper (Banana)** These are mild and tangy chilies, perfect for pickling and tasty in salads and sandwiches.



* **Storage:** To maximize the shelf life of raw banana peppers, store in a paper bag in the vegetable crisper of refrigerator. Properly stored, banana peppers will usually keep well for 1 week in the fridge.

* **Tomatoes (Red & Green & Cherry tomatoes):** The tomato is a wonderfully popular and versatile food that comes in over a thousand different varieties that vary in shape, size, and color. There are small cherry tomatoes, bright yellow tomatoes, Italian pear-shaped tomatoes, and the green tomato, famous for its fried preparation in Southern American cuisine.



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- * **Onions (Red & Yellow):** Are full-flavored and are a reliable standby for cooking in almost anything.



- * **Storage:** Store onions in a cool, dark spot away from potatoes.

- * **Radishes:** The bulb of the radish is usually eaten raw, although tougher specimens can be steamed. The raw flesh has a crisp texture and a pungent, and peppery flavor



- * **Storage:** Remove radish greens, which are edible, before storing and place in a plastic bag. Refrigerate up to one week.

- * **Curly Kale:** Kale is a leafy vegetable of the cabbage family. Its high nutritional value and delectable taste make it a very popular vegetable.



- * **Storage:** It will store in the refrigerator in a plastic bag for up to one week, or in a cold, moist place for up to three weeks. You can also freeze, can, or dry it.

- * **Red Tropea Onion:** An Italian heirloom variety of onions, favored because of their unusual shape, torpedo onions are one of the most famous varieties of onions from Italy. The onion is originally from Tropea, a Calabrian town. It has a delicate and mild flavor with a slightly sweet taste.



- * **Storage:** Use fresh not meant for storage.

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- * **Lettuce (Little Gem):** Very small, green, romaine-type. One of the very best-tasting lettuces.

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- **Storage:** Wash your lettuce, and remove any damaged leaves., and dry it thoroughly. Wrap the lettuce in dry paper toweling, and place it in a plastic bag or storage container in your refrigerator.

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- **Mesclun (Sweet salad mix)** : Also known as spring mix or mixed baby greens is a mix that may contain up to 10 different varieties of young tender lettuces and other greens.



- **Storage:** Store as you would other lettuce or leafy greens.

* **Radish (Nero)** Black-skinned, round roots with crisp, hot, white flesh.



* **Storage:** Remove radish greens, which are edible, before storing and place in plastic bag. Refrigerate up to one week.

* **Cabbage (Minuet):** Minuet Cabbage (also commonly called Chinese Cabbage or Napa Cabbage) has thick crisp stems and frilly yellow-green leaves. The flavor is often sweeter and softer than common cabbage.



* **Storage:** Don't wash the cabbage or remove the outer leaves before storing. The outer leaves protect the inner leaves from drying out. Store whole cabbage in the refrigerator in a crisper drawer.

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* **Butterhead Lettuce:** Butterhead lettuces have soft, buttery-textured leaves that form very loose "heads". They boast a mild, sweet and succulent flavor. In the garden, the small heads are loosely folded and range in color from pale green to purple-red.



* **Storage:** To maintain the proper temperature and moisture level, store your lettuce in the crisper drawer in your fridge.

* **Basil (Sweet Thai):** Narrow leaves with a sweet, anise-like scent and hints of licorice, along with a slight spiciness lacking in sweet basil.



* **Storage:** Store fresh basil Cut 1/2 inch from the bottom of the stems and stand the sprigs upright in a glass jar. Fill the jar with enough cold water to cover the stems by 1 inch. Loosely cover the leaves with a plastic bag. Store at room temperature for up to 1 week.

* **Green Bean (Blue Lake):** You'll find them tender, meaty, and full of hearty, fresh bean flavor.



* **Storage:** To store them, place them in a plastic perforated bag so that they will get some air flow. Do not wash the beans or snap the ends until you are ready to prepare them. The beans are best when served shortly after harvesting, but if necessary they can be stored up to 5 days in the refrigerator.

* **Garlic:** Dried garlic is the most commonly used type of garlic and can be found in white, pink or purple variety. When it is used in a raw form, it is pungent and slightly bitter, but it becomes very mild and sweet when sautéed or baked.

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***Storage:** Store fresh garlic in a cool, dark, dry place that is well ventilated for 4 to 6 months, but is best when used within a few weeks. When the cloves have been removed, they can be stored frozen for several months. If garlic has been chopped, minced, or prepared in anyway, it should be refrigerated. Be sure to store in an airtight container in the refrigerator to prevent the garlic odor from affecting other foods.

*** Summer squash:** (zucchini green and/or yellow) have thin, edible skins and soft seeds, and are high in vitamins A and C, and niacin. The tender flesh has a high water content, sweet and mild flavor, and requires little cooking.



***Storage:** Place Summer Squash in a plastic storage bag before storing in the refrigerator. Do not wash Summer Squash before refrigeration because exposure to water will encourage your Summer Squash to spoil.

*** Blueberries (DeGrandCamp Farms in Michigan):** Blueberries are a popular fruit because of their fresh sweet taste and ease of preparation - they can be eaten right off the stem (after rinsing of course) with no waste or used in hundreds of different ways including baked goods.



*** Storage:** Blueberries should be stored directly into a sealed airtight container to keep out moisture and other contaminants. Do not rinse your blueberries until immediately before use - very important in extending the shelf life of blueberries. For a long-term option, blueberries can be frozen. Spread the berries on a baking sheet and place it in the freezer for about 2 hours then transfer them into a freezer safe bag or airtight container. To defrost, place them into a bowl for about an hour and then use them for baking since they will be soft.

*** Kale (Red Russian):** Red Russian kale offers a mild nutty flavor that is slightly sweet and earthy with a hearty texture.

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* **Storage:** It will store in the refrigerator in a plastic bag for up to one week, or in a cold, moist place for up to three weeks. You can also freeze, can, or dry it.

* **Potatoes (Yukon):** Yukon Gold is a widely grown potato variety, known for its smooth skin and yellow flesh.



- * **Storage:** Yukon Gold potatoes store fairly well, with minimal sprouting. Avoid rough handling, and store them in a high-humidity area.

* **Cucumber (Green or Yellow):** A cucumber is mainly very watery and juicy and the seeds give it a hint of freshness. They have a bitter, slightly watery taste.



* **Storage:** wrap each cucumber individually in a paper towel, and then put all cucumbers wrapped in paper towels inside the plastic bag. Put the plastic bag with the cucumbers in refrigerator

* **Cilantro:** Has a fresh flavor with hints of citrus and is used to brighten up dishes. While potent fresh, the flavors of **cilantro** mellow considerably with heat.



* **Storage:** You can store cilantro leaves wrapped in cotton in the fridge for about a week. If you need to store longer, you can either freeze or dry them.

* **Sugar Snap Peas:** The whole pod is eaten and has a crunchy texture and very **sweet flavor**. Snap peas may be eaten raw or cooked.



* **Storage:** To store this vegetable, simply make sure that the pods are dry and **store** in the crisper in an airtight container for up to 5 days.

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* **Sorrel:** The sorrel herb is a tangy, lemony flavored plant. The youngest leaves have a slightly more acidic taste, but you can use mature leaves steamed or sautéed like spinach. The smallest leaves are best in salads and add an acidic tang. The larger leaves are more mellow.



* **Storage:** If you're going to use it within a day or two, simply keep sorrel loosely wrapped in plastic in the fridge. For longer storage, rinse it clean, pat it dry, and roll the leaves up in paper towels before putting them in the plastic

* **Egg Plant (Italian)** Eggplants can be purple, green, white or striped, pear-shaped or cylindrical and the size of a golf ball to a football. While the different varieties do vary slightly in taste and texture, one can generally describe the eggplant as having a pleasantly bitter taste and spongy texture.



- **Storage:** Eggplants do not store well for long periods of time. Without refrigeration, eggplants can be stored in a cool, dry place for 1 or 2 days. If you don't intend to eat the eggplant within 2 days, it should be refrigerated. To refrigerate, wrap in a paper towel and place in a reusable container or perforated plastic bag in the crisper section of your refrigerator for use within 5 - 7 days.

* **Lettuce (Gourmet mix):** Also known as spring mix or mixed baby greens is a mix that may contain up to 10 different varieties of young tender lettuces and other greens.



Storage: To maintain the proper temperature and moisture level, store your lettuce in the crisper drawer in your fridge

* **Walking Onions (Scallions):** They are robustly flavored without the strong sting in some varieties of onion. The bulbils may be eaten as well. The bulbils are small, so I like using them in dishes that don't require peeling such as pickles or roasted onion.

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* **Storage:** Wash onions and onion tops just before you cook or cut them. Keep moisture off them as they are stored so they do not mold.

* **Basil (Purple & Green)** : Is highly fragrant and has a bright, pungent and peppery taste.



* **Storage:** Store fresh basil Cut 1/2 inch from the bottom of the stems and stand the sprigs upright in a glass jar. Fill the jar with enough cold water to cover the stems by 1 inch. Loosely cover the leaves with a plastic bag. Store at room temperature for up to 1 week.

* **Beans (Dragon Tongue):** Dragon tongue bean is a flavorful, juicy bean whose seeds are encased in a buffed colorful pod with mottled burgundy patterns throughout the shell's surface.



* **Storage:** To store, wrap beans in plastic and refrigerate. For best flavor and texture use beans within four to five days.

* **Sage:** Sage is prized as a seasoning for its strong aroma and earthy flavor.



- **Storage:** When kept refrigerated and wrapped in plastic or in the original plastic clamshell container fresh sage should stay good for up to one week.

* **Basil (Purple & Green)** : Is highly fragrant and has a bright, pungent and peppery taste.



* **Storage:** Store fresh basil Cut 1/2 inch from the bottom of the stems and stand the sprigs upright in a glass jar. Fill the jar with enough cold water to cover the stems by 1 inch. Loosely cover the leaves with a plastic bag. Store at room temperature for up to 1 week.

* **Tomatillo:** Tomatillos have a bright, lemon-like flavor.

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Storage: Store tomatillos for a day or two at room temperature or for up to a week wrapped loosely in plastic in the fridge. However, you store them, leave their papery husks on until you're ready to use them.

The papery husks on tomatillos are pretty, but they need to be removed before cooking. Simply lift them off and discard them, twisting them off at the stem end if they're resistant. Once their husks are removed, the tomatillos underneath may feel a bit sticky. That's okay and normal. Just rinse them clean under cool running water and pat them dry. Again, don't remove their papery husks until you're ready to use them.

* **Rosemary:** It has a piney aroma and a distinctive sharp flavor, and can be used fresh or dried.



* **Storage:** To store rosemary, **place the sprigs in a plastic food storage bag with a damp paper towel**. Fresh rosemary will keep for about 1 week in the refrigerator.

* **Lavender:** The scent of lavender is floral and sweet and also has herbal notes with balsamic undertones.



- Store the dried lavender inside of a plastic container or bag and place in a dry, dark place to preserve the scent for a longer period

***Dill:** Dill tastes grassy with a bit of anise-like licorice flavor.



* **Storage:** For the dill, you plan to use in the next week or so, place the stems in a water-filled jar, as though they were cut flowers. This is an easy way to keep many herbs fresh for up to a week.

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* **Spinach:** Is a super food loaded with tons of nutrients in a low calorie package. Dark, leafy greens like spinach are important for skin, hair, and bone health. They also provide protein, iron, vitamins, and minerals.



Storage: Do not wash before refrigeration or freezing; the excess moisture will cause the spinach to wilt prematurely. Wrap the spinach loosely in a paper towel. The towel will **absorb** excess moisture. Place **spinach** in a large plastic bag. Do not pack the spinach tightly; the spinach should remain loose for ventilation and circulation.

* Lemon Verbena: Packed with delicious citrus flavor, thinly sliced leaves add zest and aroma to fish, salads, and steamed vegetables.



* **Storage:** Once the leaves are dried, they can be stored in an herbal jar. Herbal jars have lids that screw on tightly and keep the dried herbs for cooking.

* Lavender: The scent of lavender is floral and sweet and also has herbal notes with balsamic undertones.



- Store the dried lavender inside of a plastic container or bag and place in a dry, dark place to preserve the scent for a longer period.

- **Turnip Bottoms:** Younger and smaller turnips will be more tender with a very mild, very slightly sweet taste. To prepare turnip roots for use, wash, top them and trim any hairy roots off, then peel.



Storage: Refrigerate the roots unwashed in a plastic bag. They should keep for anywhere from 1 week to 2 weeks in the fridge, depending on your refrigerator

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***Oregano:** Has a warm, slightly bitter taste with a hint of sweetness. It is often the main spice in pizza sauce.



*** Storage:** Store in a plastic bag in the refrigerator for up to 3 days. Placing a slightly damp paper towel in the oregano and leave some air in the bag, it may extend the life up to 1 week. You may also extend the shelf life of fresh oregano by storing whole stems with leaves in a glass of water with a plastic bag loosely tented over the glass.

*** Radish (Daikon)** Its texture, when raw, is probably closest to that of a raw apple. Its flavor is a little sharp, maybe a tiny bit bitter. It has a mild astringency that goes very well with rich or oily foods.



*** Storage:** If your daikon comes with the leaves still attached, cut them off and store both pieces separately in the refrigerator. The leaves are edible, but can be pretty potent; add them to a soup, or mix them in with other greens to mitigate their spicy bite. Daikon will last a long time in your refrigerator, even once cut (just wrap the remainder in plastic wrap or put it in a plastic bag) -- but be forewarned: Once it's cut, your fridge is not going to smell good. At all.

*** Radish (Easter egg):** Easter Egg radish are petite and round with thin wiry taproots. Colors of their skin range from white to pink to crimson to purple, all in one bunch. Their flesh is bright white and crisp with a mild radish flavor. The Easter Egg radish produces green leaves that grow from the roots above ground, which are also edible.



*** Storage:** Store refrigerated, covered loosely in plastic for 3 to 5 days in the crisper drawer

Vegetables in your CSA

* **Squash (Delicata)** Also known as “sweet potato squash” for its brown sugar flavor, delicata tastes like a cross between fresh corn and pumpkin pie. Like all hard squash, delicata is high in beta-carotene and vitamin C, relatively low in calories and astonishingly versatile.



* **Storage:** Store squash in a cool dry place for up to 3 months

* **Melon (Sun Jewel):** This Asian variety (also called a Korean Yellow Melon) has pale yellow flesh that tastes similar to honeydew, but with more of a cucumber-pear flavor.



- **Storage:** Melon should be stored in the refrigerator for up to one week. Cut watermelon should be wrapped in plastic, refrigerated and used within three to five days.

* **Cilantro:** The warm, balsamic and aromatic flavor of oregano makes it the perfect addition to Mediterranean and Mexican cuisines.



- * **Storage:** Fresh oregano should be stored in the refrigerator wrapped in a slightly damp paper towel. It may also be frozen, either whole or chopped, in airtight containers.

* **Cabbage (Red):** Similar to green cabbage, but with dark reddish-purple leaves. The flavor is a little deeper and earthier.



- * **Storage:** Keep it wrapped. Wrapping cabbage in plastic* and storing it in the crisper section of your refrigerator limits its exposure to air flow, and thus reduces respiration and retards spoilage. Just as importantly, plastic wrap keeps external moisture out, preventing mold and rot, while helping the cabbage to maintain its internal (cellular) moisture—without which, the cabbage leaves lose their firmness and begin to wilt.

Vegetables in your CSA

* Spaghetti Squash: Spaghetti squash is pale yellow or cream in color, oval like a watermelon, and looks like spaghetti when cooked, with a mild, sweet, nutty flavor.



Storage: Store squash in a cool, dry place (preferably 55 to 60 degrees Fahrenheit) up to 3 months. Refrigeration will make the squash spoil quickly, but squash can be stored in the refrigerator 1-2 weeks. Cut squash should be tightly wrapped in plastic wrap and refrigerated

* **Egg Plant (Italian)** Eggplants can be purple, green, white or striped, pear-shaped or cylindrical and the size of a golf ball to a football. While the different varieties do vary slightly in taste and texture, one can generally describe the eggplant as having a pleasantly bitter taste and spongy texture.



- Storage: Eggplants do not store well for long periods of time. Without refrigeration, eggplants can be stored in a cool, dry place for 1 or 2 days. If you don't intend to eat the eggplant within 2 days, it should be refrigerated. To refrigerate, wrap in a paper towel and place in a reusable container or perforated plastic bag in the crisper section of your refrigerator for use within 5 - 7 days.

*Parsnips: They're in the carrot family, but have a sweet and nuttier flavor



*Storage: It's best to store them in your refrigerator's crisper drawer or a wine cellar or cold storage area for up to a month.

*Snow Pea's: Snow peas contain a lot of natural sugar so they are very sweet and tasty to eat raw or cooked.



Vegetables in your CSA



***Storage:** Store your snow peas in a paper bag in the crisper of your refrigerator. They'll only keep for a few days.

* **Cherry Tomatoes (Sun Gold):** Sungold cherry tomatoes are exceptionally sweet, golden-orange tomatoes around one inch in size.



- **Storage:** The best place to store tomatoes is, indeed, on the counter top at room temperature. They actually continue to develop flavor until maturation peaks

* **Kale (Tuscan) :** In Tuscany, it's sometimes called lacinato. Whatever the name, cook it carefully and this is one great green, with a creamy texture and deep, sweet flavor. It's also known as dinosaur kale (for its dark green, somewhat scaly-looking leaf)



Storage: Keep kale in the refrigerator in a tightly sealed plastic bag.

* **Parsley:** Parsley brightens flavors. It adds balance to savory dishes the way that a little lemon juice can make something just taste better. Parsley is a mild "bitter" herb.

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Vegetables in your CSA

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Storage: Keep fresh parsley in the refrigerator for several weeks, wash entire bunch in warm water, shake off all excess moisture, wrap in paper towel and seal in a plastic bag. If you need longer storage time, remove the paper towel and place the sealed bag in the freezer. Then simply break off and crumble the amount of parsley you need for soups, stews and other cooked dishes

- Yellow Wax beans: Ideally harvested young, are crisp, succulent and tender firm, with mellow grassy sweet and nutty flavors.



* Storage: Wrap wax beans in dry paper towels and refrigerate in a plastic bag for up to 3 days. Rinse the beans under cold running water.

Featured Recipe: Super Easy Stir-Fried Cabbage

Ingredients

- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 pound shredded cabbage
- 1 tablespoon soy sauce
- 1 tablespoon Chinese cooking wine (Shaoxing wine)



Vegetables in your CSA

Directions

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Step 1: Heat the vegetable oil in a wok or large skillet over medium heat. Stir in the garlic, and cook for a few seconds until it begins to brown. Stir in the cabbage until it is coated in oil; cover the wok, and cook for 1 minute. Pour in the soy sauce, and cook and stir for another minute. Increase the heat to high, and stir in the Chinese cooking wine. Cook and stir until the cabbage is tender, about 2 minutes more.

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Vegetables in your CSA

Thanks & Enjoy the Harvest

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