



Keep it Fresh!

An A to Z Handling and Storage Guide

TITUS FARMS

Keep It Fresh: A Storage Guide

Thanks for supporting our farm! This document is our best effort to help you use the abundance of the seasons.

The list includes **crops we grow** and then offer to the CSA and some we **do not not grow** or **offer to CSA**. We hope you have a chance to find these products at a local farmers market though!



= **Not grown** by Titus Farms

How to Use this Guide:

Crop Name



Season → Our best guess of when it's in season in MI.

To Store → *Optimal* storage conditions. Trying to get as close to these conditions as you can is best.

Use → We'll give you a few tips and basic cooking methods.

Abundance → What to do if you have way too much of this crop and need to freeze, can or dehydrate it for later use.

Apples

Season: late August-November for best quality

Michigan offers so many varieties of apples to choose from! Each apple is unique and has its own best use. Some are good for eating out of hand while others are better for pies, baking and applesauce.

Store: Store apples in your refrigerator in a plastic bag.

They can absorb other flavors from your fridge so, keep them away from onions, potatoes, and other strong-flavored items. They also produce an incredible amount of ethylene, a gas responsible for ripening fruits. So, keep them away from sensitive fruit like bananas.

Abundance: Dehydrate, make applesauce and freeze or freeze slices. **To freeze:** Apples can be frozen with or without sugar. Wash, peel, core and slice apples, removing any brown spots. Soak in ascorbic acid or lemon juice, to prevent them from browning. Add sugar (if desired) and place in a freezer-safe plastic bag, removing as much air as possible and freeze. Or to easily grab just a few slices, you can easily freeze sliced apples. Place in a single layer on a cookie sheet and freeze individually before placing them into a freezer bag.



Arugula

Season: Early Spring or Winter

A peppery and slightly bitter salad green which can be paired with other lettuces or wilted slightly to mellow the flavor. Hotter weather makes for spicier leaves.

Store: Like most other greens, it is highly perishable and will only last about 2-5 days. Keep it in the plastic bag, fold the bag over and place in the fridge. If you decide to wash it first, be sure to spin the leaves dry before placing them into a bag with a piece of paper towel to absorb moisture.

Use: Arugula can be sandy, so submerge it in a bowl of cold water, then drain and spin dry. Used as a raw salad green, it pairs well with an acidic vinaigrette. It can also be tossed in at the end of sautés or pasta dishes, and it stands up to salty dishes well. Use arugula to top sandwiches and pizzas, as a bed for grilled steak, or to garnish hors d'oeuvres.



Asparagus

One of the most popular early-season vegetables and famous Michigan product there is! It is a good source of vitamins A, C and, potassium, with a great fresh flavor.



Season: late April-May

Store: In the fridge, in a sealed container or plastic bag for 2-3 days for best quality.

Use: Wonderful steamed, roasted, grilled or sautéed. *To Roast:* toss the trimmed spears in olive oil and season with salt and pepper. Place the asparagus on a baking sheet and roast in a 450-degree oven for 10 to 15 minutes, depending on thickness of spears. For even browning, roll asparagus partway through cooking by shaking the pan once or twice. Spears are done when tender throughout and lightly browned. *To Grill:* follow the directions for roasting but, place on a low direct heat and cook until lightly browned. If the tips begin to burn, rotate the spears to the cool side of the grill.

Abundance: Freezing is the best option, other than pickling. Blanch/Steam, shock and, freeze in gallon freezer bags in whole spears or pieces. If you don't want the spears to stick together, freeze them on a baking sheet first, before placing into a plastic storage bag.

Basil

Season: July-September

Store: **Do not refrigerate fresh basil.** To keep basil fresh, strip the lower leaves off the stems and place the whole stem in a glass of water on the kitchen counter. You can save those stripped leaves in a dry paper towel, in an airtight container on the counter for a few days. Basil kept in water (think cut flowers), can last 5-7 days.



Use: Chop or tear and add it to butter, cream cheese, or your favorite pasta sauce. Fresh basil is tender so, always add it near the end of cooking or use a small amount as a garnish.

Abundance: Puree extra basil with a little bit of olive oil and freeze it in ice cube trays. Remove from trays and place in a labeled freezer bag. The same freezing method is also great for pesto! Be sure to omit the cheese in your pesto recipe though. Or, consider using almonds or walnuts as a cheaper alternative to pine nuts. **To dehydrate:** Using just the leaves, place on a piece of paper towel on a glass plate. Cover with another piece of paper towel. Microwave on high for 1 minute. Leaves will be dry. Crinkle them with your finger and place them in a dry container, such as a Mason or old spice jar with a lid.

Beans

Season: mid-July- September

We grow green, yellow, purple and dragon's tongue beans on our farm. Smaller, thinner beans are better in our book too! While we love purple beans, *they do turn green when cooked.*

Store: Store unwashed beans in a perforated or loose plastic bag in the veggie bin of your fridge for up to 1 week. Rejuvenate wilted beans by soaking them in ice water for 30 minutes.

Use: Remove stems (or strings) of fresh beans before cooking. Steam in boiling water for 5-10 minutes, watching carefully for beans to brighten in color and become tender, but not soft or mushy. They can also be sautéed or roasted for a more intense flavor.

Abundance: Freezing or canning work well. They can also be quick-pickled with lots of vinegar and dill for a crunchy, tasty treat! To freeze: Blanch in boiling water for 2 minutes, rinse/shock in ice water, drain, dry well, and pack into airtight containers.



Beans, Cranberry

Season: August or September

A shelling bean, with inedible skin and a bean that must be cooked. You can find them either in-shell or shelled, dried or fresh.

Store: If dried: shell and store like any dry bean for up to a year. If fresh: remove from the pods and store in an airtight container for 1-3 days.

Use: They must be shelled and cooked. Since they're fresh beans, there's no need to soak them. Simmer in a covered pot but, avoid rapid boiling as the beans will split. Cook for 45 minutes to 1 hour. Cooked beans will keep for a few days before they're added to a recipe.

Tips: Try putting herbs, onion, garlic, celery or fennel in the water for added flavor. Serve with a little olive oil just as a side or mix with pasta after cooking.



Beets

Season: Almost year-round, normally June-October

Beets come in a few different colors, including red, pink, golden and white. Red beets have a crimson color, sweet flavor, and red-veined leaves. Golden beets have yellow skin and flesh and pink beets have pink “zoning” that looks like candy-stripes. Both yellow and chioggia (pink) offer a delicate flavor and since their color doesn’t run all over, they are a good choice for more decorative meals.



Store: If greens are still attached, cut them off, leaving an inch of stem. Keep greens unwashed and refrigerated in a closed plastic bag and use just like kale or chard. Store the roots, with the rootlets (or "tails") attached, unwashed, in a plastic bag in the crisper bin of your refrigerator. They will keep for several weeks, but their sweetness can diminish with time.

Just before cooking, scrub beets well and remove any scraggly leaves and rootlets. If your recipe calls for raw beets, peel them with a knife or a veggie peeler, then grate or cut them according to the recipe. To remove the skins, you can roast them in foil or boil them, and the peels will eventually come right off.



Use: Beets are delicious, grated raw into a salad. Or slice them into finger-size sticks and eat raw with dip. Cube beets into a veggie stew. Serve sliced, steamed beets at room temperature tossed in olive oil with a dash of salt and pepper, or a simple vinaigrette.

Bake beets in a foil-covered roasting pan with 1/2 cup water at 400 degrees. Or boil them, until easily pierced with a sharp knife. Both methods take 45 minutes to 1 hour. Peels should slide right off. Season with butter, salt, and pepper, or with cream and chopped fresh herbs; or with a vinaigrette.

Abundance: Wash and cook beets as described above. Cool them in ice water or let them come to room temperature. The peels should slide right off. Trim the beets into 1/4 inch slices or keep them whole (if they are small). Place in Ziplock freezer bag and remove as much air as possible. Seal and freeze.

Blueberries

Season: late June-early September

Store: Store blueberries in the refrigerator for up to 5 days. Use a vinegar bath to kill off bacteria and lengthen their shelf life.

Use: Wash off the berries. Use them in pies, smoothies, yogurt parfaits, a green salad or straight out of your hand! Add to muffin and cake batters, make jam, or puree them with a bit of sugar, strain, and spoon the sauce over ice cream.

Abundance: Choose ripe berries for the best flavor. Wash and sort out the mushy ones. Let dry in a colander for around 10 minutes. Place them in an even layer on a large baking sheet (with a lip) or any container you may have and put in the freezer overnight or until thoroughly frozen. Then, pack the individualized berries into a freezer bag, removing the air, and seal.



Bok Choy

Season: Spring or Fall, and Winter

Bok choy (or bok choy, bok choy, or pac choy) is a traditional stir-fry vegetable from China. It grows in upright heads of dark green leaves with large, white stems. Since the texture of the leaves differs from that of the stems, choy is practically two veggies in one. The leaves can be cooked and eaten like spinach, while the crisp stems can be used like celery or asparagus. It prefers cool weather so, find it in the spring or fall.

Store: Wrap bok choy in a plastic bag and place in the crisper of your fridge. Store for up to a week before the leaves begin to wilt.

Use: Remove leaves or cut at base to release leaves to be sure to get the dirt at the base. Rinse and shake it dry. The thick stems and tender leaves will require different cooking times and will usually be added separately so, cut the stems from the leaves. Cut the stems into 1-inch pieces and slice, shred, or tear the leaves.

Stir-Fry, steam, grill or sauté. For stir-fry, separate leaves from the thick white stem and chop both into 2- inch wide diagonal chunks. Put the stems in first near the end of cooking, then add the leaves for the last 2 minutes. To grill, split down the middle, brush with oil and lay onto medium/ low heat, gently searing. Dress grilled bok choy with toasted sesame oil, butter, salt, or vinaigrette.



Broccoli

Season: Early Summer or Fall

Broccoli is a cool-weather crop, falling into the same family as bok choy, cabbage and cauliflower, and kohlrabi, to name a few. The veggies in this family are generally good sources of vitamin C, vitamin A and, folate, along with calcium, iron, and other minerals.



Store: Wrap broccoli loosely in a plastic bag and keep it in the vegetable bin of your refrigerator. It keeps for 5-7 days but is firmest and tastiest if used within a few days.

Beware of **little green worms** that hide in most organically grown broccoli (or your garden's broccoli). To be rid of them, soak the heads in ice or salted water (1 tsp salt to 8 cups water) for 15-30 minutes. The worms should float to the top,

Don't discard stems! Diced stems are juicy, crunchy, and perfectly edible. If the skin is thick, you can remove it with a knife or peeler before adding the stem to your dish.

Use: Steam, roast, sauté, use in casseroles, microwave or eat raw. Chop and separate florets, steam lightly for 5-7 minutes. Broccoli is cooked when it turns bright green but, if you want it to have more texture try not to let it become grayish. Roasting ensures the most caramelization and great texture. Coat broccoli with a few tablespoons olive oil, salt and pepper and red pepper flakes for a little kick. Bake at 400° for 10-15 minutes or until browned.

Abundance: Blanch 2-4 minutes, rinse or dunk in cold water, drain, let dry, and pack into Ziplock containers. Broccoli will not be firm when thawed and is best used in soups and stews.

Broccoli Raab

Season: Spring

Broccoli raab is a leafy green with a broccoli-like head. Stalks, head and, leaves can all be eaten. It has a strong, peppery bite, dark leafy greens, and stalks that are tender, turning woody with age. It can be cooked or eaten raw. Like broccoli, the flower buds that make up the florets should be tightly closed and dark green, not open or yellow.



Store: Refrigerate unwashed in your crisper wrapped in plastic or a wet towel for up to 5 days.

Use: Broccoli raab is better cooked than raw, in our opinion. Cook it like broccoli, but whether you braise, sauté, boil, or steam it, only cook it for eight to ten minutes. We love it roasted and then added into a simply dressed pasta or composed salad.

Abundance: Blanch for 2-3 minutes. Rinse in cold water to stop the cooking process, drain, and pack into airtight containers.

Brussels Sprouts

Season: late Fall into Winter, for the best flavor

Another cool-weather member of the brassica family! They are almost like mini cabbages or “sprouts” on tall, straight stalks reaching up to 20 inches high. The sprout flavor improves in sweetness and tenderness with exposure to a few frosts in the fall, making them a fall-only find at the farmers market.



Store: They keep longer when attached to the stalk (up to 5 weeks in a cold cellar) but, if there's not enough refrigerator room you can snap them off and store them unwashed in a closed plastic bag in the veggie bin for 1-2 days (they will develop a strong flavor). Even on the stalk, they should be wrapped in plastic to slow respiration. The flavor is sweetest right after harvest, so try to use them soon.

Use: Try them raw or cooked. Be sure to remove the small stem at the bottom that can be tough. Slice them in half or take off layers and turn them into a salad! You can also cook them by steaming, sautéing or roasting. To roast: trim and coat with olive oil and salt and pepper, place on a baking pan (lined for easy clean-up) and into a 375-degree oven until lightly browned, 15-20 minutes. Toss with lemon juice, balsamic vinegar or your favorite spice.

Abundance: Blanch sprouts for 3-5 minutes, rinse in cold water, drain, let dry, and pack into airtight containers. They will be fairly mushy but, still pretty decent roasted. You can also pickle sprouts: boil, shock in cold water and place in a jar with a vinegar and salt solution (please see your favorite canning source for a good recipe). Pickled sprouts can last for a month in the fridge.

Cabbage (Green, Red, Savoy, Pointy or Napa)

Season: Spring, Fall and, Winter

We grow a few different kinds of cabbage on our farm. Green cabbage is what you most commonly see at the grocery store, along with the red, both having thick, crisp and smooth leaves. Our farm also features green or red arrowhead cabbage, a small pointed head that tastes just like its normal green cousin. The savoy cabbage has wrinkly leaves that are often slightly thinner but, sweeter. Napa cabbage is a close cousin of all these round cabbages, with tall thin leaves.



Store: Cabbage has a remarkable storage capacity. Dry, unwashed cabbage can be stored in the refrigerator in the veggie bin for at least a few weeks, if not months. The outer leaves may eventually get floppy or yellowish, but they can be removed and discarded to reveal fresh inner, edible leaves. Once cut, wrap it in a sealed plastic bag and continue to refrigerate and it will still keep for several weeks.

Use: Rinse the cabbage under cold water before use. Cut cabbage first into quarters, then diagonally across the wedge. Be sure to remove the stem end and triangular core near the base. Beware of red cabbage as it tends to bleed into other foods it is cooked with.

Cabbage is great raw or cooked; in salads, sautéed, steamed, braised or even grilled. With a little research try fermenting it into sauerkraut! Cooking celery with cabbage also helps cut the strong cooking odor of cabbage in your house, if that is a deterrent.

Carrots

Season: Summer, Fall and, Winter

We grow a few varieties of carrots: the traditional orange, but also purple, yellow, and rainbow. All these carrots taste similar with sweeter carrots occurring when the weather is cooler.



Store: If the carrots came with tops, remove them and store separately or discard. Tops can be used for pesto or seasoning. Refrigerate the carrot roots and tops in separate plastic bags.

Use: Peeling isn't always necessary, especially if carrots are young. The greens can be dried and used like parsley. They can be eaten raw with hummus or other dips or, roasted, sautéed, put into stir-fries or juiced. To roast: lightly coat in salt and oil, then roast at 400 degrees until they start to caramelize, about 30 minutes.

Abundance: Freeze or dehydrate. To freeze: blanch for 3 minutes, rinse/dip in ice water, drain, let dry, and pack in an airtight container.

Cauliflower

Season: Sometimes Spring but, more often Fall

Cauliflower comes in multiple colors and we grow white, green, orange, purple and Romanesco (a green, fractal head). All colors seem to taste similar but Romanesco may be a little nuttier and sweet. Like many of their cruciferous relatives, they become sweeter with cold weather.

Store: It tends to go bad or discolor quickly. Wrap dry and unwashed cauliflower loosely in plastic and store it in the refrigerator. It will keep for up to a week but will taste sweetest if used within a few days.

Use: Serve the head raw on vegetable trays, use in soups, curries, salads or roast. Young leaves can also be eaten just like collard greens, steamed or sautéed. To roast: drizzle with olive oil and salt/pepper, bake at 450 degrees on a foil-lined cookie sheet for 15-20 minutes. Great with a little balsamic vinegar or, a sprinkle of parmesan or fresh herbs. A popular method of eating cauliflower is **ricing**. To rice cauliflower, grate over a large hole in a cheese grater or, blitz in a food processor until the cauliflower resembles rice. Make a cheesy cauliflower casserole or cauliflower rice pilaf!

Abundance: Blanch 2-4 minutes, rinse under cold water, drain, let dry, and pack into ziplock containers or bags. Cauliflower will not be firm when thawed but, can still be roasted, or put into soups and stews.



Collard Greens

Season: Year-round

Collards are a member of the brassica family (with broccoli and cabbage) and have large, smooth, paddle-shaped leaves. The substantial leaves require longer cooking than kale.

Traditionally, collards are seasoned with vinegar, brown sugar and pork (bacon, fatback or hocks) and cooked for a long while in liquid. This yields velvety collard goodness and the magical elixir called pot liquor, that should beat any collards at these northern BBQ joints.

Store: Place collards unwashed, wrapped in a sealed plastic bag in the crisper drawer of the refrigerator. We prefer to remove the stems and just store the greens for fridge space unless you're using them for sandwich wraps. Best used very fresh but may last for a week. Wash leaves in a basin of lukewarm water to remove grit when ready to use.

Use: Can be eaten raw or cooked. Raw takes special preparation though, as collards are thick: slice thinly and drizzle with olive oil and sprinkle with salt, then, massage slightly. Or, prepare as above by braising (the best way to convince a greens hater) or sauté with olive oil and onions, great with a little vinegar. Whole collard leaves can also be used as sandwich wraps, blanch lightly before using.

Abundance: Blanch washed greens for 2-3 minutes. Rinse in cold, icy water to stop the cooking process, drain, and pack into airtight containers. Best used for soups, casseroles or braising.



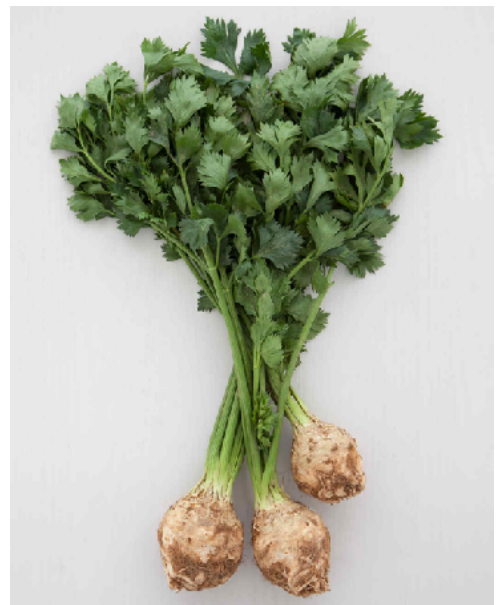
Celeriac (Celery Root)

Season: Fall and Winter

Celeriac, also known as celery root, has a flavor like celery. While the exterior may seem gnarly, you'll find a sweet interior that is less stringy than stalk celery.

Store: Store unwashed celeriac in a plastic bag in the fridge, up to a month or more. Or, in root cellar conditions for 6-8 months (root should be dirty though). Celeriac leaves can be dried and made into an excellent seasoning.

Slice stalks off at the root crown. Soak the root in warm water to loosen dirt, then scrub with a brush. Peel skin with a sharp knife.



You may need to remove the core if it appears pithy or hollow. Peeled celeriac will darken when exposed to air. To slow the darkening, toss with lemon juice or keep in vinegar water.

Use: Add grated raw celeriac into composed salads (think coleslaw). Use celeriac just like celery, since it has the same flavor with the texture of a turnip. Combine celeriac with other winter roots in stews, gratins and, roasts. Add cooked celeriac to mashed potatoes: peel and quarter celeriac, then boil until soft, 20-30 minutes, before mashing it into potatoes.

Cherries (Sour or Sweet)



Season: early Summer

Famous in our state, most cherries are grown on the West side of the state where weather conditions favor growing fruit. They come in two varieties: Sweet and Sour. Sour cherries are usually a bit soft when they arrive, and are best used in baking pies or cobblers or pitted and frozen for use all winter long. Sweet cherries will be either a dark red/purple color OR a red/yellow blush color (the Rainier cherry) and are best for eating out of hand.



Store: In your refrigerator in a perforated, plastic bag in the crisper drawer for up to a week.

To pit cherries: use a paper-clip bent into an S- shape and insert into the center of the cherry to pull out the pit. Or, buy a cherry pitter – OXO Good Grips has a nice one. It's well worth it.

Abundance: Choose firm, ripe cherries (not mushy).

Sweetened: Take 4 cups and mix with 1 cup of sugar. Stir occasionally until the sugar dissolves. Pack the cherries and juice in quart Ziplock freezer bags, removing as much air as possible. Freeze for up to a year.

Dry, Unsweetened: Lay the cherries on a single layer on a cookie sheet. Freeze thoroughly (a couple of hours) and remove from the freezer and place in a ziplock bag and freeze, removing as much air as possible.

Cherries may also be [dried, using a dehydrator](#), or made into a variety of tasty canned goods.

Why don't you grow cherries? Much like apples, peaches or apricots, cherries require special care and an incredible amount of land. Cherries are also easier to grow on the Westside of MI, where summer temperatures can be slightly warmer and winter temperatures are perfect.

Cilantro

Season: Winter, Spring, Fall

Cilantro looks like parsley but has a strong smell and flavor. It is used in many international cuisines – Asian, Indian, and Mexican. Since it doesn't stand up to heat, it is usually added to a dish right before serving. This plant grows in cool weather conditions, so you won't see it in the heat of the summer months.



Store: For short-term storage, stand upright in a container with an inch of water. Then cover the herbs loosely with a plastic bag and refrigerate for up to 2 weeks.

Abundance: Rinse well, dry and pulse in a food processor with a touch of olive oil. Put this mixture into ice cube trays and freeze. Remove the cube from the trays and put in a freezer bag, then back in the freezer for up to 6 months. These cubes are great for soups and curries!

Sweet Corn

Season: July-September

Store: Refrigerate sweet corn as soon as possible with husks left on. The longer you wait to eat it, the more sugar will turn into starch, and the corn will lose its sweetness.



Use: Raw or cooked- it's great! It can also be cooked with the husks on or off. "Shuck" it by pulling the husks down the ear and snapping off the stem. Remove as much of the silk as possible. If you see a worm, just cut out the damaged section. To cut the kernels off the cob, stand the cob upright on its base and run a sharp knife from the tip of the ear down to the base.

Steam, boil, or grill the whole cob or roast or sauté kernels. Steam by filling a pot with 1-2 inches of water and placing corn in a steaming basket for 6-8 minutes, or drop ears into boiling water for 3-6 minutes. Great grilled! Place the corn in its husk in salted water for 10 minutes – then place on grill for 15-20 minutes. Or you can remove the husk, coat the ear in oil/butter, season and grill directly to char evenly (watch them closely) for 10-12 minutes. If the coals are too hot and the corn is burning, move it to the indirect side to finish.

Abundance: Blanch on the cob for 3-5 minutes, rinse under cold water, and drain. Dry corn well, cut off the kernels with a knife, and then pack it into airtight freezer containers.

Cucumbers

Season: Summer

Cucumbers are considered a member of the Cucurbit family, which includes melons, squash, pumpkins and, gourds. There are two types of cucumbers: “slicers” or “picklers.”



Pickling cucumbers have thin, lighter-colored skin, often with many bumps, while slicers (above) are bigger and have a dark green skin that appears smooth. Pickling cucumbers can be used for anything, pickling or fresh eating while slicers are pretty much only for fresh eating.

We also grow a variety called Salt and Pepper, as well as one called Lemon. These are lighter in color and tend to taste very similar.

Store: Put cucumbers in a sealed plastic bag in the crisper drawer of the refrigerator for up to a week. Keep them away from apples and citrus which can accelerate their deterioration.



Use: Slicing cucumbers are often peeled while picklers are not. If the seeds are bulky, slice the cucumber lengthwise and scoop them out.

Eat cucumbers raw in sandwiches or salads. Use cucumber rounds like crackers and top with spread, egg or tuna salad, or various cheeses. Slice up cucumbers and drop into a pitcher of water to make cucumber water as a refreshing summer drink.

Abundance: Make refrigerator pickles or can for a storage-stable jar. Please research these methods but, generally, you just need vinegar, pickling spices, garlic/dill, salt, jars and time.

Dill

Season: Summer

Feathery, blue-green leaves with a bright, clean, summery taste. The flower heads are standard for pickling. It also pairs well with most vegetables, eggs, and fish.



Store: For short-term storage, stand upright in a container with an inch of water. Then cover the herbs loosely with a plastic bag and refrigerate for up to 2 weeks.

Eggplant

Season: Summer, into Fall

A close relative of tomatoes, peppers and potatoes, they are smooth-skinned, shiny and come in a variety of shapes and sizes, from oval to elongated to miniature, with white, blackish-purple, pink or even green skins! Eggplant requires the right kind of preparation and can otherwise be unpleasantly bitter, rubbery, or watery.

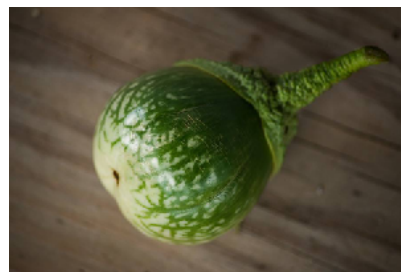
Store: Wrap unwashed eggplant in a towel (not plastic) to absorb any moisture, and keep it in the veggie drawer of your refrigerator. Or, if your house is cool, store on your counter. Use within a week, when it is less bitter.

Use: Large eggplant is usually peeled. The flesh will turn brown when exposed to air so, to prevent this, coat in lemon juice or keep it submerged in water.

Rinse eggplant in cool water and cut off the stem. The shape of the eggplant determines how to prepare it: cut straight narrow eggplant into strips or grilling or broiling. Leave small eggplant whole for stuffing or cut in half or quarters for curries. Cut a rounded bulbous eggplant into cubes for stews and stir-fries. If Frying: to remove bitter flavors and excess moisture, lightly salt slices of eggplant and allow them to sit in a colander for 10-15 minutes. Blot any juices, rinse off the salt and blot again. The eggplant will take up less oil and taste better if salted/rinsed beforehand.

Stir-fry, sauté, roast or grill. You can also pierce a whole eggplant in a few places with a knife, lightly coat with olive oil, and bake at 375 degrees until the eggplant is very soft and collapsed, 30-60 minutes to make baba ganoush or other eggplant dips.

Abundance: Roast whole, as mentioned above, and freeze the cooled, roasted flesh in plastic bags for later use as a dip. Otherwise, cut the eggplant into approximately one-inch-thick rounds, bake in a 350°F for about 15 to 20 minutes, depending on the size of the eggplant, just until tender. Once cool, place the slices between wax paper to prevent sticking, and store in freezer bags or containers.



Fennel

Season: Summer

A licorice-flavored vegetable often treated as an herb. Most commonly it is seen in Italian cuisine, thinly sliced in citrus laden salads or, roasted and finished with shaved Parmesan.

Store: Cut off the stalks where they emerge from the bulb, and if you want to use the feathery foliage as an herb, place the dry stalks upright in a glass filled with two inches of water. Cover the glass loosely with a plastic bag and store in the refrigerator for a few days. The unwashed bulb may be kept in a plastic bag in the crisper drawer for about 2 weeks.

Use: Fennel stalks and bulbs are used differently. If the outer layers of the bulb are damaged, trim off the bad spots or remove the layers. Cut the bulb in half lengthwise and check the inner core, if it's tough, remove it with a paring knife. Fennel bulbs should be washed carefully to get out all the dirt too. Then, to prevent raw slices from discoloring, rub cut slices with lemon, if the appearance matters to you.

Fennel bulbs are great raw! Brush raw slices with olive oil and lemon juice, sprinkle with salt and pepper and serve as an appetizer or sliced into composed salads. Otherwise, grill, braise, or roast fennel. Use the stems in soup stocks in place of celery and the fernlike leaves as a garnish on fish or canapés.



Garlic and Garlic Scapes

Season: Garlic: Year-Round, Scapes: Spring

We harvest both garlic bulbs and the flowering top of the garlic called the scape. Snapping off this flower in the early spring redirects the plant's energy down toward the root, increasing the garlic bulb size. Garlic is harvested in late-July or early August and cured to be stored for eating through the winter or replanted in the fall. Sometimes, we will distribute "green garlic" (before it's cured) otherwise, expect to receive cured garlic that doesn't have to be refrigerated.



Store: Dried garlic can be stored in a dark, dry, well-ventilated and cool place. Warm temperatures will encourage the cured garlic to sprout. **Garlic scape:** these appear in early June and last for 2-3 weeks. Store them unwashed in a loosely wrapped plastic bag in the refrigerator for up to 3 weeks.

Use: A staple in many recipes, flavoring everything from pesto to pot roast. Try roasting whole garlic: cut tops off garlic to expose cloves, brush with olive oil, and bake for 1 hour at 350 degrees. Squeeze garlic out of its skins and spread on crusty bread. Garlic scapes can be chopped or diced raw into green or pasta salads, sautéed in place of bulb garlic, sprinkled onto pizza, eaten raw, or used anywhere garlic flavor is desired.

Ground Cherries aka Husk Cherries

Season: Summer into Fall

NOT AT ALL LIKE A CHERRY! Husk cherries are small pale orange fruits wrapped in a crinkly, paper-like husk. They look a little bit like small tomatillos but, with a mild, sweet flavor. Some say they taste like pineapple or coconut but, others taste different things.

Store: Remove the husks and rinse the fruits before preparing. Husked fruit keep in the refrigerator for five to seven days.

Use: Traditionally used in pies but, the preferred way (and the easiest) is eating them fresh as a snack or in salads. Or, husk and put into a sauce-pot and cook down with sugar/honey and a little lemon juice until they form a simple jam or syrup that is great on ice cream. Or, try them chopped with jalapeños and cilantro as a salsa variation.

Abundance: To freeze ground cherries, simply spread the husked, washed fruits on a rimmed cookie sheet and place them in the freezer. Once they're hard, package them in plastic bags.



Herbs

Season: Summer

For basil, cilantro, dill or parsley, please see those specific herbs.

Store: Often, herbs are generally best if used immediately or, at the most, in one week, unless you want to dry them. Oregano, thyme and sage can easily be air-dried and stored for later use.

Use: Wash well to remove any grit just before using. When substituting fresh for dried herbs, add 2-3x the amount of dried herb called-for in the recipe. Consider adding fresh herbs to almost any dish, instead of extra salt or sugar.

Mint: Triangular serrated leaves and that distinct smell give it away. Mojitos, lamb, or fruit based dishes are the classic choices.



Oregano: Rounded, soft and small leaves on woody stems give off an earthy smell. Use it with just about anything, especially dishes with strong flavors that can rival the herb.

Sage: A long, light green and fuzzy leaf that is thought of as the Thanksgiving herb, meant for stuffing. But, it's also nice with squash or in a gratin or other creamy veggie dishes.



Stevia: A sweet herb, that has been popularized as a sugar alternative. Let a bit steep with your tea or puree it into lemonade.

Thyme: Another European herb, with a woody stem and very small dark green leaves. Good with just about anything, especially savory dishes. Try it in bread, on beef, with mushrooms or in sauces.



Horseradish

Season: late Fall, into Winter

Store: Scrub the root well just before using. Store in the fridge crisper drawer in a bag to keep the root moist.



Use: Be sure to peel the skin, just like a carrot, then grate, thinly slice or grind to use. However, the fumes emitted from cutting can irritate eyes so be sure to prepare it in a well ventilated space. To grind: Cut it into half-inch chunks and drop them in a blender or food processor. Add about a 1/4 cup of cold water and a bit of crushed ice and grind to a fine texture.

Prepared horseradish sauce is easy to make, just add vinegar when grinding! Customize the heat of your horseradish sauce by adding white wine vinegar, approximately 2-3 Tbl vinegar and 1/2 tsp salt for each cup of grated horseradish. For mild horseradish, add the vinegar immediately, either right after grinding is complete or during it. If you like stronger flavor, wait about 3 minutes to add the vinegar. Pulse the machine a few times to mix in the vinegar. If your sauce has too much liquid, simply strain it until you get the consistency you want.

Store horseradish sauce or ground horseradish in a clean jar in the refrigerator, where it will easily keep for four to six weeks.

Jerusalem Artichokes (aka Sunchokes)

Season: late Fall, into Winter

A potato-like tuber related to sunflowers with a great crunch!

Store: Place roots, unwashed into a bag in the crisper drawer for up to two weeks. Scrub roots well just before using and like celery root, they will oxidize when sliced so, be sure to cut them just before using or, store in lemon-water.



Use: Great raw, roasted, fried, pureed into soups, or steamed. Skins can be left on, especially when roasting. If you're serving them raw, peeling is recommended.

For roasting, simply slice sunchokes into 1/2-inch thick slices, toss with olive oil, salt, and pepper, and roast at 425 degrees for about 20 minutes. Toss the roasted sunchokes with fresh herbs, such as thyme or rosemary, just before serving or keep them simple.

For raw preparation: grate or slice and throw into salads for a jicama-like crunch!

Kale

Season: Year-Round

Kale comes in many colors and shapes, including blue-green, reddish green, and red varieties that may have flat, curly or frizzy leaves. All types of kale have thick stems that should be removed before cooking. All kale has a mild cabbage-like flavor with some being more peppery than others. Sweetness increases with cooler weather.



Store: Place kale unwashed, wrapped in a sealed plastic bag in the crisper drawer of the refrigerator. Most varieties keep up to one week.

Wash well to remove any sand before using then, remove the main stem. You can do this by hand or, by folding each leaf in half and slicing out the stem.

Use: Steam, bake, sauté or boil. *To Sauté:* use a covered pot or large sauté pan and cook using a bit of olive oil, a pinch of salt, and garlic or onion. *For Kale Chips:* Heat an oven to 350°, take the mid-rib out of the kale and tear or cut into bite-size pieces. Coat with olive oil and salt (or any spices that your family likes). Bake for 7-12 minutes, but be sure to keep an eye on the batch to avoid burning.

Try serving cooked greens alone as a side dish or throw into pasta, beans, rice, or potatoes. Add a few sliced kale greens to soups and stews during the last 10 minutes of cooking time. Eggs and kale also go great together! Add sautéed kale to omelets, quiches, scrambled eggs, or casseroles.

Abundance: Blanch washed greens for 2-3 minutes. Rinse in cold ice water to stop the cooking process, drain, and pack into airtight containers.



Kohlrabi

Season: Spring, Fall and Winter

A weird Sputnik-like veggie tastes like a cross between cabbage and turnip. The edible part of the plant is an enlarged section of the stem that develops just above the ground. There are two seasons and kinds of kohlrabi: spring, a smaller bulb that comes in two colors light green and purple, and fall 'Kossack' is a huge bulb that is green.

Store: Store kohlrabi bulb and leaves separately. A spring bulb will last for 2-3 weeks refrigerated in a plastic bag. 'Kossack' is made for long storage and, loosely wrapped in plastic wrap, can last for months. If using leaves, wrap in a plastic bag and keep in hydrator drawer of refrigerator.

Use: Rinse under cold running water just before use. Peel the outer skin off. Trim off the remains of the stalks and root. Young kohlrabi leaves can be used in recipes calling for greens like kale or collards. (Remove the tough stems from the leaves though.)

Great raw or cooked! Use kohlrabi where recipes call for carrots, potatoes, or turnips. Cut raw kohlrabi bulbs into sticks for a refreshing addition to a raw vegetable tray or grate it into composed salads or make a slaw. Steam or roast it, or add it to stews and stir-fries.



Leeks

Season: Fall to Early Winter

Leeks look like large, flat-leaf scallions with a creamy texture and buttery taste.

Store: Cut off the green tops to save space in the fridge (see below). Then, loosely wrap unwashed leek bottoms, with roots attached, in a plastic bag and store them in the crisper drawer of your refrigerator.

Use: Cut the leek about 1 inch above the white part, where the leaves begin changing from dark to light green, use the bottom half (the whiter part) for your recipe. Save the unused greens for stocks by rinsing and throwing into a ziplock in the freezer.

CLEAN THEM WELL! Slit the leek lengthwise and fan the leaves under running water to dislodge dirt, then pat dry.

Great in casseroles, soups or used as an onion replacement. Sauté/braise them and serve them alone as a simple side dish, topped with butter, a dash of salt, pepper, and Parmesan cheese. Also great in soups and stews. For beginning leek users, try making potato leek soup, a classic.



Lettuce

Season: Spring, Fall, Winter

We grow several varieties of lettuce, some are cut younger for mixed lettuce, while others are grown for the entire head, like romaine.

Store: Unwashed, in a plastic bag in the refrigerator. To store lettuce that you have already washed and dried (preferably with a spinner), place it back in a plastic bag with a dry paper towel in the bag, and place the package in the vegetable crisper bin.



Use: *Head Lettuce:* Slice the head at its base with a knife and let the leaves fall open. Discard any damaged or leathery outer leaves and tear large leaves into bite-size pieces. Wash leaves in a basin of cold water. Dry in a salad spinner. *Leaf Mix:* Wash well or soak to remove sand and grit just before eating, these lettuces are more tender. Dry using kitchen towels, or invest in salad spinner.

Make greens hearty with dried or fresh fruit, raw or roasted nuts or seeds, olives, fine cheese, cooked grain, pasta or croutons.

Muskmelons (aka Cantaloupe)

Season: early August through September

Muskmelons have a dense, net-like skin with thick, juicy orange flesh and a sweet musky flavor. Seeds are concentrated in the middle and easily scooped out.

Is it ripe? The easiest way to tell if a muskmelon is ripe, is to smell the stem end, where a small scar remains where it was attached to the plant. That end should smell sweet.



Store: If your melon seems a bit short of ripe, keep it at room temperature for a few days until there's a sweet smell from the stem end (see above). If the melon is ripe, or once it ripens, then store it in the refrigerator.

Cut melon should be covered in plastic or beeswax wrap, and chunks or slices should be kept in an air-tight container. Eat melons within a week for the best quality.

Use: Be sure to wash the outside of your melon. If you have seasonal allergies, this is especially helpful as the nooks and crannies of muskmelon rind hold a lot of pollen.

A big knife and cutting board are helpful once you're ready to eat it. Carefully cut it in half, scoop out the seeds, then cut into quarters or slices. Remove the rind or eat out of the rind.

Jazz up melons with a pinch of salt or a squeeze of lime juice.... Fill half a cantaloupe with plain or vanilla yogurt and top it with granola for a simple breakfast.

Abundance: Melon can be frozen or dehydrated. **To Freeze:** it must be frozen in a sugar syrup to maintain quality. Choose a ripe melon (but not too mushy). Remove the rind and seeds and cut into cubes. Prepare a sugar syrup. In a pot on stove, combine 1-3/4 cup sugar with 4 cups water. Heat until dissolved, then let cool. Put in fridge to cool. Syrup must be cold before packing. Place melon in freezer containers and cover with cold syrup. The syrup should cover all the fruit. Remove air and seal. Freeze.

Melons cont.: Piel de Sapo

Season: August-September

The Piel de Sapo or Christmas melon is a lot like a honeydew melon but, more reliably sweet and more productive on our small farm. The Piel tastes tropical, like a mix of actual honey and muskmelon. They'll be your new favorite!



Is it ripe? Unlike muskmelons, they must be ripened on the vine. The skin of the melon should be slightly tacky and stem end should smell sweet.

Store: Piel last a lot longer than muskmelons and, in fact are said to last until Christmas (hence the name). Store these melons just like a muskmelon but, up to 2 weeks.

Use: Cut just as you would a muskmelon. The seeds of Piel are in the middle, just like muskmelon so, simply scoop out the middle and cut or eat away from the rind. Cube it and mix with muskmelons for a tropical treat!

Microgreens

Season: anytime. Primarily early Spring and Fall for us.

Varieties we Grow: Spicy Mix, Mild Mix, Pea Shoots and Sunflower Shoots

Microgreens are nutrient dense baby veggies, harvested very soon after the seed sprouts. The spicy and mild mixes are kales, radishes, cabbages and more that are slightly sweet and taste like a mix of lettuce and broccoli.



Pea shoots are the first part of the pea, harvested before pods form. They have soft, fluffy leaves and taste just like peas.

Sunflower shoots are big, succulent leaves that taste just like sunflower seeds.

Store: Eat them within 1-2 days. They should be stored in the fridge like lettuce, unwashed in a plastic bag or clamshell.

Use: Great in place of lettuces or, used as a garnish for just about anything.

Mushrooms

Season: Possible Year-Round but, more often in Spring and Fall

ALWAYS COOK YOUR MUSHROOMS. While for most people it's okay to eat them raw in small doses, the compounds found in certain species of raw mushrooms will cause digestive upset for most people. Even a common Button mushroom when raw contain a carcinogenic compound but, when exposed to heat, is rendered safe. So, while it might not hurt you now, it could hurt you later.

Store: Keep unwashed mushrooms in the fridge, in a paper bag for 5-7 days. Mushrooms need to keep their moisture but, don't like the condensation inside plastic bags.

Use: Brush any dirt or debris from them. Or, if really dirty rinse or soak in water to release dirt (this is especially true for morels, where the crevices hide sand). Roast, sauté, or throw into broth-based or cream soups. If sautéing alone, get the pan fairly hot before adding a bit of oil, cook until caramelized and then add salt at the end. Adding salt during the beginning of the cooking process only draws out more water, and steams the mushrooms instead of browning them.

Types

Oyster: flattened, smooth tops with long gills on the underside. They come in pink, yellow, white and blue varieties. They have a chewy texture and a seafood-like salty flavor. Still, they are very mild and can be mixed into stir-fries, soups.



King Oyster (not pictured): a white, super-thick block of a mushroom. Rich in flavor and oh-so-meaty in texture. Great roasted or (our favorite) as a "scallop" replacement on the grill or in a pan.



Shiitake: brown topped with a thick white stem and gills that radiate from the center. These flavorful mushrooms are meaty and rich, making them excellent as a soup base or roasted and eaten on top of salads.

Shiitake are easy to dry and keep for a year dried! To Dry: use a dehydrator or your oven on the lowest setting using a wire rack. To reconstitute, soak in hot water for 20-30 minutes. Save that liquid for cooking rice or soup, being sure to avoid any dirt in the bottom of the bowl.



Mushrooms cont.

Lion's Mane: a white toothpick-like, curious-looking mushroom. Lobster or seafood-like in flavor but with a different texture than oyster. Can be difficult to store but, hardier than it looks!



On Wild Mushrooms: If you're not familiar with wild mushrooms varieties, please invest in a good guide-book or, go with a mushroom-educated friend. There are definitely some poisonous varieties in MI and look-alikes.

Okra

Season: July-September

High in Vitamin C with great dietary fiber, this veggie synonymous with southern cuisine could be your new favorite. It tastes very much like a raw green bean.

Store: Refrigerate unwashed, dry okra pods in the warmest part of the fridge, loosely wrapped in perforated plastic bags. Wet pods will quickly mold and become slimy. Okra will keep for only two or three days even if stored well. When ridges and tips of pods turn dark, it needs to be used immediately as this is a sign it will quickly deteriorate.



Use: Okra can be prepared in a variety of ways but, is definitely a polarizing veggie because of its texture. It is often added to stews or curries because the vegetable's texture can slightly thicken any liquid. But, it's really great roasted or deep fried.

To prepare, remove the tough stem and trim the very end if roasting (it tends to burn). To Roast: preheat the oven to 450 degrees, toss okra in olive oil and salt, lift the okra from the bowl, leaving behind any excess oil and place on a sheet pan in one layer.

Roast in the oven for about 15 minutes, shaking the pan every few minutes until lightly browned. If you don't want to watch it as closely, lower the heat to 400 and expect it to take a bit longer. You can toss okra with any number of herbs or spices after roasting too!

Abundance: Okra can be frozen or canned. To freeze, okra must be blanched. Drop pods into boiling water, cover and blanch for 3-5 minutes. Cool promptly and drain. Leave whole or slice crosswise and pack into plastic freezer bags. Freeze for up to 3 months. Frozen okra is really only suited for soups/stews after freezing as texture is soft.

Onions: Red or Yellow Storage

Season: mid-July- April

Onions are offered “cured” or “uncured” depending on the season.

Store: If cured: onions may be kept in any cool, dark, dry place with adequate air circulation for several months. (Be sure to store onions and potatoes in separate places. Moisture given off by potatoes can cause onions to spoil). See the next page for tips on fresh onions.

Use: Peel the onion’s skin and cut off the roots and top. Save your papery onion skins in a bag in your freezer reserved for making vegetable stock later. If you encounter a little rot in your onion, just cut away the bad sections. Yellow and Red onions are great for cooking but, if eating them raw, be sure to give them a rinse in cold water to take a little of the bite away.

Tip: To reduce onion-tears use a very sharp knife, or chill your onions in fridge before cutting them.

Abundance: Cut or slice onions to desired size and place in freezer bag. Remove all the air and seal. It helps to freeze them in 2-3 cup increments. When you need them, simply add them to your recipe. Frozen onions will turn soft when they thaw, so don’t use them for recipes that need crisp onions.



Onions: Fresh or Sweet

Season: July-September

Uncured or fresh onions will often still have the green tops attached. Sweet varieties are used much like uncured onions and are only available early in the summer.



Store: Store either them in the refrigerator in a plastic bag. Eat these within a week or two of receiving them.

Use: If the tops are still attached, they can be used just like a scallion. For the bulb, simply peel the fresh or sweet onion, remove the roots and use. These onions are better for raw preparations as their gentle flavor doesn’t stand up to heat. Throw them in a salad, sandwiches or lightly grill!

Parsley (Italian or Flat-Leaf)

Season: July-December

Store: For short-term storage, stand upright in a container with an inch of water. Then cover the leaves loosely with plastic bag and refrigerate for up to 2 weeks.



Use: Parsley has more vitamin A than carrots, and more vitamin C than oranges! It's also high in iron. Toss it into a green salad. Excellent in soups and stews or in homemade tomato sauce, parsley is famous for freshening breath at the end of a meal. Use it to make compound butter to top steaks and breads.

Abundance: To Dry: Remove leaves from stem and place piece of paper towel on glass plate. Cover with another piece of paper towel. Microwave on high for 1 minute. Leaves will be dry. Crinkle them with your finger and place them in a dry container, such as a Mason jar with a lid.

Parsnips

Season: October-April

Contrary to appearances, parsnips are not pale versions of carrots. They have a nutty-sweet taste and a hearty texture that is all their own. Due to a very long growing season, parsnips are not available until late fall and improve in sweetness after exposure to frost. They are tough to grow but are most likely found in the Winter Share.



Store: Trim off parsnip tops and refrigerate unwashed in a loosely-wrapped, or perforated plastic bag for 2 weeks in the crisper drawer. Parsnips store well in root cellar conditions too.

Use: Young parsnips don't need to be peeled. Simply scrub them under cold water. Larger parsnips should be peeled, and you can cut out the core if it seems woody.

Boil, sauté or roast these tasty roots. Add them into soups or use them as a nice substitute for carrots. Roasting them with other root veggies on a baking sheet is our favorite way to eat them!

Abundance: Blanch peeled 1-inch chunks for 2-3 minutes, run under cold water, drain, and pack into Ziplock freezer bags. Parsnip puree freezes well also.

Peaches

Season: July-early August

Ripe peaches will have a strong aroma and will give slightly with a squeeze.

Store: If your peaches are not yet ripe (hard as a rock), store them out of the sunlight on the countertop until they are soft and aromatic. Once they are ripe, place them in a plastic bag in the fridge. If you put unripe peaches in the fridge, you will stop the ripening process! Use ripe peaches within a week.

Use: Choose firm, ripe peaches (not mushy ones) if you want to store them. Otherwise, peaches are great raw, grilled (yes! it's so good with ice cream!) or, made into jams, chutneys or salsas.

Abundance: Peaches are easy to freeze in a sugar solution or, can.



Pears

Season: August-September

Pears are picked unripe and ripen best at home off the tree. You should always purchase pears that are firm to the touch. A ripe pear will be ready at home when the skin around the neck gives to slight pressure. Note: pears will turn brown when exposed to air. Coat them with lemon or pineapple juice to prevent this.

Store: To ripen pears, place in a loosely closed paper bag out of the fridge at room temperature until the skin responds to a gentle pressure at the neck of the fruit. After pears have ripened, store them in a plastic bag in the fridge in your crisper drawer.



Abundance: Choose ripe pears (but not too ripe!) then wash, peel, core and slice pears. Prepare a sugar solution: combine 2 cups of sugar in 3 cups of water and cook on stove until dissolved, stirring constantly. Add 1/2 teaspoon Fruit Fresh to each quart of syrup to prevent browning. Add the pears and heat for 2 minutes in this solution on stove. Drain and cool. Pack into freezer bags and suck out the air. Freeze.

Peas (Sugar Snap & Snow)

Season: June or October

Peas are a cool weather crop, which means they may show up in the early and late parts of the CSA season. There are three main types of garden peas: shell peas that need to be shelled before using, snow peas that are picked when pods are thick and peas just starting to develop, and sugar snap peas, an edible pod that is picked when the pods are well-filled.

Store: Use as soon as possible or within 4-5 days of harvest. Refrigerate in perforated plastic bag in the crisper drawer.

Use: Snap peas need de-stringing. Snap off stem tip toward the flat side of pod and pull downward. Eat young, fresh snap peas raw. Put them on top of a salad or add raw peas to stir-fry or soup in the last stages of cooking. Also nice steamed until just tender-crisp, about 3 minutes. Toss with butter, olive oil, cream, vinaigrette, or pesto.



Peppers: Sweet & Bell

Season: August-October

Sweet Peppers come in a variety of shapes and colors including green, red, yellow, orange, purple, and chocolate. Red, orange and yellow peppers are simply green peppers that were allowed to ripen. These ripe peppers are sweeter and need to be eaten sooner.



Bell peppers are blocky and squatty while, the sweeter Carmen and Escamillo peppers are long and pointy.

Store: Refrigerate peppers unwashed in a sealed plastic bag in hydrator drawer for a week or so.

Use: Roast, eat raw, grill or stuff. If green peppers give you tummy trouble, be sure to choose the ripe red, orange or yellow.

Abundance: Wash and dry peppers then freeze whole or in pieces, removing as much air as possible from the bag. You can also dry peppers in a food dehydrator.

Peppers: Padrón and Shishito

Season: August-October

These bite-size peppers are great as snacks or impressive appetizers for risk-takers, since 1 in 10 of either of these peppers are hot. Otherwise, they have a flavor similar to bell peppers. Shishito have a slightly thinner flesh, which gives them a sharper flavor.

Store: Just like bell and sweet peppers.

Use: Wash and leave the stems on. Typically they roasted or, pan sautéed whole, leaving the stem on, until blistered and a little blackened. Season with a coarse or flaky sea salt and then serve!



Peppers: Hot Chiles

Season: August-October

Store: Refrigerate peppers unwashed in a sealed plastic bag for 1-2 weeks.

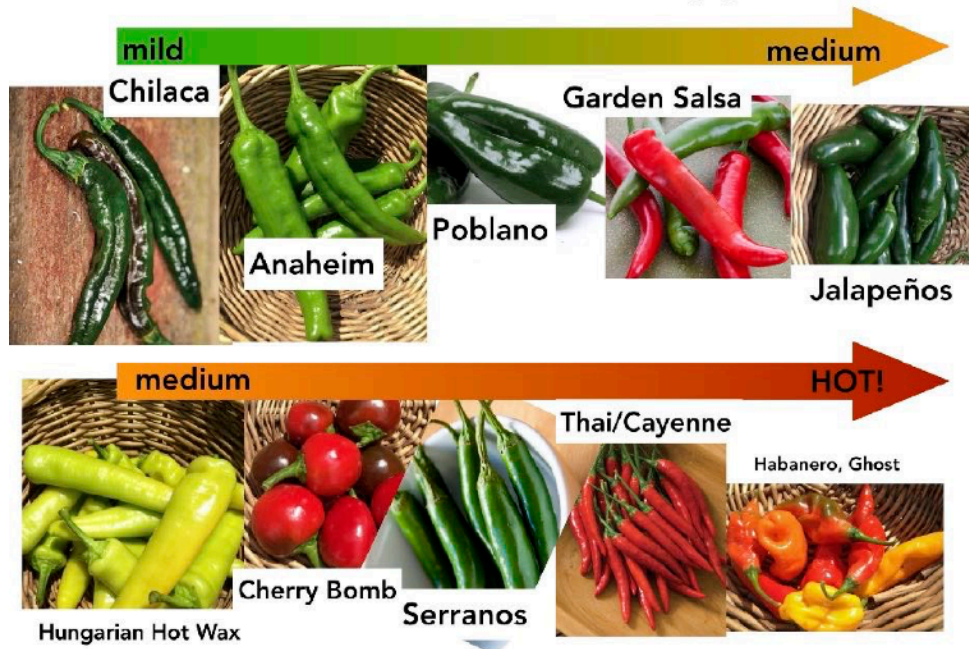
Handling: Be careful when preparing hot peppers of any kind. For greatest safety wear rubber gloves while chopping and handling them. Try not to touch your eyes, nose, mouth, etc. Slice off the top of the hot pepper, including the stem. Since the heat in chile peppers is concentrated in the seeds and membranes, you can use the whole pepper for a spicy dish, or cut out the heat-filled seeds and membranes and use just the flesh of the hot pepper for cooking (chile flavor without the bite).



Abundance: Freeze, dehydrate or make into jams. **To Freeze:** Wash and dry peppers. Keep whole, or cut into bite-size pieces and place in ziplock freezer bag (squeezing out any air). Peppers will soften when thawed, so take out only the amount you need, and use them in recipes where their crisp texture is not necessary.

Since our peppers vary widely in their heat levels, see the next page for a little help! **In general, smaller = hotter.**

How Hot is that Pepper?



Identification of Titus Farms' Peppers, Mildest to Hottest:

Chilaca: Thin fleshed, dark-green, thin, long fruit. Smoky-flavored, traditionally used for mole sauce when dried (called Pasilla when dried).

Anaheim: Green, 5-8 inches long and wide fruit with a pointed tip. Used for roasting or stuffing.

Poblano: Squat, dark green fruit with a pointed end. Traditionally used for chiles rellenos.

Garden Salsa: Thinner, long fruit, either light green or red, thicker fleshed. Perfect for salsa!

Jalapeño: The classic pepper, stubby, green and fairly small. "Barky" peppers are those with cracks. Often, the bark is normal and indicates a slightly hotter fruit.

Hungarian Hot Wax: Thicker, yellow to red fruit that is 5-6 inches. Great all purpose pepper.

Cherry Bomb: Round, one inch by one inch fruit usually picked when red.

Serrano: Similar to a jalapeño, but thinner. A hotter version of jalapeño used for salsas.

Cayenne/Thai/Tabasco: Thin, 3-7 inches long, thin walled fruit that are great for drying! Hot pepper flakes are often just dried and crushed cayenne peppers.

Habanero: Small, wrinkled orange, red or chocolate fruit. Habaneros are a must-have for Jamaican jerk sauces, but proceed with caution!

Ghost: Supremely hot. Great made into jams, hot sauces and thrown into chili.

Potatoes

Season: "New:" June-July. Storage Potatoes: July-May

Types of Potatoes

Boiling: these potatoes have a firm, waxy texture. These low-starch potatoes tend to hold their shape well when boiled, steamed or roasted and are good choices for salads, soups, stews, or au gratin dishes. (Tip: if after slicing a raw potato, the knife comes out clean, chances are it is more suited to boiling than baking). Our boiling potato varieties include: New, red and fingerling potatoes.



Baking: have a drier, high-starch flesh and cook up with a fluffy texture. They are best baked, mashed or deep-fried. (Tip: if after slicing a raw potato the knife is coated with white, foamy starch, chances are it is more suited to baking than boiling). We do not grow an exclusive baking potato, the classic example is an Idaho Russet.

All-purpose potatoes: these have qualities that fall in between those of boiling and baking potatoes. They include: blue potatoes, Yukon Gold and our white potatoes.

Store: Keep unwashed potatoes in a cool, dark, dry place, such as a loosely closed paper bag in a cupboard. They will keep for two weeks at room temperature. For reference: moisture causes potatoes to spoil, light turns them green (toxic), and proximity to onions causes them to sprout.

Putting them in the refrigerator causes the starch to turn to sugars so, that is also not advised for most potatoes. However, **new potatoes**, which are young and thin-skinned, may be refrigerated if you don't plan to eat them within a few days, otherwise, they can turn rubbery.



Use: Scrub well and cut off any sprouts or green skin, they won't hurt you unless the whole potato is bright green. Peeling is a matter of preference or use, since in soups, the skins may separate from the flesh and float. Otherwise, skins are nutritious and acquire a crunchy texture when baked, roasted or pan-fried. If baking a whole potato, be sure to prick the skin in a few places to allow steam to escape.

Pumpkins (Pie)

Season: October-December

Pie pumpkins are smaller than their Jack-o-Lantern decorative pumpkin counterparts, and are very edible. Jack-o-Lantern seeds can still be roasted and eaten though (just not the flesh!).



Store: Store in a cool, dry, dark place at around 50 degrees, making sure they do not freeze. Under the best conditions, they should keep for 3-4 months. Pumpkins, like many squash, get sweeter in storage as the starch converts to sugar. Once cut, you can wrap them in plastic and store them in the refrigerator for 5 to 7 days.

Use: Rinse the outside then roast or steam 1-2 inch chunks for 15-20 minutes and use in pastas, soups, stews (turkey pumpkin chili!) or mash just like sweet potatoes, adding a little sugar and salt.

Or, scrape out any seeds and bake a whole or half pumpkin (cut-side down) with a little water in a roasting pan. Allow the pumpkin to cool and scrape out the flesh and puree in a food processor.

Abundance: Winter squash freezes well. Any mashed and cooked pumpkin mixture can be frozen or used right away for pies, cookies and breads. Be sure to freeze in ice-cube trays first and then pop in a plastic freezer bag or, directly into the bag in the quantity you need for a favorite recipe.

Radicchio

Season: Spring

Radicchio, with its compact head of white-veined purple-red leaves, looks like a small red cabbage and has a bitter, peppery taste.



Store: Keep unwashed radicchio in a perforated plastic bag in the crisper for up to a week.

Use: Discard any old limp outer leaves and wash the head in cold water. Drain and dry. Radicchio is sometimes sliced and added to salads, but really shines when cooked a bit. Halved and brushed with oil, it's great on the grill. It pairs particularly well with olives, blue cheese, apples, and walnuts. To cut the bitterness, boil the leaves until just tender and dress with lemon juice or vinegar and salt. You can also sauté or stir-fry in oil or butter. To roast radicchio: quarter the tight heads, lightly coat them in oil, and roast at 425 degrees for 20 minutes, turning halfway through cooking

Radishes (Easter Egg, French Breakfast)

Season: April/June then September-April

Radishes come in all kinds of colors: red, white, black, purple, and pink. Some are better suited to spring and others are great for growing in the fall and storing all winter. The later and hotter it becomes the spicier the radishes are too!

Store: Remove radish leaves if they are still attached. Store the unwashed greens in a loosely wrapped plastic bag in the crisper bin of your refrigerator and use as soon as possible as a cooked green. Store radish roots dry and unwashed in a plastic bag in the refrigerator for up to 1 week.

Use: Scrub radishes well to remove dirt. Trim off the stem and rootlets. Slice, chop or mince the roots or leave them whole. Eat radishes raw with a sprinkle of salt or, with room-temperature butter. Radishes are also nice grated into slaws or sliced into salads. You can also blanch whole radishes in boiling, salted water for 5-10 minutes, or steam them until just tender, for 8-12 minutes. Or, roast with olive oil and salt at 400 for 15-30 minutes. In any case, top with butter and pepper or, with a favorite vinaigrette. They're also great grilled and added to paninis!



Radishes: Black Spanish, Daikon and Watermelon

Season: October-April

These radishes are varied in flavor but, last longer in your fridge and can become sweeter with storage. Black Spanish are incredibly spicy though!

Store: Leaves are almost never attached but remove before storage. Store these radishes in the crisper, in a loose plastic bag, uncleaned for a few months.

Use: Wash well, trim off any small taproots or large stem pieces. Thinly sliced and use on sandwiches, in salads or, fresh slaws. These radishes are also great for quick-pickling and eating on tacos, bahn-mi, asian-inspired soups and with any bbq.



To quick pickle: mix equal parts unseasoned rice and apple cider vinegar (1 cup each) with 1/2 cup sugar and 1/4 cup kosher salt with a few Thai chilis and a teaspoon of coriander over medium-high heat on the stove. Stir until the sugar dissolves and the mixture boils, then remove from heat and let cool.

Thinly slice 1 daikon and 1 watermelon radish and pour the pickling mixture over the radishes to cover. Cover the bowl or jar and chill for at least 4 hours and up to 5 days.



Raspberries

Season: July, September-early October

Store: Store unwashed raspberries uncovered in the refrigerator in a single layer on a paper-towel-lined plate for 2-3 days. Rinse gently just before using.



Use: Use them in pies, smoothies, yogurt parfaits, or in a green salad. Delicious eaten straight out of hand, raspberries are also perfect sprinkled over yogurt or cereal, or added to desserts. Add to muffin and cake batters, make jam, or puree them with a bit of sugar, strain, and spoon the sauce over ice cream.

Abundance: Choose ripe berries. Wash and sort out the mushy ones. Let dry in colander for 10 minutes. Place them in an even layer on a large cookie sheet (with a lip) or any container you may have and put in freezer overnight until frozen. (No need to cover). Then pack them into a freezer bag, removing the air, and seal.

Rhubarb

Season: May

Rhubarb is considered a fruit and adds a tart flavor to any dish. Choose red, thinner stems for the best quality.



Store: Place rhubarb loosely wrapped in a plastic bag, in the crisper for 1-2 weeks.

Use: Wash and remove any blemishes. NEVER use the leaves as they are poisonous. Then cut into diagonal pieces and make into sauces or pies.

Abundance: Easily chop and place rhubarb on a parchment lined baking sheet and freeze. Once frozen, throw it into a plastic freezer bag (labeled and measured) so you can use it all winter!

Rutabaga (aka Swede)

Season: September-March

Rutabaga is a close relative of the turnip, though larger, sweeter and more tan. They have yellow flesh, with a slight purple tinge near the top. It can be used as a substitute for turnips or potatoes in certain cases.



Store: Keep unwashed rutabagas in a plastic bag in the fridge for a month or longer.

Use: Scrub well to remove any lingering dirt. Take a thin slice off the top and bottom to make it easier to slice or peel. Peeling the skin is optional but, is most commonly done. Rutabaga can be grated raw into salad and slaws like cabbage.

Thought of as an essential for pasties! It is also boiled and mashed and served with butter and pepper. But, rutabagas really shine when it is roasted in olive oil at 400 as fries or in chunks.

Scallions (aka Green Onions)

Season: Spring and Fall

Scallions are young onions that are considered “bulbless.” Also called green onions, they can range from sweet to spicy, but generally their flavor is milder than a full-grown onion. Their round, hollow tops are almost always sweet.



Store: Scallions should be stored unwashed and wrapped loosely in a plastic bag, in the fridge where they will keep for a week. To keep scallions longer, chop off about three-quarters of the tender green tips and stand the scallions in an inch of water in a tall container covered loosely with a ziplock bag, refreshing the water every 3 days.

Use: You can eat the entire plant but first rinse scallions in cold water and snip off anything that’s floppy. Use chopped scallions as a garnish on almost anything or use wherever a recipe calls for onions. The minced greens of scallions are a good substitute for chives. Or, try brushing scallions with sesame oil, salt, and pepper and putting them on a hot grill.

Abundance: Chop into desired size and place on cookie sheet and freeze. Then pop into a plastic freezer baggie and store in the freezer.

Shallots



Season: Fall through Winter

A much smaller, gentler version of an onion that is classic in vinaigrettes. Many people who don't like onions or garlic often still like shallots and use them as a substitute in almost any recipe.

Store: Shallots are usually cured at the farm so, they can be stored just like a cured onions, in any cool, dark, dry place with adequate air circulation for several months.

Use: Remove the roots and top, cut in half and remove the skin. Peel, slice, chop or mince as needed. They go great with gently flavored veggies like asparagus, fava beans or peas and can be roasted or sautéed easily. To make a vinaigrette, use a 3:1 ratio of oil to vinegar. Combine minced shallot with 1 part vinegar and mustard or aromatic herbs. While whisking/whirring the vinegar combo, slowly stir in 3 parts of a good oil. Season with salt and pepper and done!

Spinach

Season: February-June and September-December

Spinach is a great green to have on hand! It can be served raw or lightly cooked. The best spinach (in our opinion) is Winter spinach. Winter greens have repeatedly frozen and thawed, creating the maximum amount of sugar in the leaf. The stems of winter spinach are especially sweet too!

Substitutions: turnip greens, broccoli raab, mustard greens, kale, collards, and Swiss chard.

Store: Keep dry, unwashed greens in a sealed plastic bag in the refrigerator up to 1 week.

Use: Wash leaves in basin of cool water to remove grit. Spin dry. Then, add uncooked spinach to a mixed green salad or blanch spinach until it wilts, 2-4 minutes, or steam for 5-8 minutes. If we're cooking them, we prefer to sauté spinach until tender in a large sauté pan with olive oil, a pinch of salt, and garlic or onion. Watch for the color to brighten just slightly to signify they are done. Serve sautéed spinach alone or, throw into a soup or with pasta, beans, rice, or potatoes. Use cooked spinach in enchiladas, quesadillas, crepes, lasagna, and mac and cheese. For breakfast, sauté slivered greens and garlic in the frying pan before adding to eggs for scrambling.

Abundance: Blanch washed greens for 1 minute. Rinse in cold water to stop the cooking process, drain, and pack into airtight containers.



Strawberries

Season: June, some July-September (called Ever-Bearing)

Ripe strawberries are firm and bright with fresh green caps and a sweet aroma. Always shop for berries with your nose as they should smell sweet! Medium to smaller berries are usually sweeter than bigger ones that are usually mostly water.



Store: Put them in a colander in your fridge as soon as possible, where they will keep for up to 5 days. Do not wash until you eat them. Strawberries taste best at room temperature.

Use: Wash off the berries and remove the green tops before eating.

Abundance: Choose ripe berries. Wash and sort out the mushy ones. Cut off the hulls. Let dry before freezing in an even layer on a large cookie sheet (no need to cover). Then pack them into a freezer bag, removing the air, and seal.

Summer Squash (including Zucchini and Patti Pans)

Season: July-October

Summer squash is a general term for the more than 70 different types of fast-growing, tender-skinned, soft-fleshed squash.



Zucchini is the most famous (both yellow or green), followed by **yellow squash** (either straight or crookneck), and **patty pan**, which look like flying saucers. We also grow some italian varieties of zucchini (that are striped) and the famous **Cousa** of the Middle East. If you come across a giant-sized zucchini, use it for making zucchini bread as it is too tough and seedy for other recipes. Small zucchini is horrible for bread conversely, as it lacks the starchiness of older zucchini.

All summer squashes can be used inter-changeably.

Store: Store squash unwashed in a perforated plastic bag in the vegetable bin. In the refrigerator they keep for about a 7-10 days.

Use: Rinse under water to remove the dirt or prickles, and slice off the stem and blossom ends. Then slice, chop or grate. Be sure to remove seeds if you're using the baseball bat size zucchini.

They are the blank palette of the veggie world. Summer squash can be cooked a variety of ways, taking on the flavor of whatever they're with. Try using them as a substitute for rice, pasta or potatoes. Slice tender, young squash into salads. Or, they're great in stir-fries, with pasta or, grated into zucchini pancakes. Roast by coating squash lightly in oil and cooking at 350 degrees for about 15-45 minutes (time depending on how they're sliced). Stuff whole squash or patty pans with your favorite rice mixture or slice patty-pans in half and make mini pizzas. Cousa are also famously stuffed or, they are great cooked with eggs.

Abundance: You can freeze pureed (seeded) zucchini in plastic freezer bags, and grated zucchini for use in breads and muffins. If grating for baking, be sure to measure out the quantity in the bag and clearly label it as such. Follow directions carefully when making baked good from frozen squash as some recipes ask that you drain the squash well and squeeze out all liquid while others are less picky.



Sweet Potatoes

Season: October-December

We grow both white and orange fleshed varieties. The white-fleshed are more commonly used in Asian countries and are prized for their buttery and smooth texture plus maple-syrup-like flavor.

Store: Keep unwashed sweet potatoes in a cool, dark, place, such as a loosely closed paper bag in a cupboard, and use them within a few weeks. Do not store sweet potatoes in the refrigerator as cold temperatures can darken the potatoes and will adversely affect their taste.

Use: Scrub gently before cooking. They can be steamed, baked, boiled, roasted or even microwaved.



The skin can be eaten but, peel them if you will be eating them raw. If you will be pureeing or mashing them, bake or boil them whole and then remove the skins.

Try raw sweet potatoes cut into sticks for dipping, or grate them into salads. To bake, place whole potatoes wrapped singly in foil and bake at 400 degrees for 45 minutes until the centers are soft (be sure to pierce them too). To steam, place quartered sweet potato chunks in steamer over boiling water and cook until tender, about 20 minutes. Boil whole sweet potatoes in salted water until very tender, 25-40 minutes. Substitute pureed sweet potatoes for pumpkin in many recipes. Saute or fry 1/2 inch slices of sweet potatoes in oil until nicely browned on both sides and fork- tender. Or, our favorite, roast sliced sweet potatoes, coated in oil and sprinkled with salt, at 400 for 20-30 minutes or until caramelized.



Abundance: Boil sweet potato until tender and mash/puree. Place puree into ice cube containers and freeze. When frozen, put cubes in plastic freezer bags, removing as much air as possible. Makes a great baby or dog food too!

Tomatillos

Season: August-October

The tomatillo, or “husk tomato” is important in authentic Mexican cooking. It is best known for its central role in a delicious salsa verde or enchiladas verde.

Store: Store at room temperature with husks on, for up to 2 weeks. For longer-term storage, refrigerate in husks in a plastic bag.



Use: Remove the husk before eating. Wash as the outside is often slightly sticky (which indicates ripeness). Chop tomatillos to desired size. Or, roast whole, cleaned tomatillos at 350 with cleaned garlic, onion and fresh hot peppers, coated in a little corn oil and salt. After the tomatillos are squishy and a little browned/blackened, pour the whole pan into a blender or food processor and blend with lime juice, cilantro and more salt to taste.

Tomatoes: Regular, Roma and Cherry

Season: July-October

There are so many kinds of tomatoes and we love them all! Each year, we grow a few new varieties but, we have a few standards too including: San Marzano/roma (for canning), cherry tomatoes and regular red slicing tomatoes.



Store: Do not refrigerate tomatoes; cold temperatures deplete their flavor and texture. If your tomatoes smell fragrant and yield slightly when squeezed, they are ready to use. If not, store them for a few days at room temperature, out of the sun, until they are ripe. Putting dry tomatoes in a brown paper bag may accelerate the ripening process.



Use: If serving tomatoes raw or lightly cooked, give them a quick rinse and slice, chop or cut them into chunks as desired. If you'll be cooking them for a long time, consider removing the skins so they don't float around in the meal. To skin: score the end of the tomato with an "X," dunk whole tomatoes in boiling water for 30 seconds, lift out with slotted spoon, plunge into ice water, and the skins will slide off.



Consider roasting cherry tomatoes whole for layers of flavor or grilling thick slices of tomatoes or whole skewered cherry tomatoes for a tasty, smoky tomato addition to meals.

Roma or San Marzano tomatoes are best for sauces as they are much, much drier thus, reducing cooking time significantly, without sacrificing flavor.

Abundance: See Heirloom section.

Tomatoes: Green (Unripe)

We also sometimes offer green (unripe) tomatoes towards the end of August, when the hoophouse tomatoes need to be cleaned out to make room for winter greens. These tomatoes should be treated more like tomatillos and may ripen but, will never taste as good as those ripened on the vine. They make great fried green tomatoes or can be added to cakes or made into relishes and chutneys.



Tomatoes: Heirloom

Season: August-September

We also grow a lot of heirloom tomatoes and we thought there were some important differences to note.



Heirloom tomatoes sometimes have a unique cracked appearance near the stem and come in odd shapes and odd colors. Don't worry – they're supposed to look that way! You'll be rewarded with a delicious, meaty and juicy tomato of yesteryear.

Store: Same as above but, heirlooms tend to go bad more quickly. Use within 1-2 days of ripening for best quality. Please don't squeeze them too hard either, as they will naturally be softer than a regular red tomato when ripe.

Types of Heirlooms:

Green: These varieties are green when ripe, with green flesh and green seed cavities. They're **not used** in fried-green-tomato recipes and instead have a higher acidity and beautifully balanced sweet flavor.

Pink: Sweeter flavor than regular red tomatoes with medium acidity and softer, meatier flesh.

Purple/Black: Deep purple to brick red shades that are all a little more mellow due to lower acidity. Sweet but sometimes described as "smoky" in flavor too.

Yellow/White/Orange: Great for those who love low-acid tomatoes (white being the least acidic), but they're all still sweet and almost fruity in flavor. They also tend to be very juicy.

Striped Tomatoes: Usually a yellow tomato with a red blush at the bottom and sides. Most of the varieties of Striped that we raise are huge slicing tomatoes that tend to be sweet but very meaty.

Abundance (of any ripe kind): Tomatoes can be frozen whole, roasted, pureed or in chunks. Many people prefer to skin and core tomatoes then, place on cookie sheet, and freeze. When they're solid, place in ziplock freezer bag and replace in freezer. Otherwise, simply cut up, roast or puree and freeze in plastic freezer bags. Any frozen tomatoes are only suitable for cooking sauces or salsas, etc. where the texture will be soft anyway. Tomatoes can also easily be canned or dehydrated.

Note: avoid cooking in aluminum or iron pots because tomatoes react with those substances, giving the dish a metallic taste.

Turnips

Season: Spring and Fall, storage into Winter

Turnips are a root vegetable, related to radishes and come in two distinct types: storage and Japanese. Storage turnips, or the traditional purple-top turnip can be unpleasantly “hot” if larger but can also be awesome younger and roasted or cooked with potatoes or rutabagas. The pure white Japanese Turnip or Hakurei, while also hot when older, is usually mild like a radish and great for raw preparations.



Store: Remove the greens from the turnips and cook/store those greens unwashed in a sealed plastic bag for up to a week. Those greens add a zippy flavor to any dish and can be sautéed easily. The turnip root should be stored in a plastic bag in the crisper drawer of your fridge for up to 2 weeks.



Use: Wash and cut into wedges or slices. Serve Hakurei raw with dip in a crudité tray. Turnips, especially storage turnips, are more commonly cooked. They are delicious when roasted with other root vegetables (like carrot, potatoes, rutabaga, garlic). Add a turnip or two to your favorite mashed potato recipe or, add them into soups, stews and pasties.

Watermelons

Season: August-September

We grow different varieties of watermelon from year to year but, tend to grow more “personal-size” watermelons, weighing less than 10 lb. for easy storage. Whatever variety they are, the watermelon should have a crisp, tender, sweet, and hydrating flesh. That flesh can be red, orange, yellow or pink.



Store: Refrigerate watermelon right away. They do not ripen off the vine or emanate a ripe smell. Cut melon should be covered in plastic wrap, and chunks or slices should be kept in an air-tight container. Eat melons within a week.

Use: A big knife and cutting board are helpful. Wipe the outside and cut in half, then cut into quarters or slices. Eat in salads, or raw in slices. Blend watermelon, water, and sugar or honey for a refreshing agua de sandia.

Winter Squash

Season: September-January

Winter squash gets its name from the long storage period it enjoys after harvest in the fall. These squash have high levels of vitamin A and are gentle on tummies.

Many types of winter squash are interchangeable with only subtle differences.



Store: Store in a cool, dry, dark place at around 50 degrees but, make sure they do not freeze or become easy treats for mice. Under the best conditions, they should keep for 3-4 months. They also get sweeter in storage as the starch converts to sugar. Once cut, you can wrap squash in plastic and store them in the refrigerator for 5 to 7 days.

Use: Wash any dirt off. Winter squash can be baked/roasted, steamed, microwaved and stuffed. Each squash has a slightly variable cooking time based on its size. Generally, it's a good idea to pierce the skin if cooking whole, which is often the easiest and most flavorful way (but also takes the longest).

For Acorn, Butternut, Buttercup, Carnival/Dumpling, Heirlooms and Kabocha:

To bake, slice in half lengthwise, scoop out seeds, and place facedown on cookie sheet. Add 1/2 inch of water to pan. Bake at 400 degrees for 30 minutes to 1 hour until the shell is soft and starting to collapse. Remove and mash with butter, brown sugar, maple syrup or other seasonings or stuff the half with bread or rice-based yumminess. To puree for soup: mash cooked squash with a fork or potato masher or, blitz in a food processor.

For Delicata: Follow above directions but, they should be done earlier and you can eat the skin!

For Spaghetti: Follow the same directions but, they should be done closer to 1 hour after putting in the oven. Flesh is done with it easily scoops out into spaghetti-like strings. Serve this variety hot with butter and parmesan cheese or your favorite tomato sauce or pesto.

Abundance: Winter squash freezes well if you fear your storage space is too hot or cold. Simply cook squash and mash or puree it. Then pour it into ice cube trays or put directly into freezer bags and freeze. If freezing in ice-cube trays, pop the frozen cubes into freezer plastic bags for final storage.

Types of Winter Squash:



Acorn: Orange spot indicates ripeness. A little stringy but, sweet.



Mini Hubbard: aka Red Kuri. Very dense and sweet.



Butternut: Very sweet and smooth textured. Most common squash.



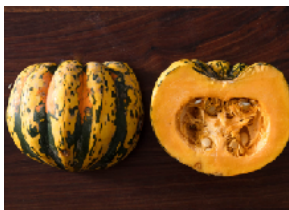
Kabocha: a drier squash often used for savory preparations. Can come in a red variety too.



Buttercup: an older variety of squash that, in our opinion, has the most intense squash flavor.



Spaghetti: Stringy flesh with spaghetti texture without the carbs!



Dumpling/Carnival: a smaller acorn shape but, often less stringy and sweeter.



Delicata: edible skin and super-sweet flesh.



Heirloom: We grow a ton of different varieties: Galeaux d'Eysines, Long Island Cheese, Musque

de Provence, Rouge Vif D'Etampes, Turk's Turban and Jarrahdale. These are best identified in person, but all can be used just like an acorn or butternut squash.

*Have a Great
Season!*