

A TO Z

# VEGETABLE & FRUIT STORAGE GUIDE



*Small*  
**Acres**  
EVERSON, WA



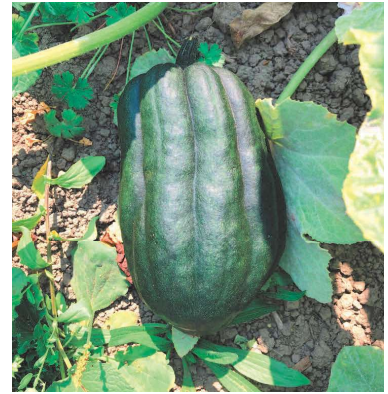
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## Acorn Squash (Winter Squash)

*Acorn squash is a mildly sweet squash with orange flesh and green-black skin. There are also varieties with striped speckled skin. It has heavy ribbing and is acorn-shaped.*



**To store:** Store in a cool, dry, dark place at around 50 degrees, but make sure they do not freeze. Under the best conditions, they should keep for 3-4 months. They 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.

**To use:** 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 45 minutes to an hour until shells are soft and starting to collapse. Remove from shells, and fill with butter, brown sugar, maple syrup, seasoning or fillings.

**To freeze:** Simply cook squash and mash or puree it. Then pour it into ice cube trays and freeze. Pop the frozen cubes into freezer Ziplock bags.

## Apple

*There are so many varieties and colors of apples. Some are good for eating out of hand. Some are better for pies and baking. Some are better for applesauce.*



**To store:** Store apples in your refrigerator in a plastic bag. They are odor-absorbent, so keep them away from onions, potatoes, and other strong-flavored items. Apples can also be dehydrated (with cinnamon sprinkled on top), and stored in a Ziplock bag!

**To freeze:** Apples can be frozen with or without sugar. Wash, peel, core and slice apples, removing any brown spots. Add ascorbic acid (or Fruit Fresh) to prevent them from browning. Add sugar (if desired) and place in a freezer-safe plastic bag, removing as much air as possible. Then freeze!

## Arugula

*Arugula has a peppery, slightly bitter flavor. It is stronger than most lettuces, so it's often paired with other greens. Mature arugula has sturdy leaves, whereas baby arugula tends to be more tender and milder in flavor. Hotter weather makes for spicier leaves.*



**To store:** Arugula is highly perishable and will only last about 2 days. Store in the fridge inside a perforated plastic bag. If you decide to wash it first, be sure to spin the leaves dry before placing them loosely into a Green Bag with a dry paper towel to absorb the moisture.

**To freeze:** Blanch leaves in boiling water or steam for two minutes, followed by soaking in ice water. Remove from ice water and drain well. Freeze "balls" of arugula on a cookie sheet in individual portions. When frozen, pop them into a Ziplock bag.

## Aronia Berry

*Also known as chokeberry, aronia berries are high in antioxidants, fiber, vitamin C, and manganese. The thick dry skin makes it unpleasant to eat these berries raw, but they have a great flavor and color when cooked. Add the berries to a fruit pie, muffins, jam, or a smoothie for a boost of nutrition. They can also be dehydrated and blended into a powder supplement.*



**To store:** Store in the refrigerator for up to 5 days. Rinse gently just before using and remove stems.

**To freeze:** Choose ripe berries. Wash and sort out the mushy ones. Let drip 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. Then pack them into a freezer bag, removing the air, and seal.



# Asparagus

*One of the first vegetables to emerge in May. The thinner the stalks, the more tender.*



**To store:** Stand the asparagus up in a glass or jar with about an inch or two of water, making sure all the ends are sitting in the water. We've found that a 2-cup measuring cup is a great container. Loosely cover the asparagus with a plastic bag and store in the refrigerator for up to a week.

**To prep:** Cut off the bottom inch of the woody stem.

**To cook:** Roast or grill spears with olive oil and salt. It's also delicious raw in salads or lightly steamed.

**To freeze:** Blanch small spears 2 minutes, medium spears 3 minutes, in a pot of boiling salt water. Dunk into ice water for 2-3 minutes. Drain and then pack into Ziplock bags.

# Basil

**To store:** Basil is very sensitive to cold. Do not refrigerate fresh basil; it will turn black. Instead, strip the lower leaves off the stems and place stems in a glass of water on the kitchen counter like a flower.



**To prep:** Mince well. Add to butter, cream cheese, or your favorite pasta sauce. Make a batch of pesto with pine nuts, Parmesan, olive oil, salt, and garlic.

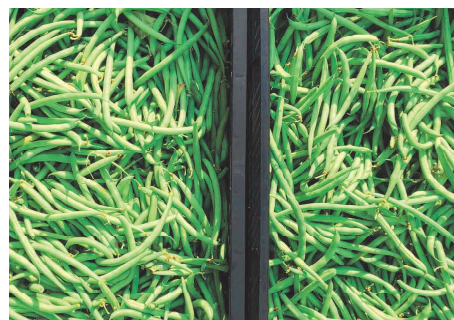
**To dehydrate:** Remove leaves from stem and place on a piece of paper towel on a glass plate. Cover with another piece of paper towel. Microwave plate on high for 1 minute. Leaves will be dry. Crinkle them with your finger and place them in a dry container, such as a Mason jar with a lid.

**To freeze:** Basil does not freeze well. Instead, make a batch of pesto and freeze it flat in Ziplock bags.

## Beans

*There are many varieties of string bean -- green, purple, yellow, or speckled.*

**To store:** Store unwashed beans in a Green bag in the veggie bin of your fridge for up to 1 week. Rejuvenate limp beans by soaking them in ice water for 30 minutes.



**To prep:** Wash beans. Cut off the tips and remove strings. Cook whole or chop. These beans do not need to be shelled.

**To freeze:** Remove tips. Blanch in boiling water for 2 minutes, rinse in cold ice water for 2 minutes, drain, dry well, and pack into airtight containers.

## Beets

*Beets come in many colors -- red, gold, orange. You can eat the green tops too!*

**To store:** If your beets still have greens attached, cut them off, leaving an inch of stem. Store the beet 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.



**To prep:** 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 slip right off.

**To freeze:** Boil or bake beets until done. Cool them in ice water or let them come to room temperature. Remove peels. 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.



## Beet Greens

*The tops of beets can be sauteed, blanched and frozen, or used in a salad.*

**To store:** Cut beet greens from their roots. Keep dry, unwashed greens in a sealed plastic bag in the refrigerator up to 1 week.

**To prep:** Wash leaves in basin of lukewarm water to remove grit. Remove the thicker stems. Cut into appropriately sized pieces, depending on use.

**To freeze:** Blanch washed beet greens for 2-3 minutes in hot boiling water. Immediately dunk in cold ice water to stop the cooking process. Then drain and pack into airtight containers. Freeze them in “balls” on a cookie sheet; then pop them into a Ziplock for the perfect portion.



## Blackberry

*Blackberries grow locally in the Midwest around July. They grow on prickly vines and are a treat to eat wild!*

**To store:** Store in the fridge in a single layer on a shallow tray covered with a paper towel. Wash them just prior to use, or use a vinegar rinse to kill off bacteria and extend their shelf life.

**To prep:** Rinse gently just before using. Watch out! They'll stain!

**To freeze:** 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 and put in freezer overnight until frozen. Then pack them into a freezer bag, removing the air, and seal.



# Blueberry

*Grab your freshest blueberries in late June and July.*

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



**To prep:** Rinse gently just before using.

**To freeze:** 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. Then pack them into a freezer bag, removing the air, and seal.

# Bok Choy

*Bok choy, which may be written as bok choy, bok choy, or pac choy, is a traditional stir-fry vegetable from China. Choy grows in elongated, upright heads of dark green leaves with large, white stems. The leaves can be cooked and eaten like spinach, while the crisp stems can be used like celery or asparagus.*



**To store:** Cut off any yellow leaves. Store wrapped loosely in plastic bag (or a Green bag) in the refrigerator.

**To prep:** Wash and removed any damaged yellowing leaves. Cut off the root tip — about an inch worth. If the stems are thick, cut the leaves from the stems and cook them separately a few minutes before you add the leaves.

**To freeze:** Cut the stems from the leaves and chop to desired size. Store those separately. Cut the leaves into ribbons or squares or keep whole. Store separately from stems. Bring salted pot of water to a boil. Boil the leaves in boiling pot of water for 90 seconds. Douse in ice water to stop the cooking process. Drain the leaves and squeeze out moisture. Place in Ziplock freezer bags, removing as much air as possible. Put in freezer. Blanch the stems separately for 2 minutes. Douse in ice water and drain before packing into separate Ziplocks.



## Broccoli

*Broccoli is a cool-weather crop, available only in the early summer or fall.*

**To store:** Wrap broccoli loosely in a plastic bag and keep it in the crisper drawer of your refrigerator. Store for a week.



**To prep:** For organic broccoli, soak head upside down in cold salted water (1 teaspoon salt to 8 cups of water) for 30 minutes to remove any hidden field worms. Any critters will float to the top. You can eat the stalks, leaves, and head of broccoli. Break the head into florets of desired size. Then use a peeler or paring knife to cut the tough skin off the broccoli stalk, and cut into equal size pieces. The stalks will require a few extra minutes of cooking time.

**To freeze:** Cut into florets. Blanch in boiling water for three minutes or steam for five minutes. Remove and dunk in ice water for 5 minutes. Drain. Individually quick freeze broccoli on a parchment-lined tray and then package into air-tight freezer bags.

## Broccoli Greens

*Many people don't know that the leaves of all the cole crops are edible.*

**To store:** Store greens in a Green bag in your fridge for up to 5 days to keep leaves from going limp.



**To prep:** Rinse leaves. To remove leaf blades from stems, fold leaves in half and tear or cut the central stem away. Roughly tear or chop leaves. The stems are also edible.

**To use:** Saute with olive oil and garlic. Add wilted greens to spaghetti sauce, quiche, pastas, or soups. Bake into chips.

**To freeze:** Blanch leaves for 2 minutes in boiling water. Place leaves and stems in ice water. Drain. Quick-freeze small clumps of greens individually on a cookie sheet. After they're frozen, place clumps into freezer bags in bulk. Remove as much air as possible from bags before sealing.

## Broccoli Rabe

*This vegetable is not actually related to broccoli! It is closely related to turnips which is why the leaves look like turnip greens. Broccoli rabe should be a deep, rich green all over, with tightly closed florets, firm stalks, and no yellow flowers or yellow spots. It has a mustard-like flavor and is used in Chinese cooking.*



**To store:** Store unwashed in the fridge, wrapped in a plastic bag

**To prep:** Cut off and discard 1 inch from stem ends. Cook in a 6- to 8-quart pot of boiling salted water until just tender, about 3 minutes, transferring with a slotted spoon to a large bowl of ice and cold water to stop cooking.

**To freeze:** Wash thoroughly and cut off woody stems. Blanch (plunge into boiling water) for three minutes and chill quickly in ice cold water. Drain off excess moisture, package in airtight containers or freezer bags and freeze immediately.

## Broccolini

*Broccolini is actually a cross-breed of broccoli and Chinese broccoli. You get the florets found in broccoli and the longer stems and leaves found in Chinese broccoli. The long stems have a pleasant crunch.*



**To store:** Wrap loosely in a plastic bag and keep it in the crisper drawer of your refrigerator. Store for a week.

**To prep:** You can eat the stalks, leaves, and head of broccolini. Trim the woody stems of the plant.

**To freeze:** Blanch in boiling water for three minutes or steam for five minutes. Remove and dunk in ice water for 5 minutes. Drain. Package into air-tight freezer bags.



## Brussels Sprouts

*This cool-weather member of the cole family grows mini cabbages or sprouts on tall, straight stalks that reach up to 20 inches high. They are named after the capital of Belgium. The sprout itself will improve in flavor with exposure to a few frosts.*



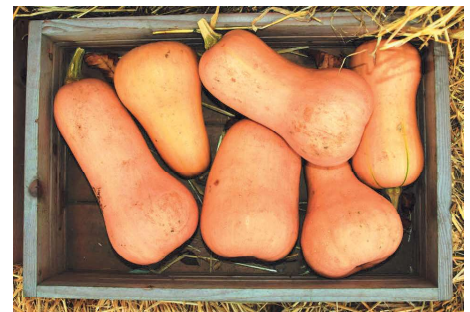
**To store:** Brussels sprouts keep longer if they are left attached to the stalk (up to 5 weeks in a cold cellar), but if there's not enough refrigerator room you can snap them off and store them unwashed in a closed plastic bag in the veggie bin for 1-2 days. Even on the stalk they should be wrapped in plastic to slow respiration.

**To prep:** Snap off or cut sprouts from main stalk. Discard the giant stalk. Pare off the tough bottom part of the sprout stem.

**To freeze:** Put the sprouts in a pot of boiling water, and boil for exactly 4 minutes. Using a large slotted spoon, scoop out the sprouts and place them directly in an ice water bath. Allow the sprouts to sit in the ice bath for 4 minutes. Drain in a colander, shake any excess water and pour the sprouts on a towel to dry. Place in a freezer bag and store in the freezer up to 10 months.

## Butternut Squash (Winter Squash)

*This squash has tan skin and a shape like a peanut. It has bright orange flesh and is one of the sweetest squashes. They are harvested in the fall.*



**To store:** Store in a cool, dry, dark place at around 50 degrees, but make sure they do not freeze. Under the best conditions, they should keep for 3-4 months. They get sweeter in storage as the starch converts to sugar.

**To use:** 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 45 minutes to an hour until shells are soft and starting to collapse. Remove from shells, and fill with butter, brown sugar, maple syrup, seasoning or fillings.

**To freeze:** Pour pureed squash into ice cube trays and freeze. Pop the frozen cubes into freezer Ziplock bags.

## Cabbage (Green and Red)

**To store:** Place dry, unwashed cabbage heads in the refrigerator, preferably in the vegetable bin. The outer leaves may eventually get floppy or yellowish, but they can be removed and discarded to reveal fresh inner leaves. Store for up to 3 months!



**To prep:** Rinse the cabbage under cold water before use. Cut cabbage head first into quarters, then diagonally across the wedge. Be sure to remove the stem end and triangular core near the base.

**To use:** Eat raw in salads, steamed, braised or fried. Turn raw cabbage into coleslaw or sauerkraut. Roast cabbage steaks/slices at 400 F drizzled with olive oil and salt. Or try stir-frying shredded cabbage in olive oil until wilted with a little bit of minced garlic. Red cabbage has a sharper flavor and coarser texture so it needs to be cooked longer.

**To freeze:** Choose how to cut your heads based on your end use. Cook in boiling pot of water for 90 seconds. Douse in ice water to stop the cooking process. Drain the cabbage and dry as much as possible. Place in Ziplock freezer bags based on your portions you plan to use, and remove as much air as possible. Put in freezer.

## Cabbage (Napa)

**To store:** Place whole in a plastic bag in the refrigerator for up to a week. Use quickly before the leaves yellow.



**To prep:** To prepare the entire head at once, cut it in half lengthwise, remove the core, and chop as desired. You can slice the leaves from the stem. Chop the stems and use them in stir fry.

**To use:** Napa is great sliced and sautéed with onions and garlic. It goes well in a stir fry. For a caramelized flavor, cut the cabbage into wedges and roast them until the cabbage is tender. Or slice in half and grill the entire wedge until charred.

**To freeze:** Cut into quarters, wedges, or shred it. Cook in boiling pot of water for 90 seconds. Douse in ice water to stop the cooking process. Drain the cabbage and dry as much as possible. Place in Ziplock freezer bags and remove as much air as possible.



## Carrots

*Carrots are sweetest in the fall and winter when they start to store their sugars in the root!*

**To store:** Remove the green tops as soon as you can, leaving about an inch of stems. Refrigerate these carrots in a plastic bag. You can also store them in a bin of water (like celery) to keep them crisp, changing out the water every few days. Save the tops in a plastic bag.



**To prep:** Organic carrots don't need to be peeled. Boil 2-inch cubed carrots in rapidly boiling salt water, uncovered, for 7-10 minutes. Fresh carrot tops can be chopped into a green salad or stir-fry too! The greens can be dried and used as an herb like parsley.

**To freeze:** Blanch cut coins for 3 minutes in boiling salt water, dunk in cold ice water for 3 minutes, drain, let dry, and pack in airtight container.

## Cauliflower

*Cauliflower is a cool-weather crop, so you'll only see it in the fall at the markets. It comes in multiple colors.*

**To store:** Wrap dry, unwashed cauliflower loosely in plastic and store it in the refrigerator. It will keep for up to a week.



**To prep:** Remove the leaves (which you can eat like kale). Cut out the hard core. Serve raw on vegetable trays with a thick dip. To steam: cut off florets and steam for 5 minutes. Drizzle with butter and lemon juice. To roast: drizzle with olive oil and salt/pepper, bake at 450 degrees on a foil lined cookie sheet for 20 minutes, then sprinkle Parmesan cheese on top.

**To freeze:** Blanch 2-4 minutes in boiling salt water. Soak in ice water bath for 4 minutes. Drain, let dry, and pack into Ziplock containers.

## Celeriac

*Celeriac, also known as celery root, has a flavor like celery, and both its root and stalks/leaves are edible. Don't be put off by celeriac's ugly appearance.*

**To store:** Store unwashed celeriac in a plastic bag in the refrigerator where it will keep for 6 months! Celeriac leaves can be dried into an excellent seasoning.

**To prep:** Slice off stalks 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 soak in water.

**To use:** Use in place of celery as a base for soups or casseroles. Add raw celeriac in grated beet, carrot, or apple salads. Or serve raw celeriac with a creamy dipping sauce. Combine celeriac with other winter roots in stews and gratins. Add cooked celeriac to mashed potatoes: peel and quarter celeriac, then boil until soft, 20-30 minutes, before mashing it into potatoes.



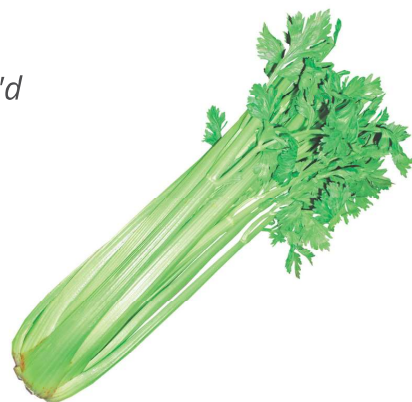
## Celery

*Farm-fresh celery often includes skinnier stalks than what you'd find at the grocery stores. They are celery flavor bombs!*

**To store:** You can wrap your celery tightly in foil and place it in the fridge. This will keep it crisp for weeks. If you don't want to use foil, try chopping the celery into smaller stalks and putting them in a bowl of water in the fridge.

**To prep:** Rinse well. Cut a half-inch off the base. Cut the tops off the celery. Save these for your freezer scrap bag and make broth later! You can also save the tops and use them for salads, for dried herbs, or DIY celery salt.

**To freeze:** Freezing celery is not recommended. But if you do so, you'll need to use it for soups as it will lose its crispness. Chop celery to desired size. Blanch in boiling hot water for 3 minutes. Plunge into ice water for 3 minutes. Drain. Lay celery on a cookie sheet and flash freeze in a freezer. Place frozen celery into a Ziplock container.



## Chard

*Swiss chard has expansive, pocketed leaves with stems in a spectrum of colors: red, white, green, yellow. It is actually in the beet family but doesn't develop a bulb. Its leaves are more tender and delicate than other greens. Eat small leaves raw in salads and blanch or steam larger leaves. You can freeze chard for recipes later*



**To store:** Keep dry, unwashed greens in a sealed plastic bag in the refrigerator up to 2 weeks.

**To prep:** Wash leaves in basin of lukewarm water to remove grit. Remove the thicker stems by folding the leaves down the center and cutting out the stem. Stack several leaves on top of each other and slice into 1-inch wide ribbons.

**To use:** Add uncooked greens to a mixed green salad. Steam stem pieces 8-10 minutes, and leaves 4-6 minutes. Or sauté greens until tender in a large sauté pan with olive oil, a pinch of salt, and garlic or onion. Watch for color to brighten as this signals they are done. Serve cooked chard alone as a side dish or use them in soup or with pasta, beans, rice, or potatoes. Chard also goes great in stir-fries or in any recipe calling for spinach.

**To freeze:** Blanch washed greens for 2-3 minutes. Rinse in cold ice water to stop the cooking. Drain and freeze.

## Cherry

*Sweet cherries will be either a dark red color, or a red/yellow blush color (the Rainier cherry) and are best for eating out of hand. Sour cherries are usually a bit soft, and are best used in baking pies or cobblers.*



**To store:** Store cherries in your refrigerator in a plastic, perforated bag in the crisper drawer for up to a week.

**To prep:** Pit the cherries after washing.

**To freeze:** Choose firm, ripe cherries. Pit cherries first (although you don't have to). Flash freeze on a sheet pan. Then pop into a Ziplock bag. Freeze for up to a year.



## Cilantro

*Cilantro looks like parsley, but has a strong soapy smell and flavor. It is used in ethnic cuisine — Asian, Indian, and Mexican (especially salsa). Since it doesn't stand up to much 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.*



**To 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.

**To prep:** Chop the stem and leaves with a butcher knife. The stems can be eaten too.

**To freeze:** Not recommended.

## Collards

*Collards are a heartier leaf like kale with a stronger flavor.*

**To store:** Wrap the leaves in a Debbie Meyer green bag and store in the crisper. Use within a week if possible or until the leaves turn yellow.

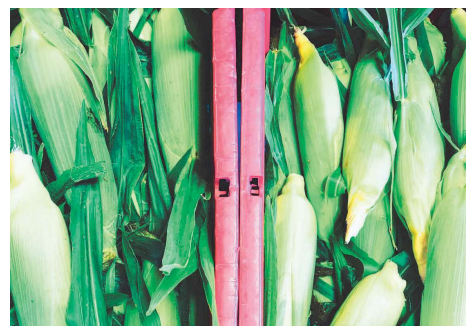


**To prep:** Remove the stem with a knife. Use the leaves for wraps, stirred into soup, braised with bacon, in a stir-fry, pesto, chili, salads, or served alongside ham hocks.

**To freeze:** Blanch 4 minutes in boiling salt water. Soak in ice water bath for 4 minutes. Drain, let dry, and pack into Ziplock containers.

## Corn

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



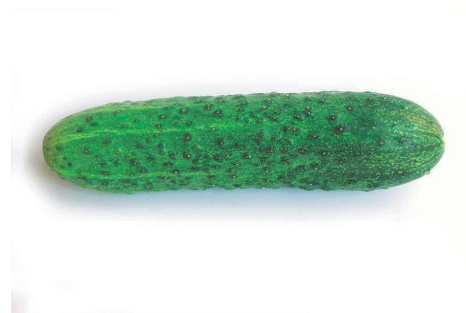
**To prep:** You can eat corn raw or cook it in the husks. Shuck the cob by pulling the husks down the ear and snapping off the stem. The silks will fall off as you cook the corn. Rinse under cold water. If you see a green worm, just cut out the damaged section — the rest of the cob is still edible! 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.

**To cook:** Steam corn in 1-2 inches of water for 6-10 minutes, or drop ears into boiling water for 3-6 minutes. Season with butter or salt. You can also grill corn in the husk — place the corn in its husk in water for 10 minutes — then place on grill for 15 minutes.

**To freeze:** Blanch on the cob for 3-5 minutes, rinse under cold water, and drain. Cut off the kernels with a knife, and then pack it into airtight freezer containers.

## Cucumber

*Cucumbers are in a family known as cucurbits that includes melons, squash, pumpkins and gourds. They are classified as either slicers or picklers. Pickling cucumbers have thin, lighter skin than slicers.*



**To store:** Place cucumbers in a sealed plastic bag in the crisper drawer of the refrigerator for up to a week.

**To prep:** Slicing cucumbers are often peeled. Pickling cukes are not. If the seeds are bulky, slice the cucumber lengthwise and scoop them out. Scoring the skin of a cucumber with a fork or zester gives it attractive stripes. Slice, dice or cut into chunks according to recipe.

**To freeze:** You can freeze cucumbers in a vinegar brine, but they will be mushy when you eat them later. Not recommended.

## Delicata Squash (Winter Squash)

*This winter squash is oblong and cream-colored with dark green stripes and flecks along its length. They are harvested in the fall months.*



**To store:** Store in a cool, dry, dark place at around 50 degrees, but make sure they do not freeze. Under the best conditions, they should keep for 3-4 months. And they get sweeter in storage as the starch converts to sugar.

**To prep:** To bake, slice in half lengthwise, scoop out seeds, and place facedown on a cookie sheet. Add 1/2 inch of water to pan. Bake at 400 degrees for 45 minutes until shells are soft and starting to collapse. Remove and fill with butter, brown sugar, maple syrup, seasoning or fillings. You can also just cut the squash into rounds and bake it. the skins of this squash are edible.

**To freeze:** Simply cook squash and mash or puree it. Then pour it into ice cube trays or directly into Ziplocks and freeze.

## Dill

**To 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



**To prep:** Chop the leaves and stem before cooking.

**To cook:** Use dill is a standard in pickling. It also combines well with green beans, broccoli, cabbage, carrots, cauliflower, tomatoes, parsnips, potatoes, spinach, cucumber, squash, eggplant, and eggs.

**To freeze:** Trim off the long stem ends leaving only an inch attached to the feathery foliage. Place a couple of sprigs together inside a resealable plastic freezer bag; press out all of the air and seal. When you need fresh dill for a recipe, remove the frozen sprig and snip off what you need while still frozen. Do not let it thaw.



# Eggplant

**To store:** Wrap unwashed eggplant in a towel (not plastic) to absorb any moisture, and keep it in the veggie drawer of your refrigerator. Or store unrefrigerated at a cool room temperature. Use within a week and it sho



**To prep:** Eggplant is usually peeled. The flesh will brown when exposed to air. To prevent browning, coat in lemon juice or keep submerged in water.

**To use:** Brush 1/2-inch to 1-inch slices of eggplant with olive oil or melted butter and broil or grill until brown. It also makes an excellent baba-ganoush dip. Casserole: chop eggplant into cubes. Layer in a pyrex dish with tomatoes, onions, mozzarella, and basil. Sprinkle with olive oil and salt and bake at 400 F for 25 minutes.

**To freeze:** Peel and cut into slices 1/3-inch thick. Blanch for 2 minutes in steam. Cool immediately in cold water. Package in layers with each slice separated with two pieces of wrap.

# Fennel

*Both the fronds and the bulb are edible. Fennel has a distinct licorice taste.*



**To 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 few days. The unwashed bulb may be kept in a plastic bag in the refrigerator for 2 weeks.

**To prep:** Remove the tip base of the white bulb. Cut off the stalks. Chop or mince the stems and leaves for garnish or seasoning.

**To use:** Try fennel raw: brush raw slices with olive oil and lemon juice, sprinkle with salt and pepper and serve as an appetizer. Use the fernlike tops as a licorice-flavored herb or garnish. Use the stems in soup stocks in place of celery. Grill, braise, or roast fennel. The feathery leaves are great on baked or broiled fish with butter and lemon.

**To freeze:** Cut bulb into quarters and blanch in boiling water for 1 minute. Then plunge into ice water for 1 minute. Drain and freeze in Ziplock bags.

## Garlic

**To store:** Like onions, garlic can be eaten fresh or dried. Dried, cured garlic appears in August and can be kept for several months in a dark, dry, well-ventilated place at a cool room temperature. Warm temperatures will encourage the cured garlic to sprout.



**To prep:** Remove the papery skin and base. Mince or chop as needed.

**To cook:** For garlic aroma, try rubbing a cut clove around the rim of a baking dish. Try roasting 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.

**To freeze:** Leave the skins on and place individual cloves in a Ziplock bag or Mason jar; then freeze.

## Garlic Scape

*The scape is the flowering part of the garlic plant that emerges in June. We cut the scape before it blooms to redirect energy back to growing the bulb. It has a milder garlic taste and can be substituted for garlic.*



**To store:** Store scapes unwashed in a loosely wrapped plastic bag in the refrigerator for up to 2 weeks.

**To prep:** Chop off the very tip and woody parts of the stem. Then mince finely and use in place of garlic.

**To use:** 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. They're also great grilled.

**To freeze:** Scapes can be chopped and flash frozen in Ziplock bags.

## Grapes

**To store:** Store in the refrigerator wrapped in paper towels in a vented plastic bag for up to 2 weeks.

**To prep:** Wash. Pick off the stem. Remove seeds.

**To freeze:** Wash seedless grapes, then place in sealable plastic bags and store in the freezer. Eat them straightaway, still frozen, as a healthy snack.



## Kale

*Kale is a member of the brassica family. Kale comes in blue-green, reddish green, and red varieties and may have flat or curly leaves. All types of kale have thick stems. It has a mild cabbage flavor when cooked.*



**To store:** Place kale unwashed, wrapped in a sealed plastic bag in the crisper drawer of the refrigerator. Best used very fresh, but may last for a week.

**To prep:** Wash leaves in basin of lukewarm water to remove grit. If your greens have thick stems, you must remove them. Fold each leaf in half and slice out the stem. Then stack the leaves up and slice them diagonally into 1-inch-wide strips.

**To use:** Saute in olive oil. Use in soups, spaghetti sauce, pesto, quiche, or kale chips. You can also eat the stems.

**To freeze:** Blanch washed greens for 2-3 minutes. Rinse in cold ice water to stop the cooking process, drain, and pack into airtight containers. Stems can also be frozen.



## Kohlrabi

*This plant was developed by crossing a cabbage with a turnip! The edible part of the plant is an enlarged section of the stem that develops just above the ground. It has a crisp interior like a potato.*



**To store:** Store kohlrabi globe and leaves separately. The bulb will last for 2 weeks refrigerated in a plastic bag. Wrap leaves and stalks in a plastic bag and keep in the crisper drawer of the refrigerator.

**To prep:** Rinse under cold running water just before use. Cut the outer skin off with a knife. Trim off the remains of the stalks and root. Grate, slice, or chop as desired.

**To cook:** Cut raw kohlrabi bulb into sticks for a refreshing addition to a raw vegetable tray or grate it for salads. Try raw kohlrabi smeared with peanut butter. Lightly boil, steam or bake it, or add it to stews and stir-fries. Young kohlrabi leaves can be used in recipes calling for greens.

**To freeze:** Cut into cubes or slices and blanch for 3-4 minutes. Place into ice water bath to stop the cooking. Drain and dry. Place in Ziplock freezer bag.

## Leeks

**To store:** Cut off the green tops (save those greens and put them in your veggie freezer bag to make veggie stock). Loosely wrap unwashed leek bottoms (with roots attached) in a plastic bag and store them in the crisper drawer of your refrigerator where they will keep for 2 weeks.



**To prep:** Cut the leek about 1 inch above the white part, where the leaves begin changing from dark to light green. Save the unused greens; they'll give great flavor to your next vegetable stock. Slit the leek lengthwise and soak it in lukewarm water for 15 minutes. Fan the leaves under running water to dislodge dirt, then pat dry. chop the white part of the allium finely.

**To use:** Use leeks in salads, casseroles and soups or wherever you'd use onions. They can be braised, boiled grilled, or steamed.

**To freeze:** Cut the white parts of the leek into slices and flash freeze in Ziplock bags.

## Lettuce

**To store:** Store unwashed lettuce in a plastic bag in the refrigerator. To store lettuce that you have already washed and dried with a spinner, place back in a plastic bag with a dry paper towel in the bag, and place the package in the vegetable crisper bin. Use within 4 days.



**To prep:** 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.

**To freeze:** Not recommended.

## Onion

**To store:** Red and yellow storage onions may be kept in any cool, dark, dry place with adequate air circulation for several months if they are cured. Do not store them next to potatoes. Fresh onion will need to be stored in a plastic bag in the fridge and use within 2 weeks.



**To prep:** 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. If you encounter a little rot in your onion, just cut away the bad sections. If there are a few black spots, rinse the whole onion in cool water and rub the spots off with your thumbs.

**To freeze:** Cut or slice onions to desired size and place in freezer Ziplock bag. Remove all the air and seal. It helps to freeze them in 2-3 cup increments.

## Parsley

**To 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.



**To prep:** Chop the leaves and stem before cooking. The stem can be used to flavor soups and stews too.

**To dry:** Place a piece of paper towel on a glass plate. Layer the parsley evenly around the plate being sure not to overlap. 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.

**To freeze:** Chop parsley finely and freeze in ice cube trays with water. Pop out frozen cubes and freeze in a freezer bag.

## Parsnip

*Parsnips have a nutty-sweet taste and a tender-hearty texture. Due to a very long growing season, parsnips are not available until late fall, and improve in sweetness after exposure to frost.*



**To store:** Trim off parsnip tops and refrigerate unwashed in a loosely-wrapped, or perforated plastic bag for 2 weeks in the crisper drawer.

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

**To use:** Boil 1-inch chunks for 8 minutes until tender, then season with butter or oil, salt, and pepper for a side dish. Grate parsnips raw into salads or cut into sticks for dipping. Bake them in a cake or quick bread. Saute them with butter and parsley, roast with whole cloves or unpeeled garlic, or puree well-boiled parsnips. Add them into soups. Bake or roast with other root veggies on a cookie sheet with olive oil.

**To freeze:** Blanch peeled 1-inch chunks for 2-3 minutes, run under cold water, drain, and pack into Ziplock freezer bags.



## Peas (Snap and Snow)

**To store:** Use as soon as possible within 4-5 days of harvest. Refrigerate in a perforated plastic bag in the crisper drawer.

**To prep:** Wash well. Snap off the ends and remove the string if present.

**To cook:** Eat young, fresh snap peas raw. Put them on top of a salad. Add raw peas to stir-fry or soup in the last stages of cooking. Steam peas until just tender-crisp, for three minutes. Toss with butter, olive oil, cream, vinaigrette, or pesto.

**To freeze:** Peas freeze well but will lose their crunchy texture. Remove stems/strings. Blanch peas for 1 minute, rinse under cold water, drain, and pack into Ziplock freezer bags.

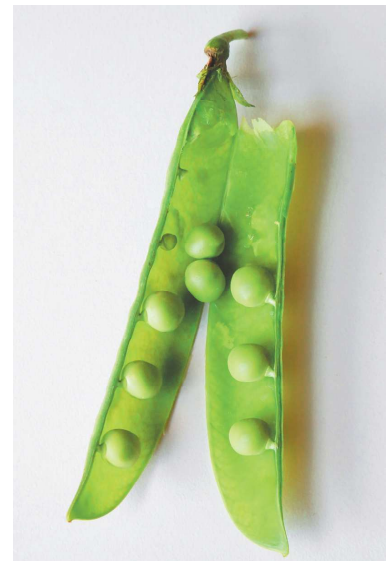


## Peas (Shelling)

**To store:** Use as soon as possible within 4-5 days of harvest. Refrigerate in a perforated plastic bag in the crisper drawer.

**To use:** Unlike sugar snap peas or snow peas, the fibrous pods of shelling peas cannot be eaten (although they can be used to enhance the flavor of vegetable stock). Shell peas immediately before they're to be cooked: Break off the stem and pull the fibrous string down the length of the pod.

**To freeze:** Remove peas from shell, pack into Ziplock freezer bags, and freeze.



## Pear

*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: Cut pears will turn brown when exposed to air. Coat them with lemon juice to prevent this.*



**To 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

**To freeze:** Choose ripe pears (but not too ripe!) Wash, peel, core and slice pears. Prepare the 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 Ziplock freezer bags and suck out the air. Freeze.

## Peppers, Sweet

*These come in a variety of colors: green, red, yellow, orange, purple, and chocolate. Colored peppers are simply green peppers that were allowed to ripen to their full color change. They are sweeter and need to be eaten sooner. Shapes and sizes vary from round to bell-shaped, to elongated, to banana shaped.*



**To store:** Refrigerate peppers unwashed in a sealed plastic bag in the crisper drawer for 1-2 weeks.

**To prep:** Cut in half and remove the seeds from the inside. Slice, chop or mince.

**To use:** Try roasting peppers over a flame until the skin blackens. Place the pepper inside a plastic bag to cool. Then remove to slide off the skins.

**To freeze:** Wash and dry peppers. Freeze whole or cut into bite-size pieces and place in Ziplock freezer bag, removing as much air as possible.

## Peppers, Hot

**To store:** Refrigerate peppers unwashed in a sealed plastic bag in the crisper drawer for 1-2 weeks. You can also dehydrate peppers for long-term.



**To prep:** Be careful when preparing hot peppers of any kind. For greatest safety wear rubber gloves while chopping and handling them. Do not touch your eyes, nose, mouth or other places. Wash hands thoroughly when finished. Slice off the top of the hot pepper, including the stem. Since the heat in chili peppers is concentrated in the seeds and membranes, you can cut out the heat-filled seeds and membranes for a milder heat.

**To freeze:** Wash and dry peppers. Keep whole, or cut into bite-size pieces and place in Ziplock freezer bag.

## Plum

**To store:** If your plums are hard, that means they are unripe. 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.



**To freeze:** Choose firm, ripe plums (not mushy ones).

It takes 10 plums to make one quart. Prepare a light sugar solution using 6 cups water and 2 cups sugar. (This will cover/surround the plums to protect them from oxidization and freezer burn). You'll need about 1 cup per quart. Heat on stove, stirring constantly to keep it from burning. As soon as it is dissolved, remove from heat and let cool. Wash plums. To skin plums, place them in a pot of boiling water for 30 seconds, then dunk them in an ice bath to stop the cooking. The peels will slide right off. Remove pits, and cut the plums into slices and put in bowl. Mix well with Fruit Fresh (ascorbic acid) or 1/4 cup lemon juice to prevent browning. Now combine the plums with the sugar syrup. And pack into Ziplock freezer bags, removing as much air as possible. The sugar syrup should cover all the fruit. Freeze for up to a year.



# Potato

**To 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. Light turns them green, and proximity to onions causes them to sprout. Don't put them in the refrigerator, as low temperatures convert the starch to sugars.



**To prep:** Scrub well and cut off any sprouts or green skin. Peeling is a matter of preference. In soups, the skins may separate from the flesh and float in the broth, but when baked, pan-fried or roasted, the skins acquire a crisp, crunchy texture.

**To cook:** Boil potatoes in water for 20-30 minutes until tender. If desired, mash them. Use potatoes in soups, hash browns, and salads. Roast sliced or whole small potatoes with fresh herbs, salt, and olive oil at 400 degrees until tender, about 20 minutes.

**To freeze:** Cool cooked or mashed potatoes and freeze them in a Ziplock bag.

# Pumpkin

*Pie pumpkins are smaller than their Jack-o-lantern decorative pumpkin counterparts, and are edible.*



**To store:** Store in a cool, dry, dark place at around 50 degrees, but make sure they do not freeze. Under the best conditions, they should keep for 3-4 months.

**To prep:** Cut open squash. Scoop out the seeds and pulp. Save the seeds to roast.

**To cook:** Steam 1-2 inch chunks for 15-20 minutes. Puree or top with butter and use for your pumpkin pie filling. Or you can boil 1-2 inch chunks in salted water until tender, 8-10 minutes. Or cut pumpkin in half, scrape out seeds/pulp, and bake cut-side down with 1/2 inch of water in the pan at 400 degrees for 45 minutes. Then allow to cool and scrape the flesh out and puree in food processor. Pumpkin seeds make a great snack too, baked in some olive oil and salt at 350 degrees until browned.

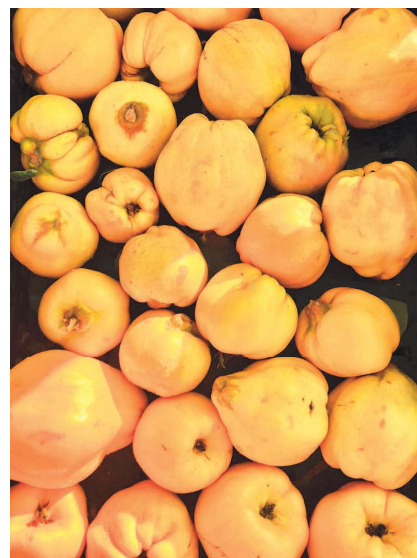
**To freeze:** Cook squash and mash or puree it. Then pour it into ice cube trays and freeze. Pop the frozen cubes into freezer Ziplock bags.

## Quince

Quince are slightly larger than an apple with a unique perfume fragrance. They are not edible raw but when cooked they add a unique floral-citrus flavor and a deep pink color.

**To store:** Store in your refrigerator in a plastic bag; otherwise, their fragrance will quickly fill the fridge.

**To use:** Try substituting one apple in an apple pie recipe with quince to add a zing of fragrance and color. Mix quince in with an apple sauce recipe. Or make jelly, marmalade, or chutney. It can also be used in savory dishes like stews or meats. In Spain, quince used to make the popular holiday dish membrillo, which is served with manchego cheese.



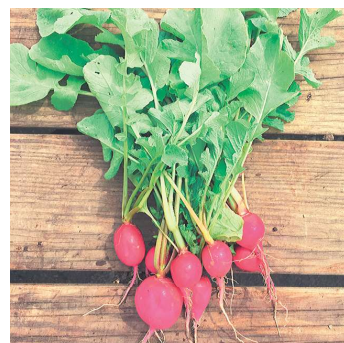
## Radish

**To 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. Store radish roots unwashed in a plastic bag in the refrigerator for 1 week.

**To prep:** Scrub radishes well. Trim off the stem and rootlets.

**To use:** Eat radishes raw with a sprinkle of salt. Grate radishes into slaws and salads. Try small young radish leaves in salads or scrambled eggs. Blanch whole radishes in boiling, salt water for 5-10 minutes, or steam them until just tender, 8-12 minutes. Top with butter, salt, and pepper or with a vinaigrette. They're also great grilled and pickled.

**To freeze:** Blanch for 3 minutes, then dunk in ice water for 3 minutes. Drain. Pop in a freezer bag and freeze. The radish greens can be blanched as well -- but only for 2 minutes.



## Raspberry

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



**To use:** Wash off the berries. 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.

**To freeze:** Choose ripe berries. Place them in an even layer on a large cookie sheet and put in freezer overnight until frozen. Then pack them into a freezer bag, removing the air, and seal.

## Rhubarb

*This tart vegetable is one of the first to emerge in the spring. Because of its sour taste, sugar is usually added. It has the texture of celery and can be red or green.*



**To store:** Wrap in foil and place in the fridge. Use within a week.

**To prep:** Remove the leaves and bottom inch of the stalk. Chop or mince.

**To use:** Add to pies, cakes, muffins, scones, jello, or sauce. Try eating rhubarb raw as a snack, dipped in sugar!

**To freeze:** Chop and pack into Ziplock freezer bags to flash freeze.



## Romanesco

Romanesco is a cool-weather crop, so you'll only see it in the fall at the markets.

**To store:** Wrap dry, unwashed romanesco loosely in plastic and store it in the refrigerator for up to a week.

**To prep:** Remove the leaves (which you can eat like kale). Cut out the hard center. Break into florets or cook whole.



**To use:** Serve raw on vegetable trays with a thick dip. To steam: cut off florets and steam for 5 minutes. To roast: drizzle with olive oil and salt/pepper, bake at 450 degrees on a foil lined cookie sheet for 20 minutes, then sprinkle Parmesan cheese on top. To make rice: pulse florets in a food processor fitted with a normal blade.

**To freeze:** Blanch 2-4 minutes in boiling salt water. Soak in ice water bath for 4 minutes. Drain, let dry, and pack into Ziplock containers. You can also freeze riced romanesco.

## Rutabaga

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.



**To store:** For short-term storage, stand upright in a container. Keep unwashed rutabagas in a plastic bag in the fridge for a month or longer.

**To prep:** Take a thin slice off the top and bottom. Peeling the skin is optional.

**To cook:** Rutabaga can be grated raw into salad. Or steam 1-inch chunks for 35 minutes until tender. Mash and serve with butter and pepper. This vegetable really shines when it is roasted in olive oil at 400 F. You can also boil rutabaga in 1-inch chunks for 25 minutes until tender, and add to casseroles or stuffing mixtures, or mash cooked rutabaga with carrots and potatoes.

**To freeze:** Freeze by cutting into cubes and blanch in boiling water for 3 minutes. Cool, drain and pack into freezer containers or freezer bags.

## Scallion

**To store:** Chop off the top inch 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.



**To prep:** Remove roots. Chop the leaves and stem before cooking.

**To use:** You can eat the entire scallion. Rinse scallions in cold water and snip off anything that's floppy. Use chopped scallions as a garnish; they are less pungent. The minced greens of scallions are a good substitute for chives. Use them in stir-fry. Use scallions in almost any recipe calling for onions, raw or cooked. They are excellent in soups and stew.

**To freeze:** Chop into desired size and place on cookie sheet and freeze. Then pop into a Ziplock baggie and store in the freezer. You can even freeze the green tops!

## Spaghetti Squash

*This variety of winter squash has unusual string-like flesh, which looks like spaghetti when scraped out with a fork. They are often baked or boiled and then the mildly sweet flesh is scooped out and topped with spaghetti sauce.*



**To store:** Store in a cool, dry, dark place at around 50 degrees, but make sure they do not freeze.

**To prep:** Stand the squash up and slice in half lengthwise around the "belly-button." Scoop out seeds.

**To use:** To bake, place squash halves facedown on a cookie sheet. Add a 1/2 inch water to the pan to avoid drying out. Bake at 400 degrees. Squash will need about an hour—90 minutes to cook, depending on size. Cook until tender. Flesh is done when it scoops out easily in spaghetti-like strings with a fork. Serve hot with butter and parmesan cheese or your favorite tomato sauce on top.

**To freeze:** Let the cooked squash cool to near room temperature and then transfer the noodles to Ziplock freezer bags. Store for up to 8 months in freezer.

## Spinach

**To store:** Keep dry, unwashed greens in a sealed plastic bag in the refrigerator up to 2 weeks.

**To prep:** Wash leaves in basin of lukewarm water to remove grit. Spin dry.

**To cook:** Add uncooked spinach to a mixed green salad. Blanch spinach until it wilts, 2-4 minutes, or steam for 5-8 minutes. Saute greens until tender in a covered pot or large sauté pan with olive oil, a pinch of salt, and garlic or onion. Watch for color to brighten as this signals it is done.

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



## Strawberry

*Ripe strawberries are firm and bright with fresh green caps and a sweet aroma. Always shop for berries with your nose! If you can't smell the fragrance, they won't taste sweet. Strawberries taste best at room temperature.*

**To store:** Put your berries in a colander in your fridge (or store them in a Debbie Meyer Green Bag), where they will keep for up to 5 days. Do not wash until you eat them.

**To prep:** Wash off the berries and remove the green tops before eating.

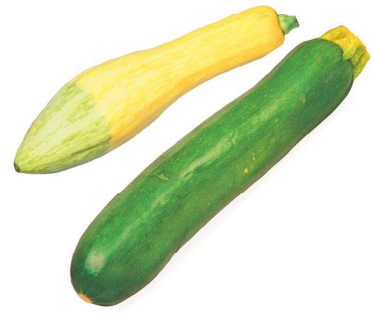
**To freeze:** Place whole berries on a cookie sheet and freeze. Once they are frozen, pop them into a Ziplock bag for easy storage and freeze.





# Summer Squash & Zucchini

*Summer squash is a general term for 70 different types of tender-skinned, soft-fleshed squash. Zucchini is the most famous, followed by yellow squash (either straight or crookneck), and scallops (or patty pan) which look like flying saucers. Giant-sized zucchini will be too tough and seedy for most recipes; use it for making zucchini bread instead*



**To store:** Store squash unwashed in a perforated plastic bag in the vegetable bin. In the refrigerator they keep for about a week.

**To prep:** Rinse under water to remove the dirt or prickles, and slice off the stem and blossom ends. Scrape out seeds from giant zucchinis before using them to bake.

**To use:** Slice tender, young summer squash raw into salads. Try them in stir-fry or with pasta. Lightly steam (4-5 minutes) and dress them with fresh herbs or pesto. Or coat squash lightly in oil and roast at 350 degrees whole or sliced in half for 15-25 minutes. Stuff whole squash with your favorite stuffings. Bread them and make zuke fries.

**To freeze:** You can freeze grated zucchini for use in breads and muffins. Squeeze as much liquid out as possible before adding to the freezer bag.

# Thyme

**To store:** Roll sprig in a damp paper towel and place it in a resealable plastic bag. Or stand your thyme sprigs up like a bouquet of flowers in a drinking glass with water.

**To dehydrate:** Place stems evenly on a paper-towel-lined glass plate. Cover with another paper towel. Microwave on high for 1 minute. Leaves will be dry. Strip them off the stem with your finger and place them in a Mason jar with a lid.



**To use:** Strip leaves from woody stem with your fingers. Mince leaves to release their flavor. Or add whole sprigs into the cavity of a chicken.

**To freeze:** One frozen herb cube is equal to 1 tablespoon fresh or 1 teaspoon dried herb. Just add a cube when your recipe calls for the herb. To prepare herbs for freezing: Chop the leaves coarsely. Spoon 1 tablespoon of the herb into each compartment of an ice cube tray, add about 1 inch of water to each compartment, and place the tray in the freezer. Fill a plastic freezer bag with the frozen herb cubes.

# Tomato

**To store:** Do not refrigerate tomatoes. Store them at room temperature out of the sun stem side down. Putting them in a paper bag will accelerate the ripening process. Heirloom tomatoes will have strange shapes and cracks. These are highly perishable and should be eaten within 1-2 days.



**To prep:** If you'll be cooking tomatoes, consider removing the skins so they don't float around in your dish. To do so, 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.

**To freeze:** Tomatoes can be frozen whole with the skin on. The skins will slide right off when they thaw. Simply pop the washed tomatoes whole into a Ziplock bag. Thawed tomatoes are appropriate only for cooking sauces, salsas, or purees.

# Turnip

*Turnips are a root vegetable, related to arugula and radishes, which are members of the mustard family. Large or old turnips can be unpleasantly "hot" if not cooked properly or combined with the proper vegetables (like potatoes), but younger turnips add great zip to dishes. They are best in the fall or spring, when they are small and sweet.*



**To store:** Remove the greens from the turnips and store in a plastic bag to use within 3 days. The turnip roots should be stored in a plastic bag in the crisper drawer of your fridge for up to a week.

**To prep:** Cut off the green tops (which can be eaten as well). Wash and cut the white roots into wedges or slices.

**To cook:** Serve raw with dip in a veggie tray. Or grate and add them to a salad. Turnips 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 and stews.

**To freeze:** Blanch for 3 minutes in hot boiling water. Cool in ice water for 3 minutes, drain and pack into freezer containers or freezer bags.

# Winter Squash

*There are many varieties of winter squash; the primary varieties we grow are Red Kuri, Blue Kuri, and Sweet Meat. A single squash is large enough for several meals.*

**To store:** Store in a cool, dry, dark place at around 50 degrees, but make sure they do not freeze. Under the best conditions, they should keep for 3-4 months. They 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.

**To use:** To bake, slice in half lengthwise, scoop out seeds, and place facedown on a cookie sheet. For extra large squash that may be difficult to cut in half, place the whole squash in the oven for 15 minutes until soft enough to slice. Add 1/2 inch of water to the pan. Bake at 400 degrees for 45 minutes to an hour until shells are soft and starting to collapse. Remove the pulp from the shells. Add butter, brown sugar, maple syrup, seasoning or fillings. Use the pulp for pumpkin pie, pumpkin bread, soup, to thicken chili - get creative!

**To freeze:** After cooking the squash, mash or puree the pulp. Then pour it into mason jars to freeze. Or pour into ice cube trays and pop the frozen cubes into freezer Ziplock bags so they are ready to drop into a soup or other recipe.

