



Vermont Valley Community Farm

4628 Cty Hwy FF, Blue Mounds, WI 53517 · (608) 767-3860 · www.vermontvalley.com · farm@vermontvalley.com

Storage Suggestions and Vegetable Notes

WINTER SQUASH: You are receiving all of your squash this month and none in December. The squash types include: *Butternut* (tan, pear-shaped, holds it's shape well when cubed in recipes, a good substitute for pie pumpkin when baking). *Carnival* (a round squash with colorful patches and flecks of green, orange and yellow. It is a sweet squash with moist texture. The skin is so tender, it can be eaten as well). *Acorn* (dark green with deep ribs, nice for stuffing). *Pie Pumpkin* (small pumpkins with dry, sweet flesh, wonderful for pies and breads). You will get some combination of the above varieties.

How to store: Ideal in a dry and cool (50-55 de-

gree) location, but not cold. They will store at room temperature for a while. If you notice the squash getting soft or if one spot begins to rot, cook it immediately and freeze it for future use; or you can freeze it before it begins to go bad.

How to prepare: Cut in half, scoop out seeds, place cut side down on a baking sheet with about 1" of water. Bake at 350 until easily pierced with a fork.

ONIONS: *Copra* is the variety. These are hard, storage varieties and should keep for several months. **How to store:** In a cool to cold, dry, dark place. The colder the better, as long as it DOES NOT drop below 32 degrees. And darkness is important to prevent sprouting. An attic is good, or a cool basement, a garage if the onions don't freeze, or in a kitchen drawer or cupboard. We store them just above 32 degrees but find they keep well in a paper bag in our kitchen for a couple of weeks.

GARLIC: The garlic varieties we grow are "hard neck" varieties which produce a circle of large cloves around a woody stalk and are quite similar to wild garlic in character and flavor. **How to store:** Initially, store them as you would onions. If they begin to get soft or start to sprout, chop up the cloves and pack them into a small jar, then fill with olive oil. Keep in the refrigerator. Nice gift idea, too. Hard neck varieties, though more flavorful than soft neck varieties, have a limited storage life.

POTATOES: This delivery includes: *Kennebec*, white skin and white flesh, (very important to store Kennebec in the dark, exposure to light will cause the skin to become green); *Carola*, yellow skin, yellow flesh, a moist potato; *Adirondack Red*, red skin, red flesh, it holds it's nice red color when baked, boiled or roasted. **How to store:** Ideal storage is 40-45 degrees, high humidity and totally dark. If too warm they will sprout and shrivel, if too much light they will sprout and lighter skinned potatoes will turn green. A basement or very cool closet works. A garage may work but could get too cold. A refrigerator is quite good. Don't let them freeze, they will turn to mush.

KALE: The big, deep green leafy vegetable with curly leaves. Nutritionally, kale is vastly superior to most vegetables. **Store** kale in a plastic bag in the refrigerator, it will become limp if allowed to dry out. **To freeze:** Wash, de-stem and blanch leaves for 2 minutes; rinse in cold water, drain and pack into air tight bags or containers.

COLLARD GREENS: This Southern staple is a member of the broccoli family and grows very well in our northern climate. And like all greens, sweetens as the evenings get cooler. Collards are similar to kale, but more tender and sweet. You can substitute collards in recipes calling for kale. **To store:** in a plastic bag in the refrigerator. **To prepare:** Remove stems and chop leaves. **Tip:** Lay leaves on top of each other, roll them up tightly, then slice. Sauté in olive oil with onion, garlic, salt and pepper for 15-20 minutes, stirring frequently so greens don't burn. (I love them for breakfast with eggs).

**NEXT STORAGE SHARE
PICK-UP
THURSDAY, DECEMBER 8TH**

"From Asparagus to Zucchini"

A guide to Cooking Farm-Fresh Seasonal Produce

The Asparagus to Zucchini foodbook has over 300 great recipes (all kinds of creative ways to use your storage share vegetables). And, it makes a great gift. If you want one (or more), send us a check for \$15.00 and we will bring it to the December pick-up. We highly recommend this book!

BEETS: This month you will receive *Red Beets* (red through and through) and *Chioggia Beets* (red and white stripes beneath their scarlet skin, exceptionally sweet and they won't 'bleed' when you cut them open). **Store** in a plastic bag and refrigerate. They need humidity so they won't shrivel and like it very cool. **Simple preparation:** Roast whole in a hot oven (400 degrees) or steam or boil until soft enough to pierce with a fork. Cool and slip skins off by rubbing with your hands; under running water works well.

RUTABAGA: You can identify them by their deep purple crown and cream colored yellow base. A close relative of the turnip, though sweeter and more tan in color. **How to store:** Rutabaga will store adequately at room temperature for up to one week and refrigerated in a plastic bag for up to one month. Again, same cool, humid conditions as carrots and beets for long term storage. They can also be cooked and frozen for future use. **How to Use:** They cook up to be very creamy and can be added to mashed potatoes, substituted for or used with pumpkin or squash in pie, baked in a root bake.

CELERIAC: The lumpy round root that smells like celery. **Store** in a plastic bag or hydrator drawer. The plastic bag will help keep them from dehydrating, but if they start to get a bit slimy, take them out of the bag, they will dry out and continue to store well. **Uses:** Use in recipes that call for celery. Grate as a salad ingredient. Perfect in slaws. An essential winter vegetable.

DAIKON RADISH: Long cylindrical white root. **How to store:** Store in a plastic bag in the refrigerator. **Uses:** Grated in salad, stir fried, roasted with other root vegetables.

RUBY HEART RADISH: Round radish with green and white skin and dark pink flesh. Stunning as an addition to a relish plate. **How to store:** Store the same as the Daikons. **Uses:** Both types of radish can be baked, sauted, stir fried, grated onto salads. This radish makes a lovely splash of color in a salad.

LEEKs: Refrigerate leeks unwashed and dry for up to two weeks. Wrap lightly in plastic to keep aromas from spreading. **To freeze:** Clean them well, slice them, put in zip lock bags. Don't thaw to use, use frozen in cooking, that way they won't get mushy.

BRUSSELS SPROUTS: **To store:** In a plastic bag. Best eaten soon. Should be OK for up to a week. They may also be **frozen:** blanch for 3-4 min, rinse in cold water, drain and store in an air-tight container.

CARROTS: You will receive 2 bags of carrots. One bag has larger carrots and one bag has small, super sweet 'gourmet' sized carrots. These incredibly sweet carrots are small because they were planted late in the season and didn't have time to get very big before we harvested them Monday. **To store:** Refrigerate in a plastic bag. If you have a colder drawer in the fridge, put them there, they like it just above 32 degrees and humid.

CABBAGE: The green cabbage is a variety called *Storage #4* (a firm, storage type); the red cabbage is called *Ruby Perfection*, also a firm storage type. **To store:** Store in the refrigerator hydrator drawer; a plastic bag will help retain moisture. They can last for up to two months.

TURNIPS: The turnip has a white base and purple crown with a nice mild flavor. **How to store:** Store in a plastic bag in the refrigerator.

Delivered this month only: Rutabaga, squash and pumpkin. Kale, collards and Brussels sprouts may or may not be delivered next month, very weather dependent, best not to count on it. Everything else will be delivered again next month.

Recipes: We have lots of yummy fall recipes on our web site. Look under each vegetable's name and also under Fall Vegetable Combinations

HAPPY THANKSGIVING !!