



A to Z
VEGETABLE HANDBOOK

400+ tips for using and storing your
Farm Share Vegetables





ACORN SQUASH – A Winter Squash

Acorn squash can be kept at room temperature up to a month or in a cool location for several months. Winter squash is often sliced in half lengthwise, scoop out the seeds and baked. Squash can also be cubed and boiled. You can peel it before cooking, but the peel slips off easily after being cooked.

ARUGULA

Arugula is a slender, leafy green which has a spicy taste. Some prefer to eat it tossed with other fresh greens or lettuce so that the spicy taste is not as strong. Putting it on a sandwich is another delicious way to enjoy its flavor without being overpowered by it.



General Info

Arugula, or *eruca sativa*, came from the Mediterranean region. It is a relative newcomer to American gardens and tables. The tender leaves have a more mild flavor that offers variety to a salad of mixed greens. The older leaves have quite a strong peppery taste that lends itself to a unique pizza topping or great stir in for soups. A good source of vitamin A, arugula, or rocket as it is called, also contains three minerals that help to control blood pressure: calcium, magnesium, and potassium.

Serving Suggestions

Just after a pizza is removed from the oven, top the pie with a handful of arugula. Add chopped arugula to any vegetable soup. Use arugula in place of lettuce on any sandwich for a peppery kick.

Storage

Place arugula in a loosely sealed plastic bag in the crisper drawer. Use within the three days.



BASIL

Just like most herbs, basil should be stored on the kitchen counter in a jar or cup with a small amount of water in the bottom.

Keep the basil fresh by snipping a half inch off the bottom of the stem and placing it in a glass of water on your kitchen counter, just like you would do to a bouquet of flowers. Change the water daily to keep the herb fresh all week.

BEANS, GREEN

Green beans can be stored in the fridge in a loosely sealed plastic bag. They will keep for about a week. Snap off both the ends of the pods before cooking. Can be eaten raw or steamed or boiled or roasted.

General Info

Green beans are not always green. There are yellow and even purple beans. In the past we have also grown rattlesnake beans which are cream colored streaked with purple. Beans are best when picked young so they are thin and tender. Green beans, like all vegetables, are a powerhouse of nutrition. They are a particularly good source of dietary fiber and vitamins A and C.

Serving Suggestions

Before serving, snap off both ends and remove string. Beans can be eaten raw. They may also be steamed or sauteed or stir-fried. Roasting is another good choice especially when tossed with oil and garlic. You can even find them battered and fried such as is found in Japanese cooking.

Storage

Beans should be stored in a loosely sealed plastic bag for about a week in the crisper drawer. To freeze, blanch first then dip into ice water to stop the bean from cooking further. Then the beans can be frozen in plastic freezer bags. Green beans are also popular for pickling.





BEANS, WAX

Store **yellow beans** in opened plastic bag in fridge for several days. Snap or trim off both ends before cooking or serving. Use any way you would green beans.

BEANS, PURPLE

The **purple beans** turn dark green when cooked and taste exactly like traditional green beans.



BEETS

Beets are a very versatile and extremely nutritious vegetable. If you think you don't like beets try them a new way; you may be surprised. Many people love them roasted. Beets are also a very healing food, especially when fermented.

General Info

Beets are planted in the early spring and then are harvested whenever the beet reached the desired size or about 60 days after planting. They can be harvested throughout the season all the way through the late fall season.

Most people picture beets as a deep purple red, but beets come in a variety of bold colors including dark orange and golden yellow. Some even boast a ring pattern when cut open of alternating rings of white and color.

Beets are a powerhouse of nutrition. The roots contain vitamins A and C and the greens contain large amounts of C, calcium, and iron.



Serving Suggestions

You do not need to peel the beet root before cooking. If you do not care for the peel, it easily slips off after cooking. Grated beet root can be placed into salads. You can boil or bake a beet root like you would a potato. You can also cube and roast the beet root along with other root veggies like carrots, potatoes, parsnips, rutabagas, etc. This makes for a colorful, tasty dish!

The beet greens, if young, can be eaten raw in salads. Bigger beet greens like you received today can be steamed or sauteed or can be used in any dish that called for other greens like spinach, swiss chard, or kale.

Storage

Beet greens are best stored separately from the root. Store greens wrapped in a damp cloth or in a plastic bag in the fridge. Use them quickly since they do not keep long. The roots can be stored in the crisper drawer of the fridge in a plastic bag.

BOK CHOY

Can be eaten raw or cooked. Most often when cooked it is stir fried. Store in plastic bag in fridge for up to one week.

General Info

Bok choy, also spelled bok choi or pak choi, is a type of Chinese cabbage. This cruciferous veggie is an excellent source of Vitamin A and Vitamin C and also contains omega-3s and zinc. It is from the Brassicaceae family which also includes broccoli, cauliflower, kale, and brussel sprouts.

Serving Suggestions

Bok choy can be eaten either raw or cooked.

If stir frying or sauteing, chop the white stalks separately from the green leaves. Start cooking the white stalks several minutes before adding the leaves to avoid over cooking the greens.

Bok choy can also be grilled by cutting the vegetable lengthwise and drizzling with oil.

Storage

Do not wash until ready to use. Store in an open plastic bag in the refrigerator crisper drawer.

Dirt often gets trapped in the widest part of the white stalks, so wash it well.





BROCCOLI

Store in plastic bag in the hydrator drawer of fridge and eat within a few days.

General Info

With a yellowish tan skin and deep orange flesh, the butternut squash tastes pumpkin like but with a richer and sweeter flavor. Like other orange foods, butternut squash contains vitamins A, E, and C. Compared to other squashes, the seed cavity is smaller so there is a lot more squash in a butternut squash.

Serving Suggestions

Butternut squash can be roasted, boiled, or baked. Most often the squash is cut in half lengthwise, seeds scooped out and then the squash roasted cut side down until tender. You can also cook butternut and other squashes and pumpkins in the crockpot. Wash off the whole uncut butternut squash and place in the crockpot on low for about 5-8 hours depending on size of squash. Squash is cooked when a knife easily pierces all the way through. Then simply let squash cool and remove the seeds and skin.

Storage

Butternut squash can be kept in a cool, dry place.

BUTTERNUT SQUASH – A Winter Squash



CABBAGE

Cabbage stores well wrapped in plastic in the crisper drawer or in a tightly sealed container in the refrigerator.



CANTALOUPE

Store **cantaloupe** in the fridge. Use within two days of cutting. Wash exterior thoroughly, even using a scrub brush if necessary, before cutting. Scoop out and discard seeds and cut away any bruises. Enjoy the sweet, juicy flesh as is or in fruit salads. Also delicious with a bowl of yogurt or pureed and frozen as a sorbet.

Fun Facts

The carnival squash is actually a hybrid of the sweet dumpling and acorn squash. It usually has a cream-colored background covered with stripes and speckles of green and orange. Warm temperatures tend to yield greener squash. After the squash is picked, the green on the surface will eventually fade with time to leave only cream and orange colors.

What Tastes Like

Nutty and sweeter than butternut squash but not as dry in texture as kabocha squash. And my favorite thing about it was that it had a buttery, almost maple syrup-like flavor to it.

Buying and Storing

Carnival squash are about the size of an acorn squash, and like most winter squash, are best from early fall through winter. They can be stored in a cool, dark place for up to a month.

Cooking

Carnival squash is at its best when roasted to concentrate and bring out its flavors, but it can also be steamed or pureed. The seeds can be roasted and eaten just like with other winter squashes. Its small compact size makes it easy to cut through and is great for serving one or two people. These inexpensive and cute squashes are great to throw into stews, curries, soups, or even veggie chilis – use them in any recipe calling for butternut or acorn squash.

[How To Make Stuffed Roast Squash Tutorial »](#)

CARNIVAL SQUASH – A Winter Squash





CARROTS

Place **carrots** in the crisper drawer of the fridge with tops removed. Scrub carrots to remove dirt but peeling is optional.

CHINESE CABBAGE

Napa or Chinese Cabbage: Can be eaten raw in salads or cooked any way you would use traditional cabbage. It tastes excellent in Asian-flavored dishes, especially stir fries. Napa cabbage is also traditionally used in Korean kimchi, a fermented, spicy, vegetable condiment.

Store the **napa cabbage** wrapped in a damp towel or plastic bag in crisper drawer. The napa cabbage will stay fresh up to two weeks.



CHERRY TOMATOES

Cherry tomatoes should be kept out at room temperature on the counter. Use today or tomorrow since they are fragile. **Don't worry: they are so delicious that it won't take long!**

CUCUMBERS

Cucumbers should be stored in a loosely sealed plastic bag in the fridge.

Lemon cucumbers: These are the yellow balls in your box. Lemon cucumbers are so named simply because of their yellow color and round shape. They taste like a cucumber, perhaps a little sweeter. You can eat them like any other cucumber. They often are favorites for kids. We hope you enjoy this new item.





Lemon Cucumber

General Info

The cucumber is from the gourd family. There are three types: slicing, pickling, and burpless. Cucumber has a high water content which helps the eater stay hydrated. The cucumber is a good source of potassium while the peel contains dietary fiber.

Serving Suggestions

Cucumbers are most often eaten raw or pickled. Pickling can be a time consuming process. Or you could try an easy refrigerator pickle recipe to give pickling a try. Cucumbers can also be eaten cooked. For example, Julia Child has a Baked Cucumber recipe in her classic cookbook, [Mastering the Art of French Cooking](#).

Storage

Store in the crisper drawer of the fridge for up to one week. Peeled or sliced cucumbers do not last long in the fridge so best to prepare cucumbers just before eating.

CUTTING CELERY

Cutting celery is used as an herb in Europe and China, grown primarily for the leaves.

The **cutting celery** is a group of stalks rubber-banded together. The leaves look a lot like parsley. Stalks are also used cooked but discard any portions that are too fibrous. The taste is very strong when eaten raw so it would be better used chopped and cooked. To store, rinse off any dirt and wrap celery in paper towels before putting it in plastic bags in the refrigerator.



General Info

Delicata squash has a shorter growing season than other types of winter squashes. Winter squash does not mean that the squash grows in the winter, but rather that the squash ripened in the summer or fall and can be stored so that it can be eaten during the winter. It is cream colored with dark green and/or dark orange stripes and oblong.

Serving Suggestions

Delicata is often roasted, steamed, or even pressure cooked in an Instantpot. Some like to eat the tender peel. Others remove the peel before eating which is easily done after the squash is cooked. Once cooled enough to handle, the squash can be sliced longways and seeds removed.

DELICATA SQUASH – A Winter Squash





Storage

Store in a cool, dry place for up to four weeks. Check often and use immediately if it shows any sign of deterioration.

DILL

Dill, like all herbs, will not last long once picked. Place upright in a glass of water in the fridge or on your kitchen counter. Dill pairs well with potatoes, cucumbers, and green beans.

If you cannot use the **dill** within about a week, preserve the herb by tying a string around the bunch and hanging it upside down in a well-ventilated and dry area. When it's dry, crumble and store in an airtight container.



EGGPLANT

Eggplant is wonderful vegetable that can be used in many ways. It comes in various purple to white varieties and can be skinny or fat. If you think **eggplant** is a challenge to like try a new recipe.

General Info

Eggplant is very sensitive to cold just like a tomato or pepper plant so its season doesn't last as long as other veggies. The eggplant is high in fiber and is always served cooked since cooking the eggplant gets rid of a toxic substance called solanine.

Serving Suggestions

Eggplant can be peeled or unpeeled depending on the type of dish you are preparing. It's a good idea, if time allows, to salt the sliced or chopped eggplant and soak in water for about 15 minutes and then gently drain and squeeze to get rid of acrid flavors according to From Asparagus to Zucchini. Just like a zucchini doesn't have much flavor on its own so it's often paired with other veggies in a dish, so, too, the eggplant is often paired with other stronger flavors. It can be sauteed, baked, fried, grilled, or steamed.



Storage

Store on the counter for a day or two. Can also be stored in the crisper drawer for up to a week, but it tastes best when used soon after picking. You can freeze eggplant when it is cooked in a dish like ratatouille or baba ghanouj.

GARLIC



Garlic should be kept in a cool, dry place. The garlic has been cured so it can be stored in a cool, dark, dry place for several months.

GARLIC CHIVES



Garlic Chives can be stored in the fridge in a plastic bag for up to a week. Chop and add to omelets, stir fries, salads, breads, or any dish in which you would like a mild garlic taste.

GARLIC SCAPES



Garlic scapes can be chopped and used however you would use garlic either fresh or cooked. Garlic scapes can be used in any dish in which you want a light garlicky taste.

General Info

Garlic scapes are the stalk of the garlic plant. These stalks do not actually flower. If the scape is left on the plant it will eventually produce a small bulb which can be planted to produce more garlic. Although the scapes grows curled, if left on, the scape will straighten out to signal that it is time to harvest the garlic bulb. Some farmers remove the bud in the spring so that the plant's energy is put into growing the garlic bulb instead of the scape. Fortunately for us CSA members, Reuben removes the garlic scape so that we can enjoy the fresh garlic taste in the spring time!



Serving Suggestions

You can use garlic scapes in anyway that you would use garlic. It may be used cooked or raw. These stems of the garlic plant can be chopped raw into salads, baked into bread, or cooked in stir fry or mashed potatoes. It makes a delicious pesto. Simply replace basil with garlic scapes in a pesto recipe. This pesto may also be frozen flat in a plastic bag so that you may break off a chunk as needed.

Storage

Place in a plastic bag in fridge for two to three weeks.

GREEN ONIONS

Green onions, or scallions, can be wrapped in damp towel or placed in plastic bag in the crisper drawer of the fridge. Chop and use raw or cooked anyway you would use a bulb onion. The whole of the **green onion** can be eaten, stalks and all.



GREEN PEPPER

Some of the **green peppers** are dark green and some are a light or yellowish green. The variation in color is due to the variety of the plant.

General Info

Pepper seeds are started indoors and then the small plants are planted outside after the last frost. The green peppers are ready to be picked when they release easily from the plant and are about 3-4 inches long.

You know that vitamin C is an essential part of your overall health and many think that oranges are the best source. However, green peppers are one of the many foods that actually has more vitamin C than an orange.

Serving Suggestions

Green peppers pack the most nutritious punch when eaten raw. Try on salads, sandwiches, or dipped into a favorite dip. Cooked, green pepper can be used in soups, chili, casseroles, egg dishes, or stir-fries.





Storage

Place in crisper drawer of fridge for one to two weeks. Can be frozen when chopped to be used later in cooked dishes. Can also be dried or pickled. Want to freeze green peppers? Slice into strips and place in a freezer bag.

General Info

Green tomatoes are tomatoes in that they are picked before they are at their peak when there is not enough warm weather left for these tomatoes to have time to ripen on the vine. But that doesn't mean they are a total loss! They are tasty and nutritious just as they are, picked when green.

Serving Suggestions

Some cooks suggest allowing green tomatoes to ripen in a paper bag on the kitchen counter at room temperature for 7-10 days. But there are ways to enjoy the green tomatoes when they are still green. Some enjoy fried green tomatoes. Other make green tomato jam or relish.

Storage

Green tomatoes should be left at room temperature until used.

GREEN TOMATOES



General Info

Hot peppers come in endless varieties of color, shape and intensity. Hot peppers are harvested in abundance during late summer. The heat varies even between each individual pepper and parts of each pepper. The most heat is concentrated in the seeds and white membranes of the pepper.

WARNING! USE GLOVES!

Whatever you choose to do with your hot peppers, please wear gloves. The hot oils from the peppers will permeate your skin and you won't realize how badly you are burned until you are done with your project. Several people I know have had awful nights of not being able to sleep because of it. If you use thin food service gloves, consider changing them during your project.

HOT PEPPERS

HOT PEPPERS

Serving Suggestions

Add to eggs, chili, soups, curries, and stir-fries. Tone down the heat by adding healthy fats like dairy products. This is why bacon wrapped peppers, chili with sour cream or poppers filled with cheese are so popular.

Storage

If you like hot peppers, enjoy! If not, here are some ideas for using them and giving them away as gifts.

1. Dry them. You can hang them to use as decorations or grind into a fine powder. Use the pepper powder as a seasoning in recipes, a little at a time. Read this article for help: <http://www.scottrobertsweb.com/ultimate-guide-to-drying-hot-peppers/>
2. Give them away to a friend.
3. Chop them and put them in the freezer to use later.
4. Pickle them and can them in little jars to give away as gifts. They are really pretty when using complimentary colors.
5. Brine them: My favorite way of keeping them when I don't know what to use them for is to slice them (use gloves!) and stuff them in a jar. Make a brine: 1 cup water, 3 cups vinegar, 1 tspn. salt, 1 tspn. sugar, 1 tspn. minced garlic. Pour brine over peppers until jar is full. Put lid on jar. Leave jar on counter for 2 - 3 days to ferment and then put in the refrigerator. Use them as a compliment on all sorts of food, especially on pizza and in salads. They can also be canned at this stage. Try this article for help and ideas: <http://www.ext.colostate.edu/pubs/foodnut/09314.html>
6. Make your own Super Duper Tonic. We use this tonic to treat winter colds, flus, and infections. Use organic onions, horseradish, ginger, garlic and hot peppers in recipe [here »](#)

JALAPEÑO PEPPERS

These hot peppers are a classic in Mexican cooking. They vary in heat intensity and are used both in the green and ripe red stages. Place [jalapeno peppers](#) in the crisper drawer of the fridge. Take care when slicing since they are hot. You can dry, freeze, or pickle hot peppers.

KALE

General Info

There are several different types of kale. Curly kale, shown in the picture, you may recognize since it is widely used as a garnish although those who do not eat it are missing out! Red kale looks similar to curly kale, but its stems are deep red and the leaves are almost purple. Lacinato, or dinosaur kale, has almost bluish green leaves that are more flat than the curly variety.

Kale is from the cabbage family and has made a comeback in popularity in the last ten years. It is regarded as a superfood because of the range of nutrients it contains including protein, fiber, vitamins K, A, C, and anti-oxidants.

You may notice that you received kale early in the season and now later in the season. Kale gets bitter in warmer weather so kale is best harvested in cooler weather. In Fall, frost will turn the kale purple and increase the sugar content for the sweetest kale of the season.

Serving Suggestions

Young, tender kale can be eaten raw. More mature kale leaves could be eaten raw, but it can be tough to chew and even to digest, so it is usually lightly cooked. Removing the thick stems of mature kale is recommended.

Kale is often stir-fried or steamed or stirred into vegetable soup. Even those who do not love kale may enjoy the crunch of a salty kale chip!

Storage

Kale should be stored in a loosely sealed plastic bag in the crisper drawer for 7-10 days. To freeze, wash and chop into small pieces and place in a freezer bag. This would be delicious used in the winter in a potato soup or vegetable stir fry.

LEEKs

Leeks looks like over-sized scallions with a tight bundle of white leaves that spread out and have a dark green color at the top.

General Info

Leeks are root vegetables that look quite similar to onions, to which they are related. Their flavor is onion-like but much milder. People who avoid this vegetable because they don't like onions should try them – their flavor is mellow, not overpowering, and often “sweet” when cooked. Many “onion-haters” enjoy them.





LEEKS

Unlike onions, leeks don't form much of a bulb on the end of the root. Instead, they remain cylindrical, with perhaps a slight bulge at the end. The part of that is under ground remains tender and white, while the part exposed to the sunlight becomes tough and fibrous and not very good for eating. To maximize the edible part of the plant, farmers mound the dirt up around the sprouting plant; this keeps more of it underground and white, but also means that dirt often gets between the layers, so leeks need careful cleaning before cooking.

Nutritionally, leeks are a great source of fiber and may actually help lower **cholesterol**. They're also packed with important vitamins and minerals, including **potassium**.

According to Welsh tradition, back in the days before military uniforms, the Welsh fighters were instructed by their king to distinguish themselves from the enemy by fixing a leek to their helmets. Whether because of this legend, or for older reasons, the plant is one of Wales' national symbols, and it is worn on the lapel in honor of St. David, Patron Saint of Wales, on his Day.

Serving Suggestions

Leeks are most commonly used in soup, most notably in **vichyssoise**, a cold soup that also contains potatoes. Cooks who have a favorite **potato** soup recipe might want to try adding some sliced leeks next time they prepare it, since the flavors go well together. A combination of leeks, potatoes, and carrots in a chicken broth makes a dish that many people enjoy. The vegetable is also edible raw, and it can impart a great crunchy flavor to salads or when eaten with a dip.

Storage

Store leeks in the crisper drawer of the fridge. To easily clean leeks, slice into 1/2 inch pieces and place in a bowl of water. Swish the leeks in the water. The dirt and silt will sink to the bottom of the bowl and the leeks will float to the top. You may also freeze raw slices of leeks for use in winter soups and stews.



LETTUCE

Store **lettuce** in the crisper drawer of the fridge. Use within a few days. You will get the most storage life from your lettuce if there is no moisture clinging to the lettuce. For best results, rinse and spin lettuce and then place in a sealable plastic bag, pressing out all the air before sealing.



MIXED GREENS

Mixed greens often contain arugula, kale, mizuna, and mustard greens. This mix tastes spicy. If it tastes too spicy for you, use a creamy dressing. Or if you want an even milder taste, you can wilt or steam the greens. Wilted greens also freeze well to add to soups in the winter time.

MIZUNA

Mizuna is a salad green. Store as you would lettuce. Add to salads or sandwiches. Has a mildly peppery taste.



NAPA CABBAGE



Napa or Chinese Cabbage: Can be eaten raw in salads or cooked any way you would use traditional cabbage. It tastes excellent in Asian-flavored dishes, especially stir fries. Napa cabbage is also traditionally used in Korean kimchi, a fermented, spicy, vegetable condiment.

Store the **napa cabbage** wrapped in a damp towel or plastic bag in crisper drawer. The napa cabbage will stay fresh up to two weeks.

General Info

Okra is the edible seed pod of the okra plant. The plant is in the same family as the holly hock, rose of Sharon, and hibiscus. In fact, the okra plant's flowers are hibiscus-like and look beautiful as well as producing a deliciously unique vegetable.

Okra must be picked when young and tender or else it will be too tough to use.

OKRA





Okra is unique in that there is a "goo" that surfaces when the seed pods are cooked. This mucilaginous juice thickens up dishes in which you cook okra including the famous Louisiana gumbo dish. If you wish to minimize the stickiness, you can soak the okra in vinegar for 30 minutes and then rinse and drain the okra.

Okra is a good source of vitamin C and vitamin K and dietary fiber.

Serving Suggestions

Gumbo may be the most popular way to fix okra. Breaded and fried okra is quite popular and there are many recipes of okra stewed or sauteed, often with tomatoes.

We enjoy okra best when it is sauteed with garlic and generously sprinkled with salt. The [Pioneer Woman](#) encourages her readers to eat it straight off the plant sprinkled with salt and pepper.

Storage

Okra keeps in the fridge for several days. If you desire to preserve okra, it can be frozen whole, either raw or blanched. Some enjoy pickled okra as well.



ONIONS

[Onions](#) should be stored somewhere cool and well ventilated. When onions are abundant take the time to caramelize them for toppings on pizza, burgers, or sausages. French Onion soup is also worth the time and uses several onions.

PARSLEY

Store as you would any herb; in a glass with some water on the counter. Keeps for several days.





PATTY PAN SUMMER SQUASH

Patty pan squash should be kept in the fridge in a plastic bag for up to a week. Patty pan squash can be used anyway you would use a zucchini. No need to peel. Try both raw and cooked. Since it doesn't have much taste on its own, it is often eaten in combination with other veggies or herbs. Many of our members love to grill patty pans.

Potatoes should be kept in a cool, dry place.

POTATOES



PUMPKIN

This small orange pumpkin is a pie pumpkin. Prepare this for your favorite recipe by placing the whole pumpkin, uncut into a crock-pot on low for 4-5 hours or until a knife slides easily through the skin and flesh. Let the pumpkin cool, then cut in half, scrape out the seeds, then scoop out the soft flesh into a bowl. Now your pumpkin is ready for your favorite pie or baked goods recipe!



RADISHES

Radishes keep well for up to two week in a plastic bag in the fridge. Store greens separately. Wash radishes and layer with paper towels in a mason jar or a plastic Ziploc bag in the fridge to keep them crisp longer. This root vegetable can be eaten raw or steamed for 8-12 minutes for a milder taste.



RHUBARB

General Info

Only the stalks of this perennial plant are edible. The leaves are toxic because they contain high levels of oxalic acid. Rhubarb can aid digestive health.

Serving Suggestions

Although rhubarb is a vegetable, it is often prepared like a fruit or along with fruit since, left on its own, rhubarb is extremely tart. Pie seems to be the go-to for this plant; however, rhubarb makes delicious crumbles, tarts, chutneys, and even can be sauced to add to beverages or chilled soups.

Storage

Stalks can be wrapped in plastic and refrigerated for a week.

ROMAINE LETTUCE

Romaine lettuce is a variety that can grow during the heat of summer. In this midst of the heat it may not be as sweet as in the cooler months. This lettuce would be better on a sandwich than in a lettuce-based salad.

General Info

Rutabagas are a fall vegetable which is a cross between a turnip and a wild cabbage. They are somewhat larger and sweeter than a turnip and more tan in color.

Serving Suggestions

Scrub with vegetable brush to remove dirt. Peeling rutabagas is optional and those who wish to retain maximum nutrition will keep the peel intact. Serve as you would mash potatoes, roasted vegetables or grate into salads or as a winter slaw. Fried into chips is fun idea as well.

RUTABAGAS





Storage

They can be stored in a plastic bag in the crisper drawer for several weeks or at room temperature for one week.

SNAP PEAS

Snap peas can be eaten pod and all. First, string the pea by snapping the stem tip and pulling downward. Peas are refreshingly crisp and sweet eaten raw! They can also be steamed lightly for several minutes. Can also be chopped and added to salads. Only lasts for 4-5 days in the fridge so eat as soon as possible.



General Info

This plant takes about 100 days until maturity. It is considered a winter squash since it can be stored for months in a cool, dry place like other winter veggies which before refrigeration would be stored in a root cellar. The squash begins to grow white, and then turns to a golden yellow signaling it is ripe for picking.

Serving Suggestions

Spaghetti squash is unlike any other squash because it's flesh consists of long noodle like strands. Cook the squash by cutting in half and roasting, microwaving whole, boiling whole for 20 minutes or placing in crockpot whole on low for about 3-4 hours. When cooked, remove seeds and run a fork lengthwise along squash to separate the strands of flesh that look just like spaghetti noodles. Can serve like spaghetti with tomato sauce or simply with butter and salt and pepper.

Storage

Place in crisper drawer of fridge for one to two weeks or in a cool, dry place. Spaghetti squash can be frozen after it's cooked.

SPAGHETTI SQUASH – A Winter Squash





SPINACH

Spinach is a popular early spring leafy green. It can be difficult to grow because it is highly sensitive to hot weather so it is only available in spring and fall. Some sources recommend always slightly cooking spinach because of its oxalic acid content in the raw leaf which can promote kidney stones. Nonetheless, spinach is enjoyed in salads, smoothies, and cooked in dips, quiches, casseroles, soups and more. Spinach can be stored in a plastic bag or damp towel for up to one week.

Organically grown **sweet corn** is a special treat. We plant our corn later than the farmers around us so the pollen from their varieties will not contaminate ours. We also plant grasses the season before and then rototill them into the soil to provide nutrition to the soil which the corn uses to grow. Our corn was grown without using any additional fertilizers. Since it is not sprayed, you are going to find a few worms in the corn. No need to panic... just cut them out and everything will be fine. The corn is delicious. To prepare sweet corn, peel off husks and silk. Boil in water for 5 - 8 minutes and serve hot with plenty of good butter and salt. You can store it in the fridge for a day or two but you should eat it soon for the best flavor.

SWEET CORN



SWEET PEPPERS

Sweet peppers are the fully ripened green pepper and have high levels of vitamins A, C, and E as well as iron and potassium. They are delicious eaten raw, adding color and flavor to all sorts of salads, salsas and cooked dishes. Place these **sweet colored peppers** in the fridge for up to a week. Can be sliced, diced and frozen for later cooked dishes.





SWEET POTATOES

Wash off the sweet potatoes, place in a baking dish whole, and bake at 450 degrees for one hour for the sweetest, smoothest baked sweet potatoes ever! No need to serve with brown sugar. They are already sweet! Store **sweet potatoes** in a cool, dry, well ventilated area, not the refrigerator.

General Info

Chard is in the chenopod family which includes beets and spinach. The stems come in a variety of vibrant colors or simply a whitish green. Both the leaves and the stalks are edible. When cooked, swiss chard is a very good source of vitamin A, C, K, iron, and potassium.

Serving Suggestions

When picked very young, chard can be part of a green salad. But full grown chard has a very strong flavor and tough stems when eaten raw. Chard can be sliced and chopped and added to soups. After cooking for several minutes, it can also be added to rice and beans or omelets. Basically any way you would prepare spinach, you could substitute chard allowing for longer cook time for the stems.

Storage

Store in a loosely sealed plastic bag in the fridge for 3-5 days. Before using, wash well in cool water and separate leaves from the stems.

SWISS CHARD



TATSOI

Tatsoi is an asian green which has a soft creamy texture and a subtle yet distinctive flavour. It lasts long after frost in the fall and is high in calcium, folate, potassium and Vitamin A & C. Tatsoi can be kept in the fridge in a loosely sealed plastic bag for about three days. Eat raw with other salad greens or cook any way you would spinach.

General Info

Tomatoes come in a variety of colors and shapes and sizes and wonderful array of flavors. Tomatoes are a tropical plant so they only grow in our climate after all danger of frost is gone and until the first killing frost in the fall. The weather determines how long the tomato season is and how prolific the plants. We need the heat of the summer to ripen tomatoes and they do best when the rains are short and followed by sun. Some of our tomatoes are grown in the protection of our plastic covered hoop house which helps some ripen earlier and continue to produce longer than the plants out in the field.

Some of our varieties are: The **orange tomatoes** are lower in acidity than the red tomatoes. The yellow ones are called **peach tomatoes**. The green striped ones are called **green zebras**.

Storage

Keep tomatoes on the counter at room temperature. Tomatoes should not be refrigerated. To freeze, blanch, remove skins and freeze whole or quartered. Dehydrated tomato slices or cherry tomato halves are delicious.

TOMATO



General Info

Turnips are in the same vegetable family as cabbage, kale, and bok choy. The greens are packed with nutrition so don't toss them away without giving them a try! Turnips have fallen in and out of fashion over the years, but they can be used in so many different ways. If you have always had them one way, try another and see if you don't find a new favorite vegetable.

Serving Suggestions

Turnips should be stored unwashed in a plastic bag in the refrigerator for 1-2 weeks. Store the turnip greens wrapped in a damp towel or plastic bag in crisper drawer. Use the turnip greens as soon as possible.

Storage

Remove the turnip greens and store wrapped in a damp towel in the fridge. Use as soon as possible. The turnip may be stored for 1-2 weeks in a plastic bag in the fridge.

TURNIPS





WATERMELON

Watermelons store best out of the refrigerator for up to a few days, and you can chill them right before you want to eat them. Prolonged exposure to cold temperatures will cause the flesh to become mushy, but once you cut into the melon, it must be refrigerated immediately. Cut melon will only last a day or two in the fridge.

General Info

The banana pepper has a sweet, tangy taste. It's name comes from the fact that the pepper is yellow in color and curved in shape like a banana. They are a very good source of vitamin C and also have significant amounts of fiber and potassium. They are in the capsicum annuum family.

Serving Suggestions

Peppers should be stored in a bag in the crisper drawer for one week. They also can be sliced raw and frozen in freezer bags.

Storage

Peppers should be stored in the crisper drawer. They also can be sliced and frozen in freezer bag.

YELLOW BANANA PEPPER



YELLOW SUMMER SQUASH

Summer squash should be stored in the fridge in the crisper drawer. Can also be grated and frozen.



ZUCCHINI

Zucchini is a summer squash and should be refrigerated. Use zucchini with other vegetables in many seasonal recipes. It can also be grated, pureed, or chopped and then frozen. Grate the zucchini and place into freezer bags to use for baked goods or quiche during the winter.

Zucchini can be very prolific and gives you the opportunity to try it many ways. If you normally stick to zucchini bread, try it grated on salad. Or if fried zucchini is your go-to, try it roasted. Many enjoy zucchini marinated and grilled or oven baked like home fries.



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