



# Vermont Valley Community Farm

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## 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). *Long Pie* (an heirloom pie variety, long [shape of an over-grown zucchini] and orange with virtually stingless, brilliant orange flesh. You will get some combination of the above varieties. **How to store:** Ideal in a dry and cool (50-55 degree) 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 yellow one and *Ruby Ring* is the red one. These are hard, storage varieties and should keep for several months. Unfortunately, this season we had a problem with the onions and lost many of them to a soft rot. We have carefully culled through them but you may find some darkness when you cut open your onion. **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); *Dark Red Norland*, red skin, white flesh (this variety will not store quite as long as the other two varieties. If they become soft in storage they are still delicious to eat); *French Fingerling*, a gourmet potato with a very creamy texture, delicious roasted, you can bake the larger ones. **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.

**NEXT STORAGE SHARE  
PICK-UP  
THURSDAY, DECEMBER 9<sup>TH</sup>**

### "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* and *Chioggia* beets (red and white stripes beneath their scarlet skin, exceptionally sweet and they won't 'bleed' when you cut them open). Next month you will receive only red beets. **Store** in a plastic bag and refrigerate. They need humidity so they don't shrivel and like it very cool.

**\*\* RUTABAGA:** You can identify them by their deep purple crown and cream colored yellow base. A close relative of the turnip, though larger, 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 (Barb's opinion).

**DAIKON RADISH:** Long cylindrical white root. The skin is a bit rough looking but they still taste great. **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 airtight container.

**CARROTS:** These incredibly sweet carrots are a variety called *Nelson*. They are a bit small because they were planted late in the season and didn't have time to get real big before we harvested them. There is a story behind the late planting date, but the end of the story is you are receiving two bags of these sweet treats. Next month you will get larger carrots. **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 either *Storage #4* (a firm, storage type) or *Melissa* (a crinkly savoy). **To store:** Store in the refrigerator hydrator drawer; a plastic bag will help retain moisture. They can last for up to two months. Next month you will receive a green cabbage and a red cabbage.

**\*\* 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:** Brussels sprouts, squash and leeks. Everything else will be delivered again next month.