



Wolf Pine Farm

Community Supported Agriculture

Winter Share Storage & Usage Guide

Keeping Your Food Fresh

All of the foods you'll receive in your winter shares are hearty and can keep for many weeks or months with a little bit of care. It might surprise you to hear how many things do NOT want to be in refrigerator, especially if they're going to be there for very long. Details on most of the crops we grow are below.

Buy The Book & Use the Web

While we hope this brief fact sheet will be helpful, we highly recommend "Asparagus to Zucchini" - a cookbook specifically written for CSA shareholders. You can buy it online at <http://www.localharvest.org>. It's vegetable-centric, with page(s) for each vegetable including storage tips, general cooking tips and lots of recipes.

We also recommend a good "old-fashioned" internet search. There are zillions of recipes, cooking and storage tips out there. Just search for your ingredients + the word "recipe" and good things will happen.

A Note on Blanching

Many vegetables can be frozen if you can't get around to using them in time. Before freezing some vegetables need to be blanched. Blanching is boiling a vegetable and then immersing it in boiling water before freezing it. Visit <http://tinyurl.com/y9d83ke> for details about blanching.

Crop	Storage/General Prep Recommendations
Apples	<ul style="list-style-type: none">• Keep in fridge – in coldest section if possible
Dry Beans	<ul style="list-style-type: none">• Keep for years in your pantry• Do not store in your refrigerator• Soak before using. Visit http://tinyurl.com/9za6fu for soaking/cooking details.
Beets	<ul style="list-style-type: none">• Store in fridge in plastic bag.• If skins in good shape no need to peel – lots of trace minerals in skins.• Can grate right into a salad
Broccoli	<ul style="list-style-type: none">• Store in fridge in a plastic bag but not for too long – best in first few days• For longer storage, blanch (see blanching note above) for 3 minutes.• Use those stalks – if the stalk is tender, it's good food! Sautee it in a stir fry, include it in a soup stock, etc. (woody stalks should be discarded)

Brussels Sprouts	<ul style="list-style-type: none"> • Store unwashed sprouts in plastic bag in fridge but not too long – best in first 1-2 weeks. • For longer storage, blanch (see blanching note above) for 3 minutes. • To prepare for cooking, remove outermost wrinkly leaves. • Don't be afraid – they're good – especially with lots and lots of butter!
Cabbage	<ul style="list-style-type: none"> • Keep in fridge. • Store in fridge (or root cellar) – plastic not necessary • Don't peel outer leaves until ready to use – they protect the inner leaves from drying out, etc. • Can last 2 months or longer
Carrots	<ul style="list-style-type: none"> • Store in fridge in plastic bag – in coldest section if possible. Will last many weeks • If skins are in good condition don't peel – good stuff in skins.
Celeriac (aka Celery Root)	<ul style="list-style-type: none"> • Same flavor as celery • Use as you would celery in soups, stews, etc. • Store unwashed in plastic bag in refrigerator or in root cellar • Scrub to remove dirt and then peel just enough to remove skin
Cooking Greens (Kale, Collards)	<ul style="list-style-type: none"> • Wrap in damp towel and place in open plastic bag (towel keeps greens moist but not wet) • To freeze, wash, de-stem and blanch (see “Blanching” above) for 2 minutes.
Daikon	<ul style="list-style-type: none"> • Scrub well & store in plastic bag in fridge. • Salting and cooking magically transform this veggie.
Flour	<ul style="list-style-type: none"> • Store in airtight container in cool, dry place • Use within 3 months for best freshness • For longer shelf life or to ensure no flour bugs get in, flour can also be stored in your freezer.
Garlic	<ul style="list-style-type: none"> • Do not refrigerate • Choose a cool moist location (basement/root cellar) is best. Warm temperatures encourage sprouting. • For super convenient access to garlic and not worry about sprouting/storage, mince in advance and cover with olive oil & freeze. Add frozen to recipes as needed.
Kohlrabi	<ul style="list-style-type: none"> • Wrap in damp towel in fridge
Leeks	<ul style="list-style-type: none"> • Refrigerate unwashed and dry with roots attached, wrapped very loosely in plastic. • Do not peel any slimy outer covering in advance of storing – this will protect the rest of the leek from deteriorating. • Can use more than just white bottoms – green tops can be used as long as they are not too woody
Onion	<ul style="list-style-type: none"> • Do not refrigerate • Store in a cool dry place

Parsley	<ul style="list-style-type: none"> • Refrigerate wrapped in damp towel or placed upright in a glass/ vase with about 1 inch of water. • Can be dried in food dehydrator.
Parsnip	<ul style="list-style-type: none"> • Refrigerate unwashed in plastic bag for several weeks • Can be frozen – blanch (see blanching note above) 1 inch chunks for 2-3 minutes.
Pie Pumpkins	<ul style="list-style-type: none"> • Do not refrigerate (unless cut open) • Store at room temperature for up to several weeks or in cool, dry place for longer storage • If you don't have ideal storage conditions, or just want to get ahead, cook pumpkin in advance (cut into 1-2 inch chunks & steam for 15-20 minutes or boil 8-10 minutes) and then freeze in airtight containers.
Potato	<ul style="list-style-type: none"> • Do not refrigerate (cold temperatures convert starch to sugar) • Store in paper bag in cool, damp location. (Basement/cellar, closet, cabinet, etc.). Room temperature OK for a few weeks.
Rutabaga	<ul style="list-style-type: none"> • Refrigerate in plastic bag
Salad	<ul style="list-style-type: none"> • Wrap in damp towel, leave in plastic bag & place in fridge with plastic bag open so it can breathe a little • Salad should keep at least 2 weeks – that is, way longer than we bet most of you can resist eating fresh, local greens in winter!
Shallots	<ul style="list-style-type: none"> • Same as onions
Winter Squash	<ul style="list-style-type: none"> • See “Pie Pumpkins” • Just about any winter squash (probably not delicata) can be used to make a pie. In fact, most canned “pumpkin pie” filling is actually a variety of butternut squash.
Turnip	<ul style="list-style-type: none"> • Same as rutabaga