



# Stones Throw Farm

## CSA Newsletter

Season 9 - Week 3

June 27th and June 30th

[www.stonestrowfarm.biz](http://www.stonestrowfarm.biz)

### This Week's Share:

- Head Lettuce
- Swiss Chard
- Escarole
- Broccoli or Baby Beets
- Sugar Snap Peas
- Easter Egg Radishes
- Spring Onions
- Garlic Scapes
- Cilantro
- You-Pick; tea herbs, sage/calendula flowers, shelling peas

### Weekly News:

Welcome to Week Three...

We hope that you're all settling into the new CSA season. After speaking with a number of folks we've included some information below on ways to store and use salad and cooking greens so they maintain their quality in your fridge at home. Furthermore "in a nutshell" the most important thing to remember when storing any fresh vegetable is that moisture management is critical. Most refrigerators have a tendency to desiccate or dry things out. Refrigeration is typically achieved by evaporative cooling and thus anything in the fridge loses moisture via evaporation. The trick with vegetables is maintaining the appropriate level of moisture/humidity. Crisper drawers are designed to help maintain moisture in fresh vegetables but frankly not all crisper drawers work very well and pretty much ALL crisper drawers are WAY too small. We reserve our crisper drawers for "easy grabs" like fresh fruits and roots, etc. For near-term storage at home it's not all that important to get hung up on particulars. A few simple "rules" will go a long way. First and foremost pretty much everything should be wrapped, bagged or in a container. You want items moist but not wet. If items are really wet - either from "sweating" in a container or rinse water - pat them dry or leave them wrapped or covered more loosely to remove water via evaporation. Tops on root crops - baby beets, etc. - will draw moisture from the root. They'll store wrapped for a few days but if you plan to keep the roots longer remove the greens from the roots and store separately. It's important to remember that if you put something warm in the fridge it will sweat as it cools. In a pinch most veggies loosely wrapped in plastic or reusable grocery bags will store fairly well in the near-term. We'll store items that way that are simply going "in and out", for example something that we're throwing in there until we prepare it later that day. Other items are often best quickly prepped (i.e. greens below) and/or placed in an appropriate and accessible container. We and many CSA members over the years have expressed that they are happiest and most successful with storing and utilizing their fresh vegetables if they take a few minutes to unpack, rinse, pre-prepare items. Doing so and throwing things in appropriate bags/containers serves two important purposes. 1) it preserves the quality, value and integrity of the produce 2) it makes things easily accessible, easy to grab, cook, eat and use. That after all is the most important part!

We'll continue to provide storage updates on crops through the season and PLEASE don't ever hesitate to ask at CSA or shoot us an email.

Thanks!

Have a great week!

Brian, Megan, Reed and Willa Luton

## In the Kitchen:

So this time of year there are tons of leafy greens around. Leafy greens are great for salads, juices and smoothies, and stir fries, but they can also be difficult to store for long periods of time. There is nothing worse than bringing home a beautiful bunch of kale only to find it wilted after just a couple of days. I've used the following method and found that greens can last up to two weeks in the crisper if they are stored correctly.

The method I use for storing greens (loosely adapted from Marin Mama Cooks) it does take a few minutes, but it's worth it to make sure that your greens last and as added benefit when you need them they are all ready to go!

Here's the procedure:

- Wash the greens in running water, a filled sink or large bowl and lay them on a dry towel and pat dry
- Place the greens on a new towel (you can use paper towels) and wrap the greens in the towel
- Place the wrapped greens in a ziploc bag (or other airtight container)
- The greens should stay fresh for 1-2 weeks

A salad spinner is a great investment for folks utilizing a lot of fresh greens. Simply wash your greens, place them in the salad spinner and spin dry. Dump the excess water put the lid back on and place in the fridge.

Either of these methods are great in that they help to preserve the quality off your greens and furthermore its really nice to take a few minutes to prepare greens so they are simple and easy to grab later!

If you end up with extra greens that you still can't use before they go bad, you can always preserve them:

Freezing works great for most greens, including swiss chard, kale, mustard greens, and collard greens. There are lots of techniques online the simplest is essentially a quick blanch in hot water, squeeze excess water from leaves and freeze in a small baggie or container.

Dehydrating greens is also a great option if you have a food dehydrator—these can be added to soups and stews later. You can also use your dehydrator or oven to make chips from kale and other hearty greens.

Green juice is also a great way to use up surplus vegetables, if you have a juicer or powerful blender! Here are some recipes: (although we usually just wing it with whatever is available)

Basic Green Juice (from This Rawsome Vegan Life)

- 4 stalks celery
- 2 cups parsley or cilantro
- 3 cups spinach
- 1/4 cup pineapple
- 1 tablespoon chunk ginger - 1 lemon

Lean and Mean Green Juice (from The Honour System)

- 5 romaine leaves
- 5 kale leaves
- 1 cucumber, peeled
- 1/2 bunch parsley
- 3 celery stalks
- 1 cup green grapes

