

"IN THE BAG"
PVF West | Fall CSA Week 7: Nov 6, 2012

We anticipate the following choices at today's CSA pick-up (choices may differ depending on today's harvest):

- Parsley or Rosemary-
- Bok Choi or Tatsoi -
 - Broccoli -
 - Cauliflower -
 - Carrots-
 - Ginger -
 - Garlic -
- Parsnips or Jerusalem Artichokes -
 - Sweet Potatoes -

Storage & Prep:

- **Bok Choi/Tatsoi (see Leafy Greens)**
- **Broccoli** - this space hog simply loves being in the refrigerator, therefore, keep it in the coldest part of the fridge and it should last between 1-2 weeks.
- **Cauliflower (see Broccoli)**
- **Carrots** - some vegetables like it cold, really cold, and carrots are one of them. Carrots thrive in the coldest part of the fridge; so, to keep them happy, store them dry (ideally in a reusable bag). If these orange fellas get too wet then they will either begin to sprout or rot. Although storing them in a bag is optional, they may begin to go flaccid at an accelerated rate. If all goes well, carrots can be stored in your fridge for up to 3 months
- **Fresh Herbs** - avoid putting any fresh herbs in the back of the fridge, as well as the crisper. Herbs are happiest cool, but not cold, so the best place for them is in the fridge door. If you have paper towels on hand, you can always lightly dampen one, wrap it around the herbs and store them in an airtight container inside the fridge.
- **Garlic** - this is cured, so can sit on your counter.
- **Ginger** - this ginger is fresh, which means it has been harvested within the last few days. Unlike other ginger that you may be accustomed to buying, the skin is delicate and hasn't been cured, therefore you do not have to peel it before using the ginger root; however, it also means that you must store this flavorful root in the fridge for it to last
- **Jerusalem Artichokes** - definitely keep these in your fridge, as they should happily last in there for up to two weeks. When it comes down to cooking them, you can leave the skin on, as it has lots of beneficial nutrients.

- Leafy Greens - most vegetables can be washed under cool (not cold) running water---leafy greens being the exception. Nothing ruins a meal more than biting into a mouthful of sandy, gritty greens. To properly wash greens and rid them of dirt: fill a large bowl or sink with cool water. Put the greens in the water and gently swish them around. Let them sit for a minute to let the dirt settle to the bottom. Lift the greens out of the water and place them in a colander to let the water drain. Do not pour the greens with the water into the colander as the grit that has settled to the bottom will only reintroduce itself back into the greens.

Preserving Greens - greens can be steamed for 3 minutes and then frozen. You can compact them, wringing out the water, and freeze them in bricks, or freeze them on a cookie sheet and put them in baggies. Frozen greens are wonderful for smoothies, soups and stews.

- Parsley (see Fresh Herbs)
- Parsnips - wrap unwashed parsnips in a paper towel and place in a plastic bag. Refrigerate up to 2 weeks. Refrigerate cooked parsnips up to 3 days.

New (To Some) Items This Week:

Jerusalem Artichokes - these bumpy brown tubers may look like a cross between potatoes and ginger, but despite its name, this plant isn't from Jerusalem, nor is it closely related to artichokes (the standard green kind that is); however, it is in the same family as the sunflower---which explains its beautiful yellow flower that looks like a mini sunflower in the summertime.

These fellas are versatile, as Jerusalem artichokes can be added raw to salads or salsas, or they can venture the cooked path and be roasted or mashed. The peel has heaps of nutritional value, so skip peeling your artichokes. Some prefer to substitute these tubers for potatoes, but do know that they retain their texture when steamed (when boiled they turn soft and mushy). When eaten raw, you can expect a sweet, nutty flavor that is comparable to water chestnuts. No matter how you enjoy them, do beware to only have them in moderation--too many can lead to flatulence for those with sensitive tummies.

These are also known as sunchokes.

Parsnips - if you've ever glanced at these long, slender roots and thought, 'That looks like a white carrot', then you're not alone! Parsnips resemble the carrot in shape, except parsnips are usually ivory and pack a slightly sweeter taste when cooked. After the first frost, which we've had, parsnips are acclaimed to taste like honey, cardamom and butterscotch.

When it comes time to cooking, chop both ends off and rinse them in water. You don't need to peel parsnips.

Parsnips have long been paired with parsley, as one really brings out the flavor in the other.