

"IN THE BAG"

PFV West | CSA Week 6: Jul. 10, 2012

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

- Basil or Cilantro -
- Kale -
- Kohlrabi or Radicchio -
- Tomatillos or Eggplant -
- Onions or Shallots -
- Cherry Tomatoes -
- Garlic -
- Summer Squash or Cucumbers -

Storage & Prep:

- **Basil** - unlike most, basil is fussy and will turn black in protest if it's too cold. Therefore, you'll want to snip the stems of the basil, then put it in a vase or glass with water. Leave it on the countertop, or the warmest part of the refrigerator (the door). Use this herb within 2-5 days.
- **Cherry Tomatoes** - the fresher they are the tastier cherry tomatoes will be, so it's best to eat them as soon as possible. If stored in a fridge, then they should keep for 7-10 days.
- **Cilantro** - 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.
- **Cucumbers** - although they're fickle to grow, they're easy to store! Just toss them in a crisper drawer in your fridge and they'll keep for 3-10 days.
- **Eggplant** - these purple fellas are best when allowed to fully ripen on the counter -- you'll know they're ripe when they're tender and a little wrinkly -- and then moved to the fridge. Once in the fridge, plan on them lasting between 7-10 days.
- **Kohlrabi** - similar to fennel, kohlrabi also likes things on the chilly side, so feel free to store them in the coldest part of the fridge. Kohlrabi have wonderful stamina, as they'll last between 1-6 weeks in the fridge. For you green mongers, clip the greens off the kohlrabi if you aren't planning on using it anytime soon and see our notes on leafy greens below.
- **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.

As a rule of thumb, greens should be washed and drained before storing the fridge. The longest shelf life for greens is had when greens are placed atop a paper towel (or reusable cloth) inside of a lidded container. Whole heads tend to store longer and better than cut leaves. Kale and chard has a shelf life of 3-14 days.

- **Onions** (fresh green & scallions) - unlike they're cured counterparts, you'll want to keep these fresh fellas in the fridge to extend their life. If you do so, they should last between 3-14 days. Keep an eye on their ends to determine their health.
- **Radicchio** (see leafy greens)
- **Shallots** - similar to onions, you'll want to store these guys in a dark, cool and ideally dry, well-ventilated place, and they will keep for about a month. Alternatively, throw them in the fridge, but they will only last two weeks in there.
- **Summer Squash** (includes zucchini) - these guys are happiest cool, but not too cold. Store them in the fridge for 3-10 days.
- **Tomatillos** - just like tomatoes, storing these little globes is straightforward. Keep them fresh in the fridge for about a month. Before doing so, no special preparation is needed, just store the globe with the husk on, placing them in a closed paper bag. You can also freeze the tomatillos (whole or sliced) for up to six months. Simply place the tomatillos in a sealed plastic bag, but be sure to remove the husk beforehand and rinse the pasty film from the outside. Do know that freezing these guys will change their texture.

New (to some) items this week:

- **Radicchio** - typically featured in mixed salads, radicchio is the little red leaves that pack a strong, slightly bitter taste. To take the bitterness down a notch, grill, stir-fry or saute this leafy vegetable with citrus, vinegar or a sweet dressing. In Italy, where the vegetable is extremely popular, radicchio is usually eaten grilled in olive oil, or mixed into dishes such as risotto. If it doubt, mix it in with your salad to deepen the flavors, or use it as a bed to serve a meat or starch (such as rice) on.
- **Shallots** - Shallots are a member of the Allium family along with onions and garlic. Some think they're another variety of onion, but they're actually a species of their own. The originate in Asia, but have become a staple in French cooking. Shallots have a nice, firm texture and flavor that is sweeter, milder than onions with a hint of garlic and maybe even a hint of apple. For a twist on your favorite recipes, try replacing onions or garlic with shallots to see the flavor difference.
- **Tomatillos** - Looks like a green cherry tomato in a paper husk. Also called a Mexican green tomato, Mexican husk tomato, Tomate Verde. You peel the parchment cover off and wash the little tomato well. Tomatillos are most often cooked in salsa. They have a lemony flavor. If you eat them raw, they are more

sharply acidic. They can be stored in the refrigerator for a very long time. You can try them chopped in salad, in gazpacho, or you can cook them into a sauce for tacos and enchiladas. Poach the peeled and washed tomatillos very briefly, then combine with chili peppers, onion, garlic, cilantro and salt.

Related Recipes:

Pickles:

- Casey's Overnight Cucumber Pickles (see attached *Farm Notes*)
- [Quick Pickled Zucchini](#) (not canned)
- [Zucchini Pickles](#) (also refrigerator pickles)
- [Summer Squash Pickles](#)
- [South Indian Pickled Eggplant](#)

Eggplant:

- [Crispy Eggplant "Bacon"](#)
- [Chicken & Eggplant Parmesan Panini](#) (uses basil & tomatoes)
- [Smoky Baba Ghanouj](#) (fast)
- [Roasted Garlic, Eggplant, **Summer Squash & Tomatoes Creamy Soup**](#)
- [Japanese-Style Grilled Eggplant](#)
- [Eggplant & Lentil Stew](#) (uses onion, garlic; could substitute mint leaves for basil)
- [Cornmeal Crusted Eggplant Fries](#)
- [Sesame Garlic Eggplant](#) (can omit the xanthan gum, or use corn starch, arrowroot or agar agar flakes as a substitute)
- [Spicy Grilled Eggplant Risoni Bake](#) (substitute celery & carrot for any vegetables on hand; for passata, you may use tomato paste or tomato puree; no oregano? Use basil instead!)
- [Eggplant w/ Chili, Sambal Terong](#)
- [Grilled Eggplant Risotto](#) (uses onion, shallot, garlic; can substitute basil for parsley)
- [Ricotta & Eggplant Tart w/ Slow-Roasted **Cherry Tomatoes**](#)

Radicchio

- [Linguine with Grilled Radicchio & Bacon](#)
- Radicchio Risotto
 - [A classic recipe](#)
 - [One w/ Walnuts and Gorgonzola](#) (uses **garlic & shallots**; can substitute **basil** for parsley)
- [Nostrana's Radicchio Caesar Salad](#)
- [Grilled Radicchio](#)
- [Radicchio with Pancetta & Papparedelle](#)

Other:

- [Black Bean & Oven-Roasted **Cherry Tomato Salad**](#)
- [Mediterranean Roasted Vegetable Pie](#) (uses **eggplant, tomatoes, summer squash, onion, garlic & basil**)

- [Caramelized Shallots](#)

Tomatillos:

- [Mexican Tomatillo Quinoa](#) (use **shallots** in place of **onions**, yum!)
- [Chicken Tomatillo & Chile Soup](#) (can substitute **summer squash** for corn)
- [Roasted Tomatillo Salsa](#) (uses **garlic**, **cilantro** & **onion**)

Summer Squash Recipes:

- [Pesto Zucchini "Spaghetti"](#) (uses **basil**, as well as summer squash for noodles; substitute broccoli for whatever vegetables you have)
- [Balsamic Grilled Summer Vegetables Mozzarella & Basil Quinoa Salad](#) (use **eggplant**, summer squash, **tomatoes** and **onion**!)
- [Pasta with Tomato, Eggplant & Zucchini](#)
- [Squash Fries](#)
- [Grilled Vegetable Pizza](#) (substitute **eggplant** for bell peppers)
- [Zucchini-Crusted Pizza](#)
- [Adult Mac n' Cheese](#)
- [Spicy Sauteed Shredded Zucchini w/ Anchovies](#) (uses **garlic**)
- [Zucchini Tart](#)
- [Zucchini Pancakes](#)