

"IN THE BAG"

PFV West | CSA Week 8: Jul. 24, 2012

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

- 1 bunch of **rosemary** or **thyme** -
 - 1 bundle of **chard** -
 - 2 **bell peppers** -
- 1 box of **fingerling potatoes** -
 - 2 Japanese **eggplants** -
 - 1 **onion** -
 - 1 head of **garlic** -
- 1 pint of **cherry tomatoes** -
 - 4 lbs of **tomatoes** -

Storage & Prep:

- **Chard** - unlike other leafy greens, don't wash chard before storing it, as exposure to water will encourage it to go off. Place chard in a plastic storage bag (or reusable bag), wrap the bag tightly around the chard, squeezing as much air from the bag as possible, then place it in the fridge. Once in the fridge, the chard should last 5-7 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.
- **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.
- **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. Alternatively, you can [dry](#) or [freeze](#) fresh herbs to extend their life.
- **Potatoes** - put potatoes in a cool, dry place that isn't too cold and is away from the light (keep beautifully in pantries or garages). Remember: **potatoes hate the fridge**; their starch will convert to sugar if they get too cold and will alter the way the potato will taste.
- **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.
- **Tomatoes** - delicate as the day, you'll want to take great care when it comes to storing tomatoes. Because of their thin skins, especially the heirloom varieties,

avoid stacking anything on top of these beautiful summer beauties. If your countertop allows, it's best to keep them loose and separated on a plate/platter until just soft on the shoulders. At this point they're ready to be eaten, otherwise place them in the fridge to extend their life by a few days. Tomatoes really don't like the fridge, as they'll soften in texture and taste, so you're best off eating them as soon as possible.

Related Recipes

Ratatouille - a rustic French dish that's far easier to cook than pronounce! French cuisine is notoriously rich and complex to cook; however, upon cooking ratatouille, you'll second guess this stereotype. Ratatouille at it's core includes **eggplant, bell peppers, tomatoes, onion, thyme** and **summer squash**. Although we're not including summer squash in your share this week, we've heard back from many of you that you have it coming out of your ears, so we figured if you had any on hand, this is the time to use it! If you're all out, you can always buy some at The Stand.

Bonus points: **get your kids into eating ratatouille** by sitting them down to [watch Ratatouille](#), then make the dish with them!

- [Julia Child's Classic Ratatouille](#)
- [Ratatouille's Ratatouille](#)
- [One-Pot Recipe: Easy French Ratatouille](#)
- [Ratatouille Sofrito w/ Crispy Eggplant](#)
- [Ratatouille Barley Salad](#) (substitute thyme and rosemary for the herbs)
- [Curried Ratatouille](#)
- [Ratatouille Bisque](#)
- [Grain-Free Ratatouille Tarts](#) (uses rosemary)
- [Ratatouille Muffins](#)
- [Ratatouille Topped w/ Drop Biscuit](#)
- [Ratatouille & Rosemary Polenta Spiked w/ Miso](#)
- [Ratatouille Kabobs](#) (instead of Italian dressing, [make your own dressing using thyme and rosemary](#))
- [Quick Ratatouille on Quinoa](#) (especially nice if you peel your potatoes and boil them down to make your own tomato sauce)
- [Roasted Ratatouille Pizza](#) (if you need a **pizza dough recipe**, here's [a great one](#), here's [a no-knead one](#) (do 1-2 days before), and [here's a fast, simple one](#))
- [Ratatouille Panini](#) (for a shortcut for brown bag lunches, you could easily use leftover ratatouille too)
- [Leftover Rataouille: Individual Tortilla Ratatouille Pizza](#)

Gazpacho - now that tomato season has officially begun, it's only right that we share our favorite summer soup that hails from Andalucia (Andaluz), Spain. Just as comforting as a piping hot bowl of tomato soup is in the frigid winter months, a cool bowl of gazpacho is wonderfully refreshing on those hot summer days! Similar to ratatouille, this is a great way to use up most items in this week's share, in addition to any cucumbers you have from previous weeks. If you're all out of cukes, those too can be purchased at The Stand.

- [Gazpacho Andaluz](#)
- [Salmorejo Cordobes](#) (Cordoban Gazpacho differs as it includes hard-boiled eggs and Serrano ham, it's also thicker thanks to using more bread)
- [Simple Summer Gazpacho](#)
- [Spicy Summer Gazpacho](#) (gazpacho isn't typically spicy; substitute scallions for onion; can easily omit the corn)
- [Bread-less Gazpacho](#)
- [Quick Summer Gazpacho](#) (adds chickpeas)
- [Greek Gazpacho](#)
- [Grilled Gazpacho](#)
- [Roasted Gazpacho](#)
- [Bloody Mary Gazpacho](#)
- [Tomato Sorbet](#) meets [Gazpacho Sorbet](#)
- [Tilapia w/ Gazpacho Salsa](#)
- [5 Ways to Make Your Next Gazpacho Batch Better](#)