

IN THE BAG

PVF West | Fall CSA Week 4: Oct. 16, 2012

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

- Thyme or Parsley-
- Arugula or Elegant Greens Mix -
- Bok Choi or Mustard Greens or Mizuna -
- Napa Cabbage or Green Cabbage -
- Kohlrabi or Celery -
- Broccoli or Cauliflower -
- Potatoes -
- Garlic -

Storage & Prep:

- **Arugula** (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.
- **Cabbage** - as long as these round dudes are in the refrigerator, then they will be happy. So clear out space in your crisper, door or simply on the shelf, and your cabbage should last you several weeks.
- **Cauliflower** (see broccoli)
- **Celery** - this crunchy bad boy is happiest in the coldest part of the fridge. Leaves love life if they're kept dry and in a bag; meanwhile, the stems prefer to be loose in a bag.
- **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** (cured) -
- **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 if you are then 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.

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.

- **Mizuna** (see leafy greens)
- **Mustard Greens** (see leafy greens)
- **Napa Cabbage** (see cabbage)
- **Parsley** (see fresh herbs)
- **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.
- **Thyme** (see fresh herbs)

Related Recipes

*We hate to repeat recipes, so if you're unsure of what to do with your **bok choy**, **arugula**, **mustard greens** or **mizuna** then consult our previous emails for those recipes. And if you've deleted those emails, just holler and we're happy to send them your way again!*

Also, we're sorry that we don't grow mushrooms to include your share! There were too many delicious recipes that included mushrooms not to pass up, so we apologize if that teases you if you're adamant about only using the produce in your share.

- Breakfast: [Sauteed Cauliflower Frittata w/ Thyme](#) - uses **garlic**; no need to bother w/ truffle salt, regular salt (or even sea salt would work great too)
- Lunch: [Mizuna Salad w/ Kohlrabi & Pomegranate Seeds](#) - uses **celery**; can substitute **arugula** for mizuna
- Lunch: [Italian Roasted Cauliflower Salad](#) - uses **parsley & garlic**
- Lunch: [Grated Kohlrabi & Celery Salad w/ Mustard Vinaigrette](#) - uses **garlic, parsley**
- Lunch: [Roasted Cauliflower w/ Lentils](#) - uses **garlic & thyme**
- Lunch: [Potato Salad w/ Cabbage & Spicy Mustard](#) - do some minor substituting to compliment veggies in your share - we'd add **kohlrabi/celery** and a handful of **mizuna, arugula** or **mustard** greens.
- Dinner: [Roasted Cauliflower Soup w/ Chipotle Chili & Parsley](#)
- Dinner: [Rustic Cabbage Soup](#) - uses **potatoes, garlic**; any bean can work in this recipe, we dig chickpeas instead of white beans. Oh, and this is just as delicious without the cheese as it is with it

- Dinner: [Bow Ties w/ Broccoli Pesto](#) - uses **parsley** & **garlic**; we'd omit the mint
- Dinner: [Linguine w/ Cauliflower & Thyme](#)
- Dinner: [Cabbage & Mushroom "Lasagna"](#) - uses **potatoes** & **garlic**; we'd substitute **thyme** for sage
- Dinner: [Mushroom Soba Noodle Soup](#) - uses **cabbage** & **arugula**
- Dinner: [Gingered Steak & Napa Cabbage Salad](#) - uses ginger (if you have any leftover), **cabbage** & **mizuna** (**arugula** would do); we would substitute **parsley** for coriander (cilantro) sprigs, **kohlrabi** or **celery** for the bell pepper, since both have crunch and omit the scallions. And the mushrooms, well, that's up to you.
To make this meatless, you could easily substitute seitan, tempeh or tofu for the steak.
- Side: [Garlic Roasted Cauliflower](#) - uses **parsley**
- Side: [Buttery Broccoli w/ Parsley](#) (*you could easily substitute coconut oil for butter*)
- Snack: [Homemade Potato Chips](#) - uses **thyme**
- Condiment: [Broccoli Pesto](#) - uses **garlic** & **parsley**