

"IN THE BAG"
PFV West | CSA Week 7: July 17, 2012

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

- 1 bunch of **basil** -
- 1 head of **radicchio** or 1 bunch of **dandelion greens** -
- 1 head of **lettuce** -
- 1 bunch of **carrots** or **beets** -
- 1 **onion** or 1 bunch of **shallots** -
- 1 pint of **cherry tomatoes** or **heirloom tomatoes** (4 small or 2 large) -
- 1 head of **garlic** -
- 2 lbs of **summer squash** and/or **cucumbers** -
- 2 **jalapenos** (optional) -

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.
- **Beets** - these purple little mamas pack two meals in one, as the root and greens attached are both edible, but this duality comes at a price. Beet greens won't last as long as the bulbs will, so aim to use beet greens within 5 days, and store them in the fridge. Otherwise, if you're not a greens fan, you can always lop off the greens and store the beet root itself for up to 5 weeks in the fridge.
- **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.
- **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.
- **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.
- **Dandelion Greens** (see 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.

- **Lettuce** - rinse the head lettuce all at once, tear the leaves to a desired size, and then spin them dry in a salad spinner (or dab them with a cloth to wick away the moisture). Store the leaves in a plastic bag to make them fast and easy to eat

To remove grit from really dirty head lettuce: cut off the base and float the leaves in a large bowl or sink filled with cold water (simply rinsing under running water won't do it). The dirt will sink to the bottom while the leaves float at the top—swirl the leaves around with your hands to expedite the process. Remove the leaves by hand lifting them out of the sink. Repeat, if necessary. Tear the leaves to the desired size and spin them in a salad spinner.

- **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.
- **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. Once ripened and refrigerated, expect tomatoes to last 3-5 days.

New (To Some) Items This Week:

- **Dandelion Greens** - similar to radicchio, this is dark, leafy green packs a bitter, yet insanely beneficial nutritional punch. Popular among juicers, detoxers and smoothie enthusiasts, dandelion greens have a cult-like following because of the depth in health benefits offered. More specifically, the anti-inflammatory greens offer some of the highest plant-based calcium and iron content available (more so than kale), as well as being rich in Vitamins A, C & K. Additionally, dandelion greens contain all essential amino acids, so they're a

complete protein that offers heaps of antioxidants. For further information on dandelion greens, [please see this wonderful write-up at The Kitchn](#).

- **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.

Related Recipes

Dandelion Greens:

- [Quinoa & Dandelion Greens w/ Apple-Honey Vinaigrette](#) (uses **garlic** and **carrots**)
- [Dandelion-Ginger Tea](#)
- [Dandelion-Barley Risotto](#) (uses **garlic**, **onion** & **summer squash**)
- [Dandelion & Caramelized Carrot Salad](#) (uses **garlic** and **onion**)
- [Chicken Salad w/ Roasted Beets & Dandelion Greens](#) (uses **shallots**, which can be substituted with **onion** or **garlic**)
- [Dandelion Pesto](#) (uses **garlic**)
- [Spicy Dandelion Greens](#) (uses **garlic**)
- [Dandelion Green Salad w/ Beets & Feta](#)
- [Dandelion Greens on Pizza](#)
- [Carrot](#) Dandelion Salad
- [Dandelion & Bean Quinoa Cakes](#) (uses **garlic** and **scallions**, although shallots or sweet onion could be substituted; would be yummy topped with basil pesto!)
- [Wilted Dandelion Greens w/ Toasted Mustard Seeds](#) (uses **shallots**, could substitute **onion** or **garlic**; may also substitute sauteed tempeh for bacon)
- [Black Beluga Lentil Salad w/ Mushrooms, Dandelion Greens & Mustard Vinaigrette](#)
- [Salmon w/ Lentils, Bacon & Dandelion Greens](#) (uses **garlic**, **carrots** and you may substitute **basil** for parsley as garnish)
- [Wild Salmon w/ Quinoa Dandelion Greens & Herbed Pistachio Vinaigrette](#) (can substitute **basil** for parsley in the vinaigrette; uses **garlic** and **shallots**, can substitute **beets** or **carrots** for the bell pepper)
- [Eggs on Toast w/ Sauteed Dandelion Greens & Mushrooms](#) (uses **garlic**)
- [Savory Greens, Tomatoes & Goat Cheese Tarts](#)

Now let's talk SALSA!

- **Fresh Salsas:**
 - [Tomato-Basil Salsa](#) (uses **garlic**)
 - [Cilantro-Free Salsa](#) (use **basil** as the added herb)
 - [Lemon-Basil Salsa](#) (any type of **tomato** would work here, not just Romas; uses **garlic**, **onion** & **jalapenos**)
 - [Cantaloupe*-Basil Salsa](#) (would pair nicely with fish or chicken; uses **sweet onion** and **basil**)
- **Cooked Salsas:**
 - [Caramelized Peach* & Onion Salsa](#) (one for the bacon fans; uses basil)
 - [Roasted Jalapeno-Tomato Salsa w/ Fresh Cilantro](#) (swap **basil** for cilantro for a great twist)
 - [Warm Grilled Tomato Salsa](#) (try served over pork tenderloin)
 - [Roasted Corn* Salsa](#)
 - [Grilled Peach* Salsa](#)
- **Canned Salsas** (*if you are an experienced canner, check out [this post](#) about large-scale salsa canning, complete with ingredient proportion charts, conversion charts and how to can with a group*)
 - [Roasted Tomatillo Salsa Verde](#) (in case you have some tomatillos leftover from last week)
 - [Zesty Salsa](#)
 - [Peach* Salsa](#)
 - [Black Bean & Corn* Salsa](#)
 - A [bevy of different salsa recipes](#) from [salsagarden.com](#)

* Selling fresh at The Stand