

## "IN THE BAG"

### PFV West | CSA Week 15: Sept. 11, 2012

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

- Rosemary or Oregano -
- Eggplant or Okra -
- Beets -
- Chard or Kale -
- Lettuce or Spinach -
- Cucumber -
- Scallions -
- Garlic -

#### Storage & Prep:

- **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.
- **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.
- **Cucumbers** - although they're fickle to grow, they sure are easy to store! Just toss them in a crisper drawer in your fridge and cucumbers 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.
- **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)** - at this point, all garlic we're giving you has been cured, so it will last up to 4 months in a pantry. We recommend feasting on it within 6 weeks.
- **Kale** (see chard) - use between 3-5 days.
- **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.

- **Lettuce** (see leafy greens)
- **Okra** - one of those vegetables that is best eaten immediately, we recommend eating okra within 1-3 days of getting it. Refrigerate unwashed, dry okra pods in the vegetable crisper, loosely wrapped in perforated plastic bags. Wet pods will quickly mold and become slimy. When the ridges and tips of the pod start to turn dark, use it or lose it. Once it starts to darken, okra will quickly deteriorate.
- **Oregano** (see fresh herbs)
- **Rosemary** (see fresh herbs)
- **Scallions** - you're welcome to toss these tubular onions in your crisper; however, [The Kitchn recommends](#) putting scallions, roots first, in a jar filled with an inch or two of water. Once resting in water, cover the scallions -- trim the greens if necessary -- with a plastic bag, and keep them in the fridge. They should stay fresh up to one week.
- **Spinach** (see leafy greens) - will last between 2-5 days.

New (To Some) Items This Week:

- **Okra** - a celebrated vegetable in Cajun, African, Indian and Mediterranean cooking. Interestingly, okra is praised by health nuts, as it's high in fiber, vitamin C and folate. To boot, it's also highly regarded for being rich in antioxidants, so those watching their waistlines can load up on it's fat and cholesterol-free contents.

An oil is released when the seed pods are cooked, which is surprisingly great for you, as it's a soluble fiber that aids digestion. If you find this oil to be bothersome, you can reduce its effect by keeping the pods intact and cooking them quickly (briefly stir-frying), or cooking the okra with acidic ingredients like citrus, tomatoes or vinegar. Alternatively, the oil will cook out if the okra is cooked for long enough.

- **Spinach** - if you remember, spinach was Popeye's not so secretive go-to source for becoming big and strong; however, unlike our favorite sailor's preference for canned spinach, fresh, leafy spinach is the way to go. For far too long, spinach has wrinkled eyebrows and left people plagued on what to do with it. Truth is, it's easier and more versatile than you think! You can enjoy it raw in a salad, roasted in a gratin or lasagna, quickly blanched or sauteed (with a hint of garlic, hot pepper or even ginger) with a bit of lemon juice. Spinach can be

enjoyed in a thousand different ways, so we're confident each and every one of you can find a way you love it!

If you're new to this leafy green, simply knowing how rich it is in nutrients is reason enough to give it a whirl. The list of nutrients that comes in one serving of spinach is a lengthy one, including iron, vitamins A & C, manganese, folate, magnesium, calcium, potassium, vitamins B2 & B6, tryptophan and fiber. Convinced yet?

## Related Recipes

### Greens:

- Breakfast: [Super Green Smoothie](#) - kale, chard or spinach would work here
- Breakfast: [Kale, Spinach & Apple Smoothie](#)
- Breakfast: [Red Potato Frittata w/ Kale & Rosemary](#) - need potatoes
- Lunch: [Spinach Salad w/ Glazed Beets & Blue Cheese](#)
- Lunch: [Roasted Beet, Millet & Spinach Salad](#)
- Lunch: [Paleo Rosemary-Kale Caesar Salad](#)
- Side: [Rosemary Kale w/ Black-Eyed Peas](#)
- Side: [Eggplant, Spinach & Fresh Corn w/ Sichuan Pepper](#)
- Side: [Chard w/ Oregano & Garlic](#)
- Side: [Curly Kale w/ Rosemary & Chili](#)
- Side/App: [White Bean & Oregano Bruschetta on Sautéed Swiss Chard](#)
- Dinner: [Chard & Oregano Ravioli](#)
- Dinner: [Tuscan Rosemary Polenta Kale w/ Cannellini Beans](#)
- Dinner: [Spinach, Garlic, Rosemary Griddlecakes](#) - need potatoes
- Dinner: [Roasted Trout w/ Rosemary, Spinach & Pine Nuts](#)
- Dinner: [Rosemary Kale Pork Tenderloins](#)

### Okra (similar to the recipes from a few weeks back):

- Lunch: [Okra Tacos](#)
- Lunch: [Okra & Beet Salad w/ Wheat Berries](#)
- Side: [Grilled Okra](#)
- Side: [Spiced Okra](#)
- Side: [Sautéed Fresh Okra w/ Jalapenos](#) - *a nice, healthy alternative to frying okra*
- Side: [Grilled Garlic-Rosemary Okra Skewers](#)
- Dinner: [Okra Gumbo w/ Chickpeas & Kidney Beans](#)
- Dinner: [Coconut Okra Curry](#)
- Dinner: [Okra Fritters w/ Grilled Corn & Goat Cheese](#)
- Dinner: [Red Lentil & Okra Soup](#)
- Dinner: [Middle Eastern Okra Stew](#) - looks fast and tasty  
(uses **garlic**, **onion** & **tomatoes**)
- Sweet: [Okra Pie](#) - *you know you're curious!*
- Sweet: [Oatmeal Okra Cookies](#) - *these look surprisingly fabulous!*
- Snack: [Healthy Baked Okra Fries](#)
- Snack: [Pickled Okra](#)