



8/10/11

Dear Members,

In your share this week you'll find lettuce, parsley, cucumbers, zucchini, green beans, bunched sweet onions, Hakurei salad turnips, and carrots. If you find that you're having trouble using up anything, especially some of the things you've been getting for a few weeks in a row, here's a few tips: First, this is the last week that we'll have many green beans. There may be a few next week, but after that we won't have any more for the rest of the season. If they are building up at all on you know that they should keep at least two full weeks in a plastic bag in your fridge. They also freeze quite well in ziplock freezer bags. Just be sure to blanch them first for three minutes.

Root vegetables, particularly beets, carrots, and potatoes will keep for several months in the fridge in plastic bags. With the beets, carrots (or any bunched root vegetable) it's important to cut the tops off to about ½ before storing them if you plan to keep them for an extended period of time. The Hakurei salad turnips and the fresh bunched onions also will keep for awhile topped and in plastic bags in the fridge, but with them it's more like several weeks than several months. We find in general that all the vegetables keep a surprisingly long time if handled properly. Remember, these are primarily picked the same day you receive them and we handle them all with great care. Don't just throw something out because you think you've had it a long time!

Another tip for using up extra root vegetables that a member passed on to us this week is to boil and mash multiple kinds of root veggies together with butter, salt and pepper. She said she used carrots, salad turnips, and potatoes and that they were a big hit. You could try any combination that sounded good to you.

Here's a recipe for one of our favorite soups that uses a number of the veggies in the share this week:

- 4 cups chicken stock (or water)
- 1 cup cooked chicken meat, diced
- 1 cup green beans, chopped to 1-inch pieces
- 1 cup carrots, diced
- 1-2 cups zucchini, quartered lengthwise and cut into 1-inch pieces
- 2 Tbls parsley, minced
- Salt and pepper

Bring stock or water to a boil, reduce heat and add carrots. Simmer for 5 minutes, add beans, zucchini, and chicken and simmer for about 10 minutes until vegetables are just tender and still green. Stir in parsley, season to taste and serve. You can substitute any cooking vegetable for the ones in the soup (celery, leeks, turnips, etc.). You can also add 4 Tbls of tomato paste at the beginning with the carrots, which is especially a good idea if you are using water instead of chicken stock (or if you omit the chicken meat also).

One of our members just dropped off some copies of zucchini recipes to share with everyone, so look for that in your box as well!

Have a good week!