



TUV HASHAVUA

BEST OF THE WEEK

Storage Crops: Local Foods You Can Store All Through the Winter

Laura Colley, organiclifestylemagazine.com

MANY THANKS TO OUR VOLUNTEERS!

10/27 [Wk #23 – A]

5-8pm Pick-up

Mandy Chan

Laura Marks

Jeremy Buchman

Raymond

Kimmelman-

DeVries

3:45pm Truck Unloading

Brian Gardner

Hoashi

8pm Unclaimed Shares

Farah Diaz-Tello

11/3 [Wk #24 – B]

5-8pm Pick-up

Fiana Tulchishkaya

Lenny Fuchs

Tabia Heywot

1:00pm Truck Unloading

Tanessa Cabe Harte

Valeria Vavassori-

Chen

8pm Unclaimed Shares

Takashi Yoneta

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tuv@fhjc.org

- **Tuv Ha'Aretz CSA:**
foresthillstuvcsa.com
- **Facebook:**
www.facebook.com/tuvFHJC
- **Twitter:** @tuvFHJC
- **Golden Earthworm Farm:**
goldenearthworm.com
- **FHJC:** www.fhjc.org

Eating local is something many of us strive for, but we are at the mercy of the growing season for whatever local fresh produce is available and at the mercy of our work schedules for the time to track it down.

Some stores will carry local produce when they can, but most of the year it is imported from other regions. Additionally, prices are often higher for local because small farmers can't offer stores the same wholesale margin as giant corporate farms. Those of us who garden can only enjoy meals from dirt to plate for so many months before the growing season ends.

Still, we know how important it is. We know that buying from local farms strengthens our local economy. We know we reduce our impact by supporting sustainable agricultural practices and reducing the distance our food travels to reach us. This is why we need to know more about storage crops.

Storage Crops to the Rescue! Storage crops are foods that will last most of the year under the right conditions and include foods like potatoes, onions, shallots, garlic, root vegetables, winter squash, and pumpkins. The right conditions may seem daunting and mysterious, as root cellars have become something in our grandmother's stories of the past, but just because you don't have a root cellar doesn't mean you can't keep storage crops through the winter.

I have used my garage, pantry, attic, and closets to store staples and had great success. You can make the most of a trip to the farmers' market or a farm stand in the fall and stock up a store of these crops at excellent prices. It takes planning, but there are many creative ways to keep your food supply local year round.

Potatoes. People have been raising families on potatoes for centuries. They're versatile, they're nutritious, they'll keep for months, and many farmers offer them at discount bulk prices as a storage crop. The important basics are storing them in a cool, dark, well-ventilated place; 50° to 60° is your target temperature. Cellars and basements are ideal, but covered boxes in the garage, or bins in the bottom of your kitchen cabinets will keep them for quite a while. You can make a lot of different local meals centered around potatoes in the middle of the winter, which makes them a storage crop staple. Depending on the variety of potato, storage conditions, and outside temperatures, potatoes will keep up to six months.

Onions. Let's face it. Almost every recipe calls for onions, so stocking up on your own local supply of this vegetable is going to take you a long ways towards a more local year-round diet. Much like potatoes, farmers will offer discounted prices on bulk quantities in the fall, so calculate how many onions you think you might use per week and do the math to find out how many pounds you need. Onions need cool, dark, well-ventilated storage conditions, but unlike potatoes they need to stay a little more dry. I like to store my onions in baskets, mesh bags, or hanging braids in my attic. Garages are also a fine place, but cellars and basements can lead to spoilage. Under the right conditions, onions will keep up to six months.

Garlic is one of those foods that doubles as a medicine and overall health booster, so I try to put it in as many dishes as I can. Garlic can be grown, cured, and braided for hanging storage, or it can be purchased from a farmer in bulk. You want to store it pretty much the same way as onions. Because it can be stored hanging in long braids,

I used to keep my winter share veg in the wine chiller, which is great for temperatures between 50° and 60°, but the thing up and died!

Judith Mermelstein,
member Tuv Ha'Aretz

it doesn't take up much room and adds a festive look to your storage area. Under the right conditions, hardneck garlic varieties will keep up to ten months and softneck garlic varieties will keep up to a year.

Winter Squash and Pumpkins. I heard something in the news recently about the expected canned pumpkin shortage for the coming year because of this past spring's wacky weather in the Midwest, so now is a better than ever time to start buying and storing local pumpkins and winter squash. This is a fun crop to stock up on, because it can involve an October trip to the pumpkin patch. Usually farms with a u-pick pumpkin field will also offer a variety of squash in their farm stand. As long as there is a stem left on them and they are kept below 60° with low humidity, squash can keep until the following summer in your garage, attic, closet, or sometimes just sitting out on your kitchen counter. They are more prone to spoilage than the other storage crops, so it is important to sort them regularly and eat the ones that don't look like they'll make it. The great bonus: every time you cook a squash or pumpkin, you can roast the seeds as a healthy snack. Depending on the variety, temperatures, and storage conditions, pumpkins and winter squash will keep up to eight months.

Storage Crops are Winter Staples. Once you get in the habit of planning winter meals around the storage crops you have on hand, you will find yourself with a delicious, nutritious, local and seasonal diet. Potatoes provide plenty of potassium, iron, B6, and fiber. Onions are high in Vitamin C, B6, essential minerals, and fiber. Garlic is rich in calcium, magnesium, iron, potassium, zinc, selenium, antioxidants, and Vitamin C; and also provides anti-microbial and anti-bacterial properties. Winter squash and pumpkins are a straight-up superfood, offering high levels of beta-carotene, Vitamin C, Vitamin D, antioxidants, polysaccharides, and fiber. Let's also not forget the seeds, offering a powerhouse of nutrients in a tiny, crunchy package.

There are even other veggies that will keep as storage crops with a little ingenuity. Root vegetables like carrots, parsnips, turnips, and beets will keep for months in the refrigerator or a bucket of moist sand. Apples can keep for months in a cool place if they are checked and sorted regularly and rotting fruit removed.

Remember that the lack of a root cellar is not holding you back. There are a lot of storage options that mostly fit the criteria and will give you months of local meals. Now that you know the low-down on storage crops, it's the perfect time of year to get out there and stock up. You will thank yourself for it in January.

Laura Colley enjoys the rough-hewn life of a modern homesteader and mountain woman, weaving outdoor adventures into the fabric of everyday living. She enjoys writing about tales of camping, cooking, hiking, handcrafting, wildcrafting, canning, growing food, keeping chickens, and raising twin children.

WHAT'S IN THE BOX??

Broccoli, Red Radishes, White Salad Turnips, Romaine Lettuce, Radicchio, White Potatoes
FRUIT: Apples

ANATOLIAN GYPSY SALAD

Engin Akin, Essential Turkish Cuisine, food52.com | Serves 6 as a mezza

- 2 cups diced or sliced red radishes or white salad turnips
- ½ cup chopped mint or tarragon
- ¾ cup chopped parsley
- 2 tsp sumac
- 1 garlic clove, crushed
- 1 tbsp tomato paste, diluted with 2 tbsp cold water
- 3 tbsp pomegranate molasses
- 3 tbsp crushed ice
- salt

In a bowl, toss together the radishes, mint or tarragon, parsley, sumac, and garlic.

Add the diluted tomato paste water, pomegranate molasses, and ice and toss. Season with salt to taste and serve immediately in a chilled bowl.

10/27: FINAL WEEK OF FRUIT SHARE

BROCCOLI CASHEW SALAD | Serves 6

Michael Hughes, Mother Earth's Storehouse, poughkeepsiejournal.com

- 2 lb of broccoli, 1 to 2 florets and stems
- 1/2 cup roasted cashews
- 1/2 cup raisins
- 1/2 cup mayonnaise
- 1 head radicchio or romaine lettuce, cut in large pieces

Wash and trim the broccoli into florets. If using the stems, peel the stems with a vegetable peeler to remove the tough exterior.

Blanch the broccoli in a large pot of salted, boiling water. Blanch for only 2 or 3 minutes then remove to a prepared ice bath to stop the cooking process.

In a large mixing bowl, combine the cashews, raisins and mayonnaise until well combined. Drain the chilled broccoli and fold into this mixture. Chill for at least one hour before serving.

To serve, line a large serving bowl, or individual bowls, with radicchio or romaine pieces. Mound the broccoli cashew salad onto the radicchio and serve.

WINTER SHARE! DEADLINE 11/15

VEGETABLE SHARE - \$95

Also available for Winter Share members:

- Apple Share - \$15
- Purcell Mountain:
 - Beans (3 x 1lb - \$13)
 - Grains (3 x 1lb - \$18; or 1 x 3lb - \$10.50)
 - Flours (4 lbs total - \$13)

Please see your email for details!

Coffee, Tea, Chocolate also available to Winter and Summer members!