



TUV HASHAVUA

BEST OF THE WEEK

Storing and Preserving Winter Vegetables

Sang Lee Farms, Inc., sangleefarms.com

TUV HA'ARETZ WINTER CSA 2014-2015

MANY THANKS TO OUR VOLUNTEERS !

11/20/2014

5-8pm Pick-up
Sue Finkelstein
Risa Matzner
Judi Silverstein
Manisha Shah-Balargon
Hans Roy

Noon Truck Unload
Israel Wertentheil
Judy Trupin
Brian Gardner Hoashi

8pm Unclaimed Shares
Takashi Yoneta

12/18/2014

5-8pm Pick-up
Poonam Chitale
Ariela Fryman
Anny Sun
Mary Beth Bentaha

Noon Truck Unload
Jessica Keane
Daisy Alter
Brian Gardner Hoashi

8pm Unclaimed Shares
Adrian Hayes

TUV HA'ARETZ CSA at the
Forest Hills Jewish Center

106-06 Queens Blvd.
Forest Hills, NY 11375
718-264-7000, ext 250 |
tuv@fhjc.org

- **Tuv Ha'aretz CSA:**
foresthilstuvcsa.com
- **Facebook:**
www.facebook.com/tuvFHJC
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- **Mountain View Farm:**
mountainviewfarmcsa.com
- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org

Planning on stocking up on vegetables from a farmstand or greenmarket or a Winter CSA program and want to make your share last into the late winter? Here are some ideas! You can either store your vegetables as fresh vegetables with the proper temperature and humidity, or you can freeze / can the vegetables to enjoy throughout the winter season.

Potatoes & Sweet Potatoes: Treat the tubers very gently so as not to bruise or cut them. Nestle your spuds into ventilated bins, bushel baskets, a root storage bin or a cardboard box with perforated sides. Completely cover the boxes or baskets with newspaper or cardboard to eliminate any light. Even a little light will cause potatoes to turn green and be rendered inedible. The ideal storage temperature for potatoes is 35° to 40°, though they will usually keep for several months at 45° to 50°. Don't store the ones that are nicked or have bad spots. Only store the good ones and use the damaged ones immediately, cutting out any bad spots. Don't wash them prior to storing, as they will get moldy. A basement seems to be the best place here in New York if there is an extremely cold winter – the garage can sometimes be TOO cold.

Garlic: The optimum long-term storage temperature for garlic is 35° to 40°. In warmer temperatures, garlic will begin to sprout. Dryness and complete darkness are essential. You can store them in a paper bag in the basement with your potatoes.

Fall Squash: You'll see best storage results when you stash squash in a cool, dry spot. For most winter squash, store at 50° to 55° with relative humidity of 60% to 70%. The one exception is acorn squash (which stores only for about a month), which should be kept at temperatures less than 55° (in the fridge). Higher temperatures cause the flesh to become stringy. Avoid storing squash in higher humidity, which can promote rot to start. Check stored squash monthly to identify and use up any fruit that shows sign of decay.

Carrots and Beets: For refrigerator storage, lie similar-sized, same-variety vegetables in a single layer in gallon freezer bags. Remove as much air as possible before sealing each bag. Stack bags flat on a shelf or in a drawer in the refrigerator. Check monthly for decay and use those first. Beets will stay hard and sweet for five months or more; carrots should last almost as long. Should there be fine root hairs or a little decay, simply peel this off; the root itself will be fine. Carrots and beets can be shredded raw into salads, or can be parboiled, added to soups or stews, or roasted.

A second technique is to store these crops in moist sand. Prepare the carrots or beets as above. Moisten clean sand in a large container or wheelbarrow. The vegetables can be stored in a tub, wooden box, 5-gallon bucket, plastic-lined cardboard box, or a root storage bin. Start by placing several inches of moist sand on the bottom of the storage container. Lay vegetables on the sand in a single layer, close but not touching each other. Cover them completely with sand and continue layering until box or bin is full. Top with a layer of moist sand. Container will be heavy when full, so plan accordingly. Remove the stored vegetables as needed.

Turnips, Korean Moo, Daikon: These can all be store just like carrots, with a little more moisture (fewer holes in the bag or wetter sand).

Cabbage: Cabbage can be stored, like potatoes and garlic, at about 35° to 40 with 90% humidity. You want to be careful where you store cabbage because it emits ethylene gas that can hasten the ripening of other fruits and vegetables in close proximity. Therefore, store these heads upside down in a cardboard box or another enclosed box with ventilation but relatively high humidity, away from other storage vegetables and fruits (especially apples). When you use it, just peel back the rotting layers on the outside and the tight inside head will be perfectly fine and sweet!

Apples: Store apples in a ventilated plastic bag, preferably in the produce, or humidified

drawer of your refrigerator, works best. If you are storing apples in large amounts in a basement or garage, cover the box or basket with a clean heavy damp cloth to prevent shriveling. The old saying “one bad apple spoils the whole bunch” is literally true, so always remove overripe fruit promptly. Boxed apples need to be kept in a cool, dark spot where they won't freeze. Freezing ruptures all of an apple's cells, turning it into one large bruise overnight.

Canning, freezing, or fermenting. Use the ideas below as a beginners guide to preserving your harvest. There are numerous recipe books and books on canning if you are interested in furthering your preserving.

You can basically can/jar most vegetables or make them into a soup to freeze. You can also blanch vegetables and freeze them in freezer bags. The possibilities are endless, so get creative this winter!

Pickled Spiced Carrots

3 lb fresh carrots
2 cups apple cider vinegar
2 cups water
2 cups granulated sugar
1 tsp whole allspice
1 tsp whole cloves
1 tsp ground cinnamon

Use tender, freshly picked carrots. Cut off leaves and stems, leaving about 1-inch of root end. Wash, rinse, and drain until all garden soil is removed. Use a small vegetable brush if needed.

Slice carrots into long matchsticks a little shorter than the length of the jars you are using (they will be packed vertically)

Place carrots in large heavy pan and cover with water. Bring just to a boil; reduce heat to medium, cover and cook until fork tender, approximately 10 minutes. Remove from heat and drain. Let carrots cool so you can safely handle them.

To Make Pickling Brine:

In a large saucepan over medium-high heat, add apple cider vinegar, water, sugar, whole allspice, whole cloves, and cinnamon; bring to a boil, stirring until sugar dissolves. Reduce heat and let the pickling brine simmer approximately 15 minutes. Remove from heat and strain spices out of the liquid (optional).

NOTE: Some people like to keep the spices in the liquid.

Canning the Carrots:

Have clean pint-sized sterilized canning jars ready to use. Prepare two-piece lids / rings according to package instructions.

Pack trimmed carrots into the hot canning jars, leaving 1/2-inch head space. Carefully pour hot pickling brine into each jar, covering carrots completely, and allowing 1/4-inch headspace. Run a thin spatula through jars to remove air bubbles. Wipe jar rims with a damp paper towel. Add caps and bands. Place filled jars on a rack in a water bath canner. The tops of the jars should be covered with 1-inch of water. Process for 30 minutes in boiling water canner. Begin timing as soon as the water begins to boil.

Store jars in a cool, dark place and let set for 6-8 weeks before opening. Consume within 8 months.

Pickled Beets

Use 3 pounds fresh small whole beets (use similarly sized beets); small beets can be pickled whole. Larger beets can be sliced in 1/4-inch slices or diced. When cooking, boil them for about 25 to 30 minutes till fork-tender. Once cooled, you can

peel them; skins of cooked beets will slip right off. (It is wise to use a paper towel or to wear gloves to keep the beet juice from staining your hands.) Leave beets whole or slice them.

Continue with the same process as with carrots.

Sauerkraut

5 lb green cabbage, shredded
3 tbsp pickling salt
1 tbsp juniper berries
2 tsp caraway seeds
1 quart water, in a clean glass jar (as a weight)

In large mixing bowl, mix cabbage thoroughly with salt, juniper berries, and caraway seeds, using hands or tongs. If using your hands, make sure that they are very clean prior to mixing. Let stand for 10 minutes.

Pack cabbage mixture down into a large plastic food container. Top with a lid smaller than the opening of the container and place a glass jar filled with the quart of water on top of the lid. Place in cool area overnight (65° to 70° F). In a day, the cabbage should have given up enough liquid to be completely submerged. Use the jar as a weight to keep cabbage submerged and away from air.

Check cabbage every other day for 2 weeks and skim the surface of scum, if necessary. Let stand for 4 weeks.

Transfer to an airtight container and store in the refrigerator for up to 6 months.

11/20: WHAT'S IN THE BOX??

Carrots, Potatoes, Sweet Potatoes, Purple-top Turnips, Black Spanish Radish, Butternut Squash, Kale, Romanesco Cauliflower, Herbs, Green Cabbage, Red Cabbage, Leeks ...

Romanesco with Green Sauce

Deborah Madison | Serves 6-8
"Vegetable Literacy", myrecipes.com

6 to 8 baby heads romanesco; or 1 full-size head or 1 head cauliflower, broken into florets
1/2 cup coarsely chopped flat-leaf parsley leaves
1 tsp chopped fresh oregano
1 tsp chopped fresh thyme leaves
Zest of 1 large lemon
2 tbsp lemon juice
2 tbsp brined capers, rinsed and chopped
2 tbsp finely diced shallot (about 1 medium)
1 small garlic clove, minced
1/2 cup extra-virgin olive oil
Sea salt and pepper

Peel only toughest outer leaves from broccoli romanesco, leaving tender inner ones attached. Steam broccoli in a steamer basket over simmering water, covered, until tender to the core when pierced with a knife, 15 to 20 minutes.

Meanwhile, mix remaining ingredients, seasoning with salt and pepper to taste.

Spoon about half the green herb sauce over broccoli and turn gently to coat. Serve warm or at room temperature, with extra sauce on the side.

Make-ahead Tips:

Sauce, up to 1 day, chilled (add lemon juice at the last minute, or it will dull the sauce's color).

Romanescos may be steamed a few hours ahead; let sit, loosely covered, at room temp (if chilled overnight in a container, it gets sulfury smelling).

Take your pick-up box home – you can use it to store some vegetables. For carrots, turnips, parsnips and other root veggies, line a cardboard box with newspaper and a layer of clean sand or sawdust. Add a layer of veggies, another layer of newspaper and some more sand. Continue layering until box is full. Put the largest veggies on the bottom (they keep the longest) and eat your way through the smaller ones. Keep the box in a cool, dark place. Onions and apples should be wrapped individually in newspaper and stored out of the sunlight in a covered box. Apples prefer a little moisture, but be sure to keep onions nice and dry. (simplegoodandtasty.com)