

Wholesome Harvest CSA

Fort Atkinson, WI – veggies@wholesomeharvestcsa.com – www.wholesomeharvestcsa.com – Winter Issue 1

A few reminders...

- You will be taking multiple boxes home this week. This week's stack consists of 4 boxes. Please be ready to transport that amount accordingly.
- Each stack of boxes will be clearly defined. Please take 1 stack of boxes.
- Pay attention to which vegetables can store longer than others. Some of the vegetables in your share need to be used sooner than others.
- The tips listed below are not exhaustive and do not work the best for everyone. We highly recommend doing some research on your own for what will work the best for you.

What's in your share?

- * Purple Top Turnips
- * Daikon Radishes
- * Brussels Sprouts
 - * Beets
- * Pot o' Gold Squash
- * Butternut Squash
 - * Red Onions
- * Sweet Potatoes
- * Green Cabbage

General Storage Info

As you get ready to pick up your first delivery, we want to share some storage tips with you that can hopefully allow you to keep your storage vegetables for as long as possible. We have included some general tips below that can be used when storing any vegetable crop long term. Almost all vegetables want it just above freezing, but below forty degrees. Almost all vegetables need it very dry and dark. Use any veggies that may be nicked or bruised first. Go through your storage area once a week to determine which items may be showing signs of deterioration and use them first. Possible storage locations include a basement, cellar, or moderated garage. And remember, these are just general guidelines as storage techniques, vegetable makeup, spoilage rates, etc. are all different. We would highly recommend doing some personal research using cookbooks and the internet for some additional or more specific storage tips.

Specific Storage Tips

Purple Top Turnip (2 small-large turnips): Turnips will store for a long time, up to 3 to 5 months. They store best if the greens are removed right away otherwise they will suck the moisture from the turnip root, leading to potentially faster spoilage (we did that for you already). The turnip root should be stored in a cool, moist, and dark location, specifically in single layers.

Daikon Radish (4 medium-large radishes): Daikon radishes will store for up to four weeks if stored properly. They are best kept in a refrigerator where the temperature is much more constant.

Brussels Sprouts (4 medium-large stems): Brussels sprouts can store for several weeks. First, take the sprouts off the stalk, but leave all their outer leaves intact. Store the sprouts in the fridge in a bowl or unlidded storage container. The outer leaves will begin to wilt first (which is okay) as the inner leaves will stay intact. Remove the outer leaves before cooking.

Beets (10-12 small-large beets): Beets should have their greens removed first to avoid the loss of moisture (we did this already). Do not wash beets before storing. Fresh beets can be bagged (take as much air as possible out) or put in a plastic container and placed in the refrigerator. They can last for about 1.5-2.5 weeks like this. A longer term storage technique is either canning or freezing beets. They can keep several months like this.

Red Onions (9-10 medium-large onions): Onions should be stored in a cool, dry, and dark place. They need to be well ventilated so do not put in a bag or container. A perforated bowl with a raised base is the best option so air can circulate around the whole onion. Do not store near potatoes (sweet potatoes are okay normally). Check for spoilage regularly and use those first. Cut any onion with a spoiled spot before throwing as much of the onion may still be usable.

Green Cabbage (3 large heads of cabbage): Cabbage can keep for several weeks if stored properly. One of the best ways to store cabbage is to keep it wrapped or covered in the refrigerator. It would be best to keep it in a sealed container but wrapping it in some sort of plastic wrap or Ziploc bag is fine too. Cabbage is definitely one of the crops you want to keep checking for signs of spoilage. Do not wash again until ready to eat!

Sweet Potatoes (5-6 pounds): Sweet potatoes can keep for weeks to months under good conditions. Don't suffocate sweet potatoes in a plastic bag. They are best stored at a temperature below 50 degrees. You can store them at warmer temperatures but the warmer the temperature, the less days they will store and the quicker they will sprout. Total darkness is also a key to storing any type of potato. One key difference between storing regular potatoes and sweet potatoes is the dirt. Dirt on the sweet potatoes is a good thing and should be kept on the sweet potato for as long as possible (that's why they arrive to you with dirt still on them...keep it on them for longer storage!).

General Squash Storage

Butternut Squash (2 squash)

Pot 'o Gold Squash (5 squash) – A variety of squash similar in size and look to carnival squash.

All winter squash stores in practically the same way. Winter squash needs temperatures right around fifty degrees. Temperatures lower than that sometimes can cause the squash to become stringy. They also do best in dark and moderately dry storage places. Squash will keep for three months or more if kept well.

Winter squash can also be frozen. Cook until soft in boiling water, in steam, in a pressure cooker or in an oven. Remove pulp from rind and mash. To cool, place pan containing squash in cold water and stir occasionally. Package leaving ½-inch headspace, seal and freeze (check out the internet and/or cookbooks for more squash freezing techniques).