

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 3 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?

- * Carrots
- * Red OR Yellow Potatoes
- * Onions
- * Green Cabbage
- * Squash Variety (possibility)

General Storage Info

As you get ready to pick up your second, and last, delivery, we want to remind you of 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

Carrots (~ 5 lbs. carrots): Carrots are similar to beets in storage techniques. Carrots should have their green tops removed first to avoid the loss of moisture (we did that for you already). Do not wash carrots before storing. Fresh carrots can be bagged (take as much air as possible out) or put in a plastic container and placed in the refrigerator. They can store for 1-2 weeks like this. A longer term storage technique would be freezing or canning carrots. They can keep several months like this. Do not store by potatoes.

Potatoes (~ 25 lbs. red OR yellow potatoes): Potatoes should keep for months under good conditions. Remember potatoes are a living breathing seed. They are just biding their time waiting to sprout. Don't suffocate potatoes in a plastic bag. They are best stored at a temperature of 38 – 40 degrees, any colder and they may blacken when cooked. 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 potatoes. Do not store near onions.

Yellow Onions (~8-10 lbs. yellow 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 (~10-12 lbs. 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!

Squash Variety (1 acorn OR carnival squash – possibility only): 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).