

HOW TO MAXIMIZE YOUR HARVEST

STORE

Refrigerate Immediately

Asparagus	Wrap stalks in damp towel, then bag
Beets	Cut off green tops store separately
Bell Peppers	Store in plastic bag
Broccoli	Store in open bag in crisper
Brussels Sprouts	Store in plastic bag
Cabbage	Store in perforated bag in crisper
Carrots	Remove greens, store in plastic bag
Cauliflower	Store in open bag in crisper
Celery	Store in plastic bag in crisper
Corn	Keep Husks on until ready to cook. Eat ASAP
Cucumber	Store in plastic bag
Eggplant	Store in plastic bag
Green Beans	Air tight bag or container
Green Onions	Store in plastic bag
Kale	Store in perforated bag in crisper
Leeks	Store in loosely closed plastic bag
Lettuce	Store in perforated bag in crisper
Mushrooms	Store in PAPER bag
Peas	Store in perforated bag
Radish	Remove greens, store in plastic bag
Spinach	Store in perforated bag in crisper
Turnips	Store in plastic bag
Zucchini	Store in plastic bag

Ripen Prior to Refrigerating

Avocados	Place in Paper bag for faster ripening
Tomatoes	Keep out of direct sunlight

Yes we know these are technically fruits, but most people treat them as vegetables for cooking purposes.

DO NOT Refrigerate

Garlic	Store in a dry well ventilated space
Onions*	Store in a cool dry place. Keep Away from Potatoes
Potatoes	Store in a dark cool, dry place Keep away from Onions
Shallots*	Store in a dry well ventilated space
Sweet Potatoes	Keep away from heat & light
Winter Squash (acorn, butternut squash & pumpkin)	Store in a cool dry place

**Onions and shallots keep best when stored between 45° and 55° F. Refrigerate if warmer than that.*

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PRESERVE

Preserving Your Share

There will be times throughout the season that you'll be overwhelmed with a few items you just can't eat fast enough or have run out of creative ways of preparing. When that happens, preserve it. Whether you want to preserve a veggie because you can't stand another bite of it, or because you want to save some to enjoy after the season is over, preserving is easy and can be fun.

Ferment or Pickle

- ✓ Fermenting using fresh vegetables pounded with sea salt releases natural lactic acid to sour and preserve veggies. This process not only extends the life of your veggies, but also increases nutritional value and transforms them deliciously
- ✓ You can ferment or pickle almost any hearty vegetable: green beans, cucumbers, cabbage, eggplant, all root veggies, garlic, onion, peppers, asparagus, okra, cauliflower etc.
- ✓ No special equipment is required except a clean mason jar and a wooden spoon.
- ✓ Use your own blend of spices and herbs to create unique flavors
- ✓ Salsa, chutneys and relish can all be creative ways to combine veggies
- ✓ Pickles can be eaten after a few weeks or preserved for months, even years.

Freeze

- ✓ Corn husked and cut off the cob can be frozen in plastic freezer bags, although they will lose a lot of flavor
- ✓ Broccoli, cauliflower and spinach can be frozen after blanching and squeezing out excess water
- ✓ Green peas and fresh beans can be frozen shucked
- ✓ Grate summer squash in pre-measured quantities for bread throughout the winter
- ✓ Mash or puree cooked winter squash or pumpkin to be saved for soups or pies.
- ✓ To reduce the amount of moisture built up in a freezer bag, squeeze and suck out the excess air before sealing. Use within 6 months.

Make Sauce

- ✓ This takes more work since you need to make sure you follow proper directions for canning to prevent botulism.
- ✓ Mason jars, tongs and a pot large enough to sterilize jars are required
- ✓ Making sauce is the best way to preserve tomatoes at the peak of season
- ✓ Jars of sauce do not need refrigeration but should be consumed within a year.

Dry

- ✓ Herbs and chili peppers can be easily hung in a dry cool place with good air circulation or on newspaper in the sun.
- ✓ Dry beans are also a nice winter treat, although they are usually dried on the vine

Marinate

- ✓ Hearty greens such as collards and kale can be chopped finely and marinated with spices and olive oil, but should be consumed within a week.
- ✓ Charred peppers or eggplant can also be marinated in oil and spices.
- ✓ Fresh herbs make lovely infused oils for cooking and seasoning, you can also use chili peppers and garlic.
- ✓ You can also use herbs to make flavored vinegars