



NV Ranch

CSA Share Notes

WEEK FIVE

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THIS WEEK'S HARVEST

Each produce share this week contains some of the following items in quantities according to share size (not all shares contain all items):

- Spinach
- Cabbage
- Kale
- Yellow Squash
- Green Zucchini
- Tomatoes
- New Potatoes
- Radishes

HOW TO STORE YOUR HARVEST

- Rinse leafy greens in cool water and dry on a paper towel or in a salad spinner. Wrap leaves tightly in a plastic bag and store in the crisper drawer of your refrigerator. If greens get slightly wilted, put them in a sink full of cold water for about 30 minutes to bring them back to their crispy selves. Greens should keep for several days.

- Store cabbage wrapped in plastic wrap in the crisper drawer of the refrigerator. If you need to store a partial head of cabbage, cover it tightly with plastic wrap and refrigerate. Once the cabbage has been cut, you should use the remainder within a couple of days for maximum nutritional content.

- Store kale washed in cold water to remove all the sand and dirt and wrapped in paper towels in a plastic bag in the coldest part of the refrigerator. Kale will stay fresh up to 7 days.

- Summer squashes should be stored in a dry plastic bag in the crisper drawer of the refrigerator. Do not wash them until you are ready to prepare. They should store for up to a week in the fridge but are at their best if used within 3 to 5 days

- Store tomatoes in a cool place (around 55 degrees), but do not place in the refrigerator. Refrigeration causes tomatoes to lose their flavor. Store cut tomatoes in the fridge to avoid spoilage.

- Store new potatoes in a cool, dark place with ventilation. Aim for 45-50 degrees F (but preferably not in the fridge); any warmer and the potatoes may sprout and shrivel. Light causes new potatoes to turn green, which imparts a bitter taste and can be dangerous in large quantities. You can store an apple with potatoes to help prevent it from sprouting. New potatoes have their most nutritional value if eaten within a week.

- Both the leafy tops and the root bottoms of radishes are good for eating. Cook the tops like other greens or mix into your salads. Bottoms are usually eaten raw. Don't clean the radishes until you are ready to eat them. To store longer than a day or two, cut the leafy tops off and wrap in a damp towel in our crisper drawer. Stored this way the root bottoms will last around 5 days. If they go a little soft or you want them extra crisp, give them a fresh trim and soak them in ice water for about an hour; they'll crisp right up!

ABOUT NEW POTATOES

Unless you are buying new potatoes directly from a grower or farmer you are not getting new potatoes. You can buy baby reds in the grocery store, but these have been through the hardening off process needed for storage and long distance travel. They are good, but still not the same as a new potato.

A new potato has a much more balanced nutritional value, which includes protein - unusual with a vegetable. The skin is the most nutritious and flavorful part. This is where the protein and vitamins are.

GARDEN VEGGIE BEEF STEW WITH DUMPLINGS

Karin makes this recipe using our beef soup bones and usually anything harvested from the garden. You can add or subtract ingredients according to what you have on hand (we added peas last week). Our kids have yet to figure out there is cabbage in the recipe. ☺

- 2 large soup bones
- 1 yellow squash, quartered and sliced
- ½ head cabbage, chopped finely
- 3 large carrots, chopped
- 3 green onions, chopped
- 1 quart new potatoes, whole (cut large potatoes in quarters)
- 1 T each oregano, basil, thyme and cracked pepper
- 2 cloves garlic, minced
- 2 t kosher salt
- 1 C flour
- 6 C water (approximately)

- 2 C baking mix (like Bisquik)
- 1 C water (approximately)

Place the soup bones in the bottom of a crock pot and cover with the flour. Top with the next nine ingredients, adding the water last. The water should come just barely to the top of the veggies. Set cooker to 6 hours on high or 10 hours on low. One hour before the end of cooking cycle, remove the soup bones to slice the meat and discard bones (the dogs love 'em). Return meat to pot and stir. Combine baking mix and enough water in a bowl until it forms a thick dough. Drop dough by large spoonfuls across the top of the stew, cover and finish the cooking cycle. The dumplings are done when they are firm to the touch. Allow stew to cool slightly with cover off and serve. Serves 6.