



NV Ranch

CSA Share Notes

WEEK SEVEN

CONTENTS

This Week's Harvest.....

How To Store Your Harvest.....

About Cilantro.....

Salsa Fresca.....

What's Growing.....

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):

- Cucumbers
- Cabbage
- Summer Squashes
- Tomatoes
- Sweet Onions
- New Potatoes
- Cilantro
- Sweet Banana Peppers
- Radishes

HOW TO STORE YOUR HARVEST

- Store cucumbers unwashed in the refrigerator crisper, where the higher humidity will help keep them crisp. Use them within a week or so or wrap tightly in plastic wrap (which helps seal in moisture) to keep them longer.
- 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.
- 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 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.

- Store sweet onions in a single layer in a cool dark place or in the crisper drawer on paper towels; for longer storage, wrap in foil. Keep them away from potatoes, since they absorb moisture. Generally sweet onions will keep for six weeks or longer.

- Store banana peppers unwashed in a plastic bag in the crisper of your refrigerator. They should stay fresh this way for at least a week.

- For maximum storage life, place the stem ends of cilantro in a glass jar partially full of water with a plastic sandwich bag placed loosely over the tops. Store cilantro in the fridge. If the water looks a little discolored after a few days, simply replace the water.

ABOUT CILANTRO

Cilantro is the leafy green part of the coriander plant. Popular in Hispanic cooking, cilantro is a very versatile herb. It has a strong taste (sort of a mix of parsley and citrus) that complements everything from fish to any fresh veggie mix and is particularly useful in salsa.

SALSA FRESCA

This is a great salsa that doesn't require cooking and can be served with just about anything. For chunkier salsa, chop ingredients larger. For a finer texture, dice finely.

For every 3 to 4 cups of salsa desired use:

- 3 tomatoes, stem end removed, diced
- 3 sweet banana peppers, stems and seeds removed, diced
- ½ onion, diced
- ½ C chopped cilantro
- Juice of one lime (or about 2 tablespoons bottled)
- Salt to taste

Combine all the ingredients in a bowl and then taste. For a little more spice, gradually add some of the pepper seeds. For less spice, add some more tomatoes. Let the mixture sit for about an hour for the flavors to combine (if you can wait that long!).

WHAT'S GROWING

We are picking the very first few beans right now so we hope to have plenty ready for everyone soon. The corn is teasing us a bit, but we're keeping our fingers crossed we'll have it in the next week. Most of the heirloom tomato plants are loaded down with fruit and we are just waiting for them to be ready, along with the bell peppers. And we are watching the summer melons grow and can't wait to share them!