



# NV Ranch

CSA Share Notes

WEEK SIX

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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):

- Broccoli
- Cucumbers
- Cabbage
- Summer Squashes
- Tomatoes
- Sweet Onions
- New Potatoes

## HOW TO STORE YOUR HARVEST

- Store broccoli unwashed, in an open plastic bag and place in the crisper drawer of refrigerator. It is best if used within a few days.

- 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 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. New potatoes have their most nutritional value if eaten within a week.

- 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.

## ABOUT BROCCOLI

Broccoli is a member of the cabbage family that has been around for more than 2000 years. The name "broccoli" comes from the Latin word brachium, which means "branch," or "arm." Broccoli is a good source of Vitamin A, and vitamin C, potassium, iron and fiber and contains as much calcium, ounce for ounce, as a glass of milk.

## BROCCOLI SALAD

Chilling this salad makes it extra refreshing on a very hot day.

- 1/3 cup crumbled feta cheese
- 1/4 cup nonfat plain yogurt
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- 1/4 teaspoon freshly ground pepper
- 2 C broccoli crowns, trimmed and finely chopped
- 1 C chopped cucumber
- 1 7-ounce can chickpeas, rinsed
- 1/2 cup chopped red bell pepper

Whisk yogurt, lemon juice, garlic and pepper in a medium bowl until combined. Add cheese, broccoli, cucumber, chickpeas and bell pepper; toss to coat. Serve at room temperature or chilled.

## WHAT'S GROWING

Right now we are waiting with baited breath as the green beans continue to inch toward readiness. And, lo and behold, we are seeing the first ears of corn waving their silk at us. Summer is definitely here!