

## 2011 Fall & Winter Storage Share

# Hillside Prairie Gardens



### IN YOUR SHARE

**Cabbage** – 1 head

**Carrots** – 5(+) lbs

**Garlic** – 1 lb

**Greens** [kale, baby spinach, beet greens] – ½ lb

**Herbs** [oregano, parsley, sage, thyme] – 1 bunch of each kind

**Mixed Roots** [beets, kohlrabi, radishes, turnips] – 12 lbs

**Onions** – 5 lbs

**Pie Pumpkin** – 1 pumpkin

**Potatoes** – 12 lbs

**Sweet Potatoes** – 3 lbs

**Winter Squash** – 5 - 7 squash

### STORING THE HARVEST

**Storage Tips** – Sort as you eat, and check on your produce once a week or so; especially if you're storing any of it in a non-heated space (i.e., a garage or porch), you'll want to monitor the temperature.

Remember, one bad item can spoil the lot; so if you discover something going soft, remove and use first. Use a knife to cut out any bad spots. If you find you can't keep up with one or more of the items, simply prepare and freeze (see quick freezing instructions below).

Items we recommend keeping in the refrigerator in a plastic bag or container with a few breathing holes are the **roots**, **greens**, **carrots**, and **cabbage**. **Herbs**, if not used fresh within the first few days, can be dried by hanging upside down in a cool, dry place, out of direct sunlight. In general, all other items should be kept somewhere cool and dry; **potatoes**, **sweet potatoes**, **onions**, and **garlic** also like it dark.

Ideal storage temp. (out of fridge) is somewhere between 50° and 55°. Ventilation is usually a good thing to keep in mind as well.

**Freezing basics** – you can either freeze by the batch (i.e., soups) [think meal-size portions – yogurt containers work well for this] or freeze just the vegetables by themselves in freezer bags as follows:

**Beets**: boil with skins on until tender; drain, cool, and peel.

**Carrots**: slice; blanch for 2 mins.; drain and cool.

**Greens**: roughly chop (center rib removed on kale); blanch 2-3 mins.; drain, squeeze out excess water, and cool.

**Winter Squash**: cut in half and scoop out seeds; roast face down at 400° until tender; let cool, then scrape out flesh.

Please feel free to contact us with questions or comments:

info@prairiegrown.com

Thanks for your support!