

## 2012 Fall & Winter Storage Share



# Hillside Prairie Gardens

### IN YOUR SHARE

**Carrots** – 10 lbs

**Garlic** – 1 lb (7 - 9 bulbs)

**Greens** [kale, spinach, turnip] –  
1 ½ lbs

**Herbs** [oregano, sage, thyme,  
fennel (already dried)] – 1 bunch

**Mixed Roots** [beets, parsnips,  
sweet baby turnips] – 8 lbs

**Onions** [red + yellow] – 10 lbs

**Potatoes** – 15 lbs

**Sweet Potatoes** – 7 lbs

**Winter Squash / Pumpkins** –  
15+ lbs (6 - 8 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.

You'll notice your items are not quite as clean as usual. This is because they will keep longer with the dirt left on – after all, they've spent most of their lives underground where the storing conditions are perfect.

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 **carrots + other roots** and **greens**.

**Herbs**, if not used fresh, 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 prefer darkness.

Ideal storage temp. (out of fridge) is somewhere between 50° and 55°. Ventilation and humidity are generally good things 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 and purée.

Please feel free to contact us with questions or comments:

<http://hillsideprairiegardens.com/contact>

Thanks for your support!

**Authentic Food for our Local Community**

Organically raised at 47057 220<sup>th</sup> St. Brookings, SD [www.prairiegrown.com](http://www.prairiegrown.com)