



**General Information on Ripley Farm's Vegetables:
Availability, Storage, and Preparation
Updated for the 2013 CSA Season**

ACORN SQUASH

- *Availability:* September-March
- *Storage tips:* Winter Squash wants to be between 55-65 degrees. It stores best in a cool dry room in your house and should last at least into November and can last much longer depending on conditions.
- *How to eat:* Basic winter squash preparation includes roasting. Heat oven to 350 degrees, cut squash in half, scoop out seeds and place face down on baking sheet or dish. Add ½ inch of water to the pan and roast for 45 minutes or until a fork pierces easily through the skin. We enjoy using winter squash in soups and Acorns are especially good for stuffing.

ARUGULA

- *Availability:* July-October
- *Storage tips:* Refrigerate in a plastic bag. It should last at least a week.
- *How to eat:* Arugula is great chopped up in a salad with lettuce and a simple dressing. It is also good very lightly steamed as a bed for fish or meat.

BASIL

- *Availability:* August-September
- *Storage tips:* Refrigerate in a plastic bag. It should last at least a week.
- *How to eat:* Basil is a wonderful herb that can be minced and added to salads, used to make pesto, or as a topping to pasta or pizza. Basil is best used very fresh.

BEANS

- *Availability:* August-September
- *Storage tips:* Refrigerate in a plastic bag. They should last at least a week and usually up to two.
- *How to eat:* Very fresh beans are exquisite steamed until tender and served with butter. To steam, snap off tops and place in a pan with one inch of water in the bottom. Bring to a boil and steam for 5-10 minutes until tender. Beans can also be eaten raw as a snack, put into soups, or salads.

BEETS

- *Availability:* July-March
- *Storage tips:* Refrigerate in a plastic bag. Beets with tops can be stored for at least a week. If you wish to store the roots longer, chop off the tops and put the beets into a plastic bag and store in the fridge. Topped beets should last months in cold storage.
- *How to eat:* Basic beet preparation includes boiling, steaming, and roasting. We have several lovely recipes for beets here on our website.

BEE GREENS

- *Availability:* July
- *Storage tips:* Refrigerate in a plastic bag. Beet Greens should last at least a week.
- *How to eat:* Beet greens are the baby beet plants before they mature to full sized roots and are eaten whole: root, stem and leaf. They need to be washed very thoroughly as they harbor small bits of grit in and around the baby roots. Beet greens are best steamed in a very little amount of water or in a steamer basket. Steam them whole or chopped for 5-10 minutes until tender. Top with butter, salt, pepper, and a splash of vinegar.

BROCCOLI

- *Availability:* September-October
- *Storage tips:* Refrigerate in a plastic bag. Broccoli should last at least a week.
- *How to eat:* Broccoli can be steamed and topped with butter as well as stir-fried with excellent results. To steam, cut broccoli in to small flowerets and put into pan with one inch of water in the bottom. Bring to a boil and steam for 5-10 minutes until tender-crisp and bright green.

BUTTERCUP SQUASH

- *Availability:* September-December (possibly longer if supplies last)
- *Storage tips:* Winter Squash wants to be between 55-65 degrees. It stores best in a cool dry room in your house and should last at least into November and can last much longer depending on conditions.
- *How to eat:* Basic winter squash preparation includes roasting. Heat oven to 350 degrees, cut squash in half, scoop out seeds and place face down on baking sheet or dish. Add ½ inch of water to the pan and roast for 45 minutes or until a fork pierces easily through the skin. We enjoy using winter squash in soups and Buttercups are especially good for stuffing.

BUTTERNUT SQUASH

- *Availability:* September-December (possibly longer if supplies last)
- *Storage tips:* Winter Squash wants to be between 55-65 degrees. It stores best in a cool dry room in your house and should last at least into November and can last much longer depending on conditions.
- *How to eat:* Basic winter squash preparation includes roasting. Heat oven to 350 degrees, cut squash in half, scoop out seeds and place face down on baking sheet or dish. Add ½ inch of water to the pan and roast for 45 minutes or until a fork pierces easily through the skin. We enjoy using winter squash in soups and as a side dish.

CABBAGE

- *Availability:* September-October (we also may have some in storage for winter sales through March depending on the year)
- *Storage tips:* Refrigerate in the crisper drawer. Cabbage should last a few months in your fridge.
- *How to eat:* Cabbage is a versatile vegetable and can be boiled, stir-fried, eaten raw, or made into sauerkraut.

CARROTS

- *Availability:* July-March
- *Storage tips:* Refrigerate in a plastic bag. Carrots store very well in the fridge and should at least a month. If you want to store carrots from a bunch for a while, remove the tops before putting them in a bag. Fall grown storage carrots should last many months in cold storage.
- *How to eat:* Carrots are a wonderfully diverse vegetable. They can be steamed, used in stir-fries, roasted, sliced or grated and used in salads, or eaten raw as snacks. They're great for kids' lunches!

CELERIAC

- *Availability:* October-March
- *Storage tips:* Refrigerate in a plastic bag. Celeriac should store for at least a month.
- *How to eat:* Celeriac is also known as celery root. It's a root vegetable that tastes like celery and serves as a good substitute for celery. Its great prepared in a mash with other root vegetables or put into a winter soup. Roasting along with other root vegetables is also a great way to bring out celeriac's flavor.

CHARD, SWISS

- *Availability:* July-October
- *Storage tips:* Refrigerate in a plastic bag. Chard should store at least a week.
- *How to eat:* Chard is best used as a cooking green. Wash and cut out the midribs. To steam, place leaves in a steamer basket or in a pan with a little bit of water in the bottom and steam until tender. Top with butter and a splash of balsamic vinegar.

CHINESE CABBAGE

- *Availability:* September-October
- *Storage tips:* Refrigerate in the crisper drawer in a plastic bag. Chinese cabbage should last at least a month in your fridge.
- *How to eat:* Chinese cabbage is great for Chinese stir-fries, soups, and for making sauerkraut or Korean kimchee.

CHINESE LEAF CABBAGE

- *Availability:* July

- *Storage tips:* Refrigerate in the crisper drawer in a plastic bag. Chinese leaf cabbage should last at least a week in your fridge.
- *How to eat:* This is a leaf type of Chinese cabbage and is very tender and great in salads or very light cooking. The flavor is light and excellent. Also try it in Chinese stir-fries, soups, and for making sauerkraut or Korean kimchee.

CILANTRO

- *Availability:* August-October
- *Storage tips:* Refrigerate in a plastic bag. Cilantro should store at least a week.
- *How to eat:* Cilantro is a great fresh herb. It can be used in salads, in salsas, or as a topping to fish. It is used often in Mexican and Indian foods.

CUCUMBERS

- *Availability:* August-September
- *Storage tips:* Refrigerate in a plastic bag. Cucumbers should store at least a week.
- *How to eat:* Cucumbers are most often eaten raw in salads and are good snacks in school lunches or with a dip.

DAIKON RADISH

- *Availability:* September-October (often we have this vegetable available through to March as it stores well in the root cellar)
- *Storage tips:* Refrigerate in a plastic bag. Daikon stores well and should last at least a month.
- *How to eat:* Daikon radishes are a tasty vegetable most often used in parts of Asia. They can be used in stir-fries, raw in salads or when making Korean Kimchee.

DELICATA SQUASH

- *Availability:* September-December (possibly longer if supplies last)
- *Storage tips:* Winter Squash wants to be between 55-65 degrees. It stores best in a cool dry room in your house and should last at least into November and can last much longer depending on conditions.
- *How to eat:* Basic winter squash preparation includes roasting. Heat oven to 350 degrees, cut squash in half, scoop out seeds and place face down on baking sheet or dish. Add ½ inch of water to the pan and roast for 45 minutes or until a fork pierces easily through the skin. We enjoy using winter squash in soups and as a side dish.

FENNEL

- *Availability:* August
- *Storage tips:* Store in the refrigerator in a plastic bag. Use the fronds quickly (less than a week) or remove them from the bulb which will store much longer (2 weeks or so).
- *How to eat:* GFennel is a wonderfully pungent vegetable/herb. The fronds as well as the bulb are edible and we love it grated into a raw salad. Also try fennel in cooked dishes with chicken or other meats, in combination with apples, or with other vegetables in a stir fry.

GARLIC

- *Availability:* August-January
- *Storage tips:* Store temporarily at room temperature. For long term storage, store below 40 degrees in a dry place. In the fridge will work, but do not put in a plastic bag because they won't be able to breathe.
- *How to eat:* Garlic is great minced in stir-fries, in mashed potatoes, on pizza, used with butter on bread, in salad dressings, and roasted with root vegetables.

GARLIC SCAPES

- *Availability:* Early July
- *Storage tips:* Garlic scapes store excellently in the refrigerator in a plastic bag for at least a month.
- *How to eat:* Garlic scapes are the fresh green flowering tops of hard necked garlic. These are an early summer treat and can be used much like garlic. They're great minced in stir-fries, in mashed potatoes, on pizza, and in salad dressings. You can also make a garlic scape pesto.

HOT PEPPERS

- *Availability:* August-September
- *Storage tips:* Hot peppers are best stored at room temperature.
- *How to eat:* Hot peppers can be very hot. It is best to use plastic gloves when mincing up fresh hot peppers, as they can be irritating to your skin and eyes. They're great in stir-fries, Asian and Indian cuisine, salsas, and more. Most often a little bit goes a long way.

KALE

- *Availability:* July-October
- *Storage tips:* Refrigerate in a plastic bag. Kale will last at least a week stored this way.
- *How to eat:* Kale is best used as a cooking green. Remove the midribs and steam in one inch of water until tender (about 10 minutes) and topped with butter is the most basic preparation. Kale is also excellent in stir-fries, soups, and stews.

KOHLRABI

- *Availability:* July-March
- *Storage tips:* Refrigerate in a plastic bag. Kohlrabi will last at least 2-3 weeks stored this way. The larger storage type will last months in cold storage
- *How to eat:* Kohlrabi is a great crunchy sweet vegetable in the cabbage family. It is great eaten raw with a dip or grated into a coleslaw type salad. We also cook it in butter until tender as well as put it into soups with other root vegetables.

LEEKs

- *Availability:* July-October
- *Storage tips:* Refrigerate in a plastic bag for at least a week.

- *How to eat:* Make sure to wash your leeks to remove any dirt trapped in them: remove the roots and trip off the green leaves on the top. Slice lengthwise halfway through and rinse under running water. Then slice for your recipe. Leeks can be stir-fried, braised, or used in soups and casseroles.

LETTUCE

- *Availability:* July-October
- *Storage tips:* Refrigerate in a loosely wrapped plastic bag. Lettuce should store at least a week.
- *How to eat:* Lettuce is the staple to a fresh salad. Wash leaves well, drain, chop and toss with a dressing and other raw veggies.

MESCLUN (BABY SALAD MIX)

- *Availability:* July-October
- *Storage tips:* Refrigerate in a plastic bag for at least a week.
- *How to eat:* Mesclun, or literally mixture in French, is a diverse collection of baby lettuces, mustards, and other greens. It is a ready to eat salad; just dress and serve.

ONIONS, FRESH (AND SCALLIONS)

- *Availability:* July-August
- *Storage tips:* Refrigerate in a plastic bag for at least one week.
- *How to eat:* Fresh onions are a real treat in the summer! Use the green tops as you do scallions and the bulbs either fresh in salads or in a variety of cooked dishes.

ONIONS

- *Availability:* September-March
- *Storage tips:* For short term storage (one or two weeks) of cured onions leave at room temperature, not in a plastic bag. For longer term storage, place in crisper drawer in the fridge.
- *How to eat:* We use onions every single day at our house! Onions can be stir-fried with other vegetables, caramelized, roasted, or used in a variety of cooked dishes.

PAC CHOI

- *Availability:* July
- *Storage tips:* Refrigerate in a plastic bag. Pac Choi should last at least a week.
- *How to eat:* Pac choy is a crunchy Asian green that's great in stir-fries. It can also be added to a miso or other Asian flavored soup.

PARSLEY

- *Availability:* August-November
- *Storage tips:* Refrigerate in a plastic bag. Parsley should last at least a week.
- *How to eat:* Parsley is an herb for all occasions. Chopped parsley can be added to salads, used to top soups or stews, or with meat and fish dishes.

PEAS (SNAP AND SNOW)

- *Availability:* July
- *Storage tips:* Refrigerate in a plastic bag for at least a week.
- *How to eat:* Both snap peas and snow peas are great as a snack in kids' lunches or with a dip. We also enjoy them in soups or in Asian stir-fries. Before biting into them make sure to snap off the tops and pull the strings off, as they are indigestible.

PEPPERS, GREEN AND RED

- *Availability:* September
- *Storage tips:* Peppers are best used when very fresh. Refrigerate or store at room temperature.
- *How to eat:* Chopped peppers are great snack foods or additions to kids' lunches. Peppers can also be roasted, stuffed, stir-fried, or added to soups.

POTATOES

- *Availability:* July (New) and September-March (Storage)
- *Storage tips:* Refrigerate in the crisper drawer for at least a few weeks.
- *How to eat:* Potatoes are a great all purpose vegetable. To boil potatoes, wash and place in a pan with water to cover. Bring to boil and boil 10-15 minutes or until a fork easily pierces through to the middle of the potato. Serve hot with melted butter.

RADISHES

- *Availability:* July and October
- *Storage tips:* Refrigerate in a plastic bag for at least a week.
- *How to eat:* Radishes are great chopped up in a salad or as a snack. They can also be used in an Asian inspired stir-fry.

RUTABAGA

- *Availability:* October-March
- *Storage tips:* Refrigerate in a plastic bag for at least a month.
- *How to eat:* Rutabagas are great winter storage vegetables whose flavor really gets good after a few hard frosts in the fall. Basic preparation involves chopping them, boiling them for 15-20 minutes or until soft, and mashing them with butter. They are also great roasted, in stews, or grated in salads.

SCALLIONS/GREEN ONIONS/SPRING ONIONS

- *Availability:* July
- *Storage tips:* Refrigerate in a plastic bag for at least one week.
- *How to eat:* Fresh scallions, or green onions, are a real treat in the summer! The whole plant is edible, and is great minced to top a soup or salad or to add to stir-fries.

SPINACH

- *Availability:* September-October
- *Storage tips:* Refrigerate in a plastic bag for at least a week.
- *How to eat:* Spinach can be eaten raw in salads or as a cooking green. Simple steaming is accomplished by rinsing the spinach well and placing into a pan. Do not add additional water and steam until tender; there will be enough water on the spinach from rinsing to accomplish this without the greens getting too soggy. Top with butter, salt, and pepper.

SWEET DUMPLING SQUASH

- *Availability:* September-December (possibly longer if supplies last)
- *Storage tips:* Winter Squash wants to be between 55-65 degrees. It stores best in a cool dry room in your house and should last at least into November and can last much longer depending on conditions.
- *How to eat:* Basic winter squash preparation includes roasting. Heat oven to 350 degrees, cut squash in half, scoop out seeds and place face down on baking sheet or dish. Add ½ inch of water to the pan and roast for 45 minutes or until a fork pierces easily through the skin. We enjoy using winter squash in soups and as a side dish.

TOMATOES

- *Availability:* August-September
- *Storage tips:* Refrigerate or store at room temperature.
- *How to eat:* Tomatoes are best eaten very fresh and have many uses. They can be sliced up and eaten raw, put into soups, salads, stews, casseroles, sauces, etc. We include a few of our favorite uses for fresh tomatoes here on the website.

TOMATOES, CHERRY

- *Availability:* August-September
- *Storage tips:* Refrigerate or store at room temperature.
- *How to eat:* Cherry tomatoes are wonderfully sweet snacks just popped right into your mouth out of the pint. They can also be used as a garnish on salads or in all of the ways you use regular tomatoes.

TURNIPS

- *Availability:* October-March
- *Storage tips:* Refrigerate in a plastic bag for at least a few weeks.
- *How to eat:* Turnips are a great winter storage vegetable. We like to boil and mash them with butter or use them in stews and soups.

TURNIPS, WHITE SALAD

- *Availability:* July-October

- *Storage tips:* Refrigerate in a plastic bag. The tops should last at least a week. Remove the tops from the roots and they should last a few weeks in a plastic bag in the fridge.
- *How to eat:* Salad Turnips are different from regular turnips. They are meant to be eaten raw or lightly cooked and have a tender texture and sweet taste which makes them great raw in salads or as snacks. The best way to cook them is to slice them and sauté them gently in butter for 10 minutes or until softened.

WATERMELON

- *Availability:* September
- *Storage tips:* Refrigerate or store at room temperature.
- *How to eat:* Watermelons are a yummy treat at the end of summer! Eat them by the slice or chop them up and make a fruit salad.

ZUCCHINI/SUMMER SQUASH

- *Availability:* August-September
- *Storage tips:* Refrigerate or store at room temperature (not in a plastic bag).
- *How to eat:* Summer Squashes and zucchini are best eaten at a small to medium stage and very fresh. The best way to cook them is to slice them on the round and sauté them gently in butter 5-10 minutes until soft and top with grated parmesan cheese and salt and pepper. They are also great raw with dips or put into vegetable soups. Zucchini can be grated to make zucchini bread, cookies, or cakes. Larger Zucchini can be stuffed.