

# Share

The weekly newsletter of Stone's Throw CSA  
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## Storing Produce

There is probably no single, correct way to store your produce. However, the following tips from Coleman Farms (<http://www.colemanfarms.com/other/using.html>) are straightforward and should work for most situations:

"Vegetables like chilled humidity, but they don't like water. Avoiding excess moisture on greens, especially thinner-leaved varieties such as cilantro, dandelion, arugula and the softer lettuces, will enable you to keep them fresh for a week or longer. Greens, including salads, should not be stored with droplets of water visible on their leaves. These droplets will encourage the growth of microorganisms which will degrade the produce, producing soft spots and eventually an unuseable product.

After having come from the market in a closed plastic bag, greens will often have moisture condense onto their leaves, especially if they go straight into the refrigerator. It is simple to avoid this. When you've got your produce into the kitchen, unpack it onto a worksurface and let it air. If it is really wet, as some of the looser lettuces sometimes are, shake it gently over the sink before airing. Produce tied in bundles - arugula, cilantro and dandelion, for example - should be untied and picked over. Excess moisture will evaporate in a few minutes; when the leaves look dry, you can move the produce into the refrigerator.

If you store produce in plastic bags, don't pack it in too tightly, and if possible place produce on a refrigerator shelf when it first goes into the refrigerator, unpacked or in bags with the bags open, until it has chilled. This will allow the air immediately surrounding the produce to attain the same temperature and relative humidity as the air in the refrigerator, avoiding another round of condensation. After the produce has chilled, you can put it into the produce drawers, if desired. Again, it's best to leave bags open and not to pack the drawers too tightly to allow some air circulation.

If after chilling there is much visible condensation on the inner surface of a bag, take the produce out, shake it if necessary, and put it in a fresh bag, or use the original, turned inside out."

## Farm updates

### Sweet Birch Farm

"When we stopped by distribution this week, it was so exciting: it finally looked like summer! Broccoli, cauliflower, beans, carrots, even the first few tomatoes from Silvermine." The summer squash and cucumbers from Sweet Birch Farm are still a week or so away, but they are looking good and are enjoying the warmer weather.

### Silvermine Farm

Martha Cole has discovered another use for one of the pests in her fields this year. "I found a bonus to the number of slugs, the turkeys love them!" Her interns have been gathering them from the crops to feed to the young turkeys at the farm.

Martha is donating a large bulletin board to be installed in the barn and used as a CSA Community Bulletin Board for news, recipes, information of interest to members. "Check it out, and feel free to use it to make connections with other CSA members."



*Left: The crew bunches carrots for distribution.*

*Below: Beautiful broccoli—don't forget the leaves can be eaten, too! Cook along with the florets or add the leaves to salad.*



# Recipes

## Selections from 101 Simple Salads for the Season

published July 21, 2009, in the New York Times:

- Chop or slice radishes (or jicama, or the ever-surprising kohlrabi) and combine with chopped or sliced unripe (i.e., still crunchy) mango, lime juice and mint or cilantro.
- Chop or slice jicama (or radishes or kohlrabi) and mango and mix with coconut milk, lime juice, curry powder and cilantro or mint.
- Mix cooked cannellini or other white beans, chopped cherry or grape tomatoes and arugula or baby spinach. Lightly toast sliced garlic in olive oil with rosemary and red pepper flakes; cool slightly, add lemon zest or juice or both, then pour over beans.
- Shred Napa cabbage and radishes. The dressing is roasted peanuts, lime juice, peanut or other oil, cilantro and fresh or dried chili, all whizzed in a blender. Deliciousness belies ease.
- Blanch spinach, then drain and shock in ice water. Squeeze it dry, chop it and toss it with toasted pine nuts, raisins, olive oil and a tiny bit of balsamic vinegar. Capers are good, too. Quite elegant, actually.



## Grilled Scallions Vinaigrette

Gourmet | July 2009

by Ian Knauer

*Epicurious.com posted the following recipe from Gourmet magazine. In an earlier variation, 1/2 lemon was squeezed over the scallions, in place of the vinaigrette and egg.*

Scallions are often treated more like a garnish than a vegetable, but they make an excellent side dish when grilled and tossed with a simple vinaigrette.

Yield: Makes 4 (side dish) servings

Active Time: 10 min

Total Time: 25 min

ingredients

3 bunches large scallions, trimmed

2 tablespoons extra-virgin olive oil, divided

1 tablespoon white-wine vinegar

1 teaspoon grainy mustard

1/4 teaspoon sugar

1 hard-boiled large egg, peeled and chopped

Prepare a gas grill for direct-heat cooking over medium heat.

Toss scallions with 1 tablespoon oil and 1/4 teaspoon each of salt and pepper.

Grill scallions, covered, turning occasionally, until wilted and tender, 6 to 8 minutes.

Whisk together remaining tablespoon oil, vinegar, mustard, and sugar in a large bowl.

Toss scallions with vinaigrette and season with salt and pepper. Serve warm or at room temperature, topped with egg.



## Oven-Roasted Cauliflower with Garlic, Olive Oil and Lemon Juice

Recipe courtesy Emeril Lagasse, 2003

5 to 6 cups cauliflower florets, about 1 1/2 inches in diameter (from 1 medium cauliflower)

1/4 cup extra-virgin olive oil

1 tablespoon sliced garlic

2 tablespoons lemon juice

1 teaspoon salt

1/2 teaspoon black pepper

2 tablespoons grated Parmesan

Chopped chives, for garnish

Preheat the oven to 500 degrees F.

Place the cauliflower florets in a large saute pan or a roasting pan. Drizzle the olive oil over the cauliflower, and season with the garlic, lemon juice, salt and pepper. Place the saute/roasting pan in the oven and cook for 15 minutes, stirring occasionally to ensure even roasting. Remove from the oven and sprinkle with the Parmesan. Garnish with chopped chives and serve immediately while still warm.

## Attention canners and picklers

With peak produce season upon us, we need your expertise. If you'd like to share your favorite techniques or recipes for our blog or newsletter, please contact Marla the Recipe Editor at [mwallace\\_5@charter.net](mailto:mwallace_5@charter.net).