



SEASONAL ROOTS

Dirt to Doorstep®

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HOW TO STORE FRESH LOCAL VEGETABLES & FRUITS

PART ONE in a 3-part series on making fresh taste and nutrition last!



When you eat fresh local produce, you're eating the most nutritious, delicious food you can get, picked at the peak of ripeness shortly before you receive it. True, it doesn't last forever. It's not like grocery store produce, which is usually grown far away, picked early for the lengthy trip, and then waxed and sprayed with preservatives so it will look beautiful and "fresh" for an unnaturally long period time. Fact is, grocery store produce looks great long after many of the nutrients inside have faded away. With local food, what you see is what you get. If it looks fresh, that's because it really is. The key is to handle and store it right. So...

1. Prioritize. Eat the produce with the shortest life span first, like berries or salad greens or green beans. Once they're eaten, the more long-lived produce will be waiting for you, with most of their nutrients still intact. So each week after your order arrives:

- Indulge in the **DIVAS** right away: Berries, broccoli, cherries, green beans, leafy greens, mushrooms, peaches and plums (if soft and ripe), peas, and sweet corn.
- Dive into the more moderate there-for-you **BESTIES** next — no rush, but don't wait forever: Cauliflower, cucumbers, eggplant, grapes, green onions, greens from root veggies, herbs, leeks, peppers, radishes, summer squashes, and tomatoes.
- Save the **LOW MAINTENANCE BROS** for last. Even you don't get them eaten during the week, they can actually kick back and last for a couple weeks, so long as they're in their happy place. These include: apples, Brussels sprouts, cabbage, garlic, onions, pears, potatoes, root veggies, and winter squashes.

2. Wait to wash, chop, and peel fresh produce until just before you use it.

3. Don't wait to refrigerate! For most fruits and veggies, a cold, dark place slows down decay and the loss of nutrients. There are exceptions — namely citrus and any fruit that could use some ripening, plus garlic, ginger, potatoes, onions, squashes, eggplant, and tomatoes.

The Veggie Fairy Blog explains the "whys" behind all this advice:
seasonalroots.com/blog/how-to-store-fresh-vegetables

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PASTA NIGHT BUNDLE

\$30

Got a busy night coming up next week? You can still enjoy a homemade meal that's good tasting and good for you, too, that you can whip up fast!

**roasted garlic fettucini
tomato basil sauce**

Bombolini Pasta
Richmond, Va.

**salad mix
bulb garlic**
Flores Farm
Hauge, Va.

heirloom tomatoes
Sion House Farm
Farnham, Va.

spring onions
Westmoreland Produce
Warsaw, Va.

BLT PASTA *Skip the bacon to go vegetarian***Ingredients:**

1 T salt
 10 oz BOMBOLINI pasta shells of your choice
 2 oz TIMBERWOOD FARM bacon, cut into half-inch pieces
 1 T extra virgin olive oil
 1 lb SION HOUSE FARM tomatoes, chopped (about 3 c)
 5 oz FLORES FARM dandelion greens or rainbow chard, coarsely chopped
 freshly ground black pepper plus additional salt, to taste
 1 oz CURDS & WHEY fresh mozzarella cheese, grated

Directions:

1. Fill a large saucepan with water, add 1 T salt, and bring to a boil. Add pasta and cook 10 minutes or until al dente. Drain in a colander over a bowl, reserving 1 c pasta cooking liquid.
2. Place bacon and olive oil in a 12-inch skillet over medium-low. Cook 8 min or until bacon is crisp, stirring occasionally. Remove bacon from pan. Do not wipe out pan.
3. Reheat pan over medium heat. Add tomatoes, cook 5 min or until tender and almost melting, scraping pan to loosen browned bits. Stir in half the cooked bacon.
4. Increase heat to medium-high. Add pasta to pan; toss to coat. Add ½ c reserved pasta cooking liquid and greens, stirring until greens wilt. Add ¼ to ½ c reserved pasta cooking liquid to pan as needed to loosen sauce. Divide pasta mixture among 4 shallow bowls. Salt and pepper to taste and top evenly with cheese and remaining half of bacon.

**GRILLED ONIONS WITH FRESH HERBS**

You can also do this in a 400-degree oven

Ingredients:

4 large OSO SWEET onions
 4 t beef bouillon granules (optional)
 1½ t fresh FLORES FARM herbs
 (such as oregano, sage, garlic chives), minced
 ¼ t each salt & pepper
 4 T TRICKLING SPRINGS CREAMERY grassfed butter
 4 t white wine or beef broth, optional

Directions:

1. Heat grill. Peel onions, leaving root ends intact. Cut a thin slice from the top of each, then carefully cut a 1" hole in the center. Cut each onion into quarters, cutting to within a half inch of the bottom. Place each onion on a double thickness of heavy-duty foil (about 12" square).
2. Sprinkle bouillon, herbs, salt, and pepper into centers and top with butter. If desired, drizzle with wine or broth. Fold foil around onions. Seal tightly.
3. Grill onions, covered, over indirect medium heat until tender, 35-40 min. Open foil carefully to allow steam to escape.



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TIPS & HACKS**QC produce before storing it**

Do a bit of quality control before you store your food.

If there's one mushy or moldy item in with others, toss it right away – and request a replacement if you need one; we'll be glad to take care of it! A mushy item is a bad influence, and will lead everything that hangs out with it down the road to ruin.

For info on how to get a replacement, go to "Quality Control" at seasonalroots.com/faq.

DID YOU KNOW... When you're bagging fresh produce to store it, if you cram too many into a plastic bag it may spoil more quickly?! More moisture builds up, more bruising happens, and pretty soon it's curtains. So make sure produce has room to "breathe" if it's stored in a plastic bag.