



# SEASONAL ROOTS

Dirt to Doorstep®

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## THE MYSTERY OF THE CRISPER DRAWERS!

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



The typical crisper drawer is nothing more than a partition inside your refrigerator that offers a more humid environment than the rest of the fridge. In general, vegetables last longer in a *more* humid environment, while fruits prefer a slightly *less* humid environment.

Some crispers have a sliding humidity control setting that ranges from low to high. If there are two drawers, they may be labeled for “vegetables” (high humidity) and “fruit” (lower than veggies but still higher than the rest of the fridge). If the drawer has no humidity control, it’s sometimes labeled for “meat”. But you can still use it as a crisper to separate your produce.

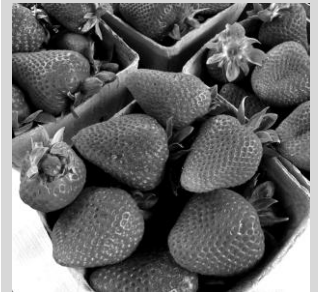
The simple, low-tech humidity control slider just opens or closes a little vent in the drawer, so moisture and ethylene gas can escape. Beware the ethylene gas! It’s released by some fruits, including apples, apricots, melons, pears, peaches, plums, plus ripe tomatoes and avocados.

Meanwhile, ethylene gas causes ethylene-sensitive produce to ripen faster, which includes most veggies and some fruits (apples, apricots, avocados, cantaloupe, grapes, limes, mangos, honeydew melons, peaches, persimmons, tangerines, and watermelon.)

To keep the sensitive ones from turning into overripe mushes, you have to keep them away from the gassy ones. So keep most fruits in the low humidity drawer along with onions you don’t plan to eat for a long time – onions are happy in low humidity and are neutral in the ethylene gas wars. Keep vegetables in the high humidity drawer with fruits that are gas sensitive haters and NOT emitters, especially if they need to stay cold because they won’t be eaten within a couple days: unripe avocados, grapes, persimmons, and watermelon. Keep gassy emitters who are also sensitive haters on a counter if they’re not ripe yet, and on a shelf in the fridge once they are ripe: apples, apricots, avocados, cantaloupe, mangos, honeydew melons, peaches, pears, and plums.

The Veggie Fairy Blog explains the “whys” behind all this advice:  
[seasonalroots.com/blog/how-to-store-fresh-vegetables](http://seasonalroots.com/blog/how-to-store-fresh-vegetables)

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**STRAWBERRIES**  
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Locally, sustainably grown strawberries are as good for you as a multi-vitamin (and frankly, probably better). But no pill ever looked or tasted like this! They’ve got vitamins C and K, plus folate, potassium, manganese, and magnesium. They’re low-cal and fiber-rich and pack a powerful punch of antioxidants and polyphenols in every healthy bite. That makes them good for your heart, skin, and eyes, and they help your body fight off diseases like hypertension and cancer. The local harvest is in full swing, so don’t hold back!

## CHEESY GARLIC ZUCCHINI BREAD

### Ingredients:

3 c flour  
 4 t baking powder  
 1 t salt  
 ½ t baking soda  
 ½ t garlic powder  
 1 c SUNNYSIDE FARM zucchini or other summer squash, shredded  
 ¾ c MOUNTAIN VIEW FARM PRODUCTS grassfed cheddar cheese, shredded  
 1 c WESTMORELAND PRODUCE spring onions, finely chopped  
 1 T FLORES FARM dill  
 2 AUTHENTICITY FARM eggs  
 ¼ c milk + ¾ c TRICKLING SPRINGS CREAMERY plain grassfed yogurt,  
 or 1 c buttermilk  
 4 T TRICKLING SPRINGS CREAMERY grassfed butter, melted

*An unusual veggie bread...  
 savory, not sweet, and  
 makes an excellent side!*



### Directions:

1. Preheat oven to 350 degrees. Grease a loaf pan.
2. In a large bowl, add the flour, baking powder, salt, baking soda and garlic powder. Whisk to combine. Add the squash, cheese, onions, and dill. Stir together.
3. In a separate bowl, combine the eggs, milk and yogurt (or buttermilk), and butter.
4. Pour the wet ingredients into the dry ingredients in the large bowl. Gently stir together just until moistened.
5. Spoon into prepared loaf pan and bake for about 50 minutes or until toothpick inserted comes out clean. Let cool for 10 minutes. Remove from pan to cool completely or serve warm.

## CAULIFLOWER, MUSHROOM & PEA 'RISOTTO'

### Ingredients:

4 T extra virgin olive oil  
 ¾ lb RUDY'S shiitake mushrooms, sliced  
 2 WESTMORELAND PRODUCE spring onions,  
 light green and white part only, finely chopped  
 2 cloves garlic or 2 stalks FLORES FARM garlic chives, minced  
 1 head WESTMORELAND PRODUCE cauliflower  
 1 c butternut squash or FLORES FARM gold beets, peeled and diced  
 1 c vegetable or chicken stock  
 1 c peas  
 1 lemon, zested  
 1/3 c Parmesan cheese or MOUNTAIN VIEW FARM PRODUCTS grassfed cheddar or  
 gouda, grated  
 ¼ c FLORES FARM parsley or mixed FLORES FARM herbs, finely chopped

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### Directions:

1. Cut the cauliflower in half and cut the florets off from core until you are left with just the core. Discard the core and break up the florets into somewhat evenly sized pieces. Place florets in bowl of a food processor in batches. Process until evenly chopped but not completely pulverized. Alternately, you could use a hand grater but watch your fingers!
2. Heat 2 T of the oil in a large skillet over medium-high heat. Cook mushrooms, turning to evenly cook, until lightly brown, about 4 minutes. Transfer to a bowl.
3. Add remaining oil to skillet; cook spring onions until soft and light brown, 5 to 7 minutes. Add garlic; cook 30 seconds. Add the cauliflower and squash; cook, stirring until crisp-tender, about 4 minutes.
4. Add the stock, cover and cook until the cauliflower and squash are tender, 5 minutes. Uncover and reduce the liquid until just a little bit remains. Add the peas; cook until just cooked through, 2 minutes. Stir in the reserved mushrooms, lemon zest, cheese, and herbs. Season to taste with salt and pepper. Serve immediately with extra cheese on the side, if desired.

## TIPS & HACKS

### How to store herbs

They're a nutritional powerhouse, so keep plenty on hand. Here's how to store them.

Treat basil, parsley, and cilantro like a bouquet of flowers: Trim the ends and place in a glass of water on the counter at room temp.

Wrap chives, thyme, and rosemary loosely in a paper towel in a sealed container and place in a warmer part of the fridge – the crisper or a door compartment. Don't rinse until just before using.

Dry fresh herbs if you have more than you can use. Place leaves on a plate (chopped if using basil or parsley; whole if using thyme or rosemary – it's easy to strip the leaves off when they're dry). Set aside in a cool, dry place until crispy dry. Then store in a resealable container in the pantry.