



# SEASONAL ROOTS

Dirt to Doorstep®

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## A CHEAT SHEET: STORE EACH ITEM IN ITS HAPPY PLACE

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



The following list covers this week's harvest. For an all-season cheat sheet that you can download, print out, and post on your fridge, visit the Veggie Fairy Blog:

[seasonalroots.com/blog/how-to-store-fresh-vegetables](http://seasonalroots.com/blog/how-to-store-fresh-vegetables)

When the storage advice calls for plastic bags, you can always substitute plastic or glass storage containers for plastic bags. Store everything unwashed, uncut, and unpeeled. Wash and prep just before using.

**BEETS:** Remove greens, store separately in vegetable crisper, store greens like other greens.

**BERRIES:** Store in single layers divided by paper towels, inside a loosely closed bag or perforated container in the fruit crisper.

**BREAD:** Store in an air tight container on the counter or in the pantry. In warm weather, if you can't eat it within a few days, store it, sliced, in the freezer. (The fridge tends to dry bread out.) Defrost slices on the counter or briefly in the toaster and they'll still be moist.

**BROCCOLI:** Place in a plastic bag in vegetable crisper. Surprisingly delicate, so eat quickly.

**GARLIC:** The kind that has a dry, papery outer skin and no greens can stay on the counter or in the pantry, or it can also be stored in the vegetable crisper.

**GREENS:** Includes everything that is mostly green and leafy, such as kale, bok choy, lettuce, spinach, spring onions, spring garlic, leeks, and greens cut from the tops of root vegetables. Go through them and immediately discard any leaves that are beyond wilted. Store unwashed, wrapped in paper towels, inside a sealed plastic bag, in the vegetable crisper. Use them as soon as you can. They can be a bit delicate. Just make sure you wash before eating!

**HERBS:** Trim the ends of the stems (like flowers) and place in a glass of cool water on the counter until ready to use. This method will also help perk up any herb or greens, including celery, that may have wilted en route. To keep them going longer, you can put any herb except basil in the fridge, glass and all, with a plastic bag over it. But leave basil on the counter — the cold temps inside the fridge will quickly turn it black. You can still cook with it, but for fresh uses it gets pretty unappealing.

**KOHLRABI:** Store in the vegetable crisper.

**MUSHROOMS:** Wrap in a paper towel and refrigerate in a breathable container (perforated plastic or a paper bag) in the vegetable crisper.

**PEAS, SNOW/ENGLISH:** Wrap peas that are in their pods in a paper towel and refrigerate in a breathable container (perforated plastic or a paper bag) in the vegetable crisper.

**RADISHES:** Remove any greens and store them separately like other greens. Wrap radishes in paper towels in a plastic bag in the vegetable crisper.

**SQUASH, SUMMER:** Yellow squash and zucchini can be stored on the counter. If not eaten within a few days, seal in a plastic bag in the crisper or on a fridge shelf; eat within a week.

**TOMATOES:** Best on the counter or in a sunny window if they need to ripen a bit more. If you can't get to them before they turn too ripe, store on a shelf in the fridge. Let them return to room temp before eating raw — cold kills the flavor, but it mostly returns if you let it warm up.

**TURNIPS:** Remove any greens and store them separately like other greens. Store turnips in the vegetable crisper.

## ORDER THIS WEEKEND MEMBERS-ONLY SPECIAL!!



## FATHER'S DAY BREAKFAST BUNDLE \$35

Treat your favorite dad or dad-by-affection to the best bacon-sausage breakfast ever, with NO antibiotics, hormones, steroids, MSG, or artificial nitrates or nitrites.

### all-natural bacon

Milton's Local  
Hopewell, Va.

### pastured sage links

Harmony Hill Farm  
Scottsville, Va.

### pastured eggs

Authenticity Farm  
Amelia Courthouse, Va.

### spring onions

Flores Farm  
Hauge, Va.

### strawberries

AgriBerry  
Hanover, Va.

### cinnamon bun

Flour Garden Bakery  
Richmond, Va.

## ZUCCHINI BAKE

***Make it a meal!** Add some grilled, roasted, or sautéed grassfed chicken or beef (cubed or shredded).*

### Ingredients:

2 large SUNNYSIDE FARM or FLORES FARM zucchini or gold bar zucchini, cut into quarters  
 10 oz SION HOUSE FARM grape tomatoes, cut in halves or 2 large tomatoes, diced  
 5 cloves FLORES FARM garlic, minced  
 ½ c MOUNTAIN VIEW FARM cheddar cheese, grated  
 1 T FLORES FARM oregano and/or thyme  
 ¾ t salt  
 ground pepper, to taste  
 1/3 c FLORES FARM garlic chives, finely chopped

### Directions:

1. Preheat oven to 350 degrees and wipe an 8X8 or 9X11 baking dish with extra virgin olive oil. Set aside.
2. In a large mixing bowl, add all ingredients, except chives; stir to combine.
3. Transfer to prepared baking dish and bake uncovered for 25 minutes for crunchy zucchini or 35 minutes if you like well cooked vegetables. Check for doneness with a fork or knife after 25 minutes.



Find all these recipes & more at  
[pinterest.com/SeasonalRoots](https://www.pinterest.com/SeasonalRoots)

## WHITE BEAN, SAUSAGE & TURNIP GREENS STEW

### Ingredients:

¼ c plus 1 ½ t salt, divided  
 1 WESTMORELAND PRODUCE turnip greens, chopped  
 2 c HARMONY HILL FARM sage sausage breakfast links, diced  
 2 t extra virgin olive oil  
 3 WESTMORELAND PRODUCE white salad turnips, chopped  
 2 WESTMORELAND PRODUCE spring onions, chopped  
 1 red bell pepper or FLORES FARM sugar snap peas, chopped  
 3 cloves FLORES FARM garlic, minced  
 2 (15 oz) cans white beans, drained and rinsed  
 32 oz chicken or vegetable broth  
 ¼ c WHISPERING SPRINGS FARMS herb & garlic goat chevre (cheese), crumbled  
 1 t black pepper

### Directions:

1. Bring 2 qt water and ¼ cup kosher salt to a boil in a large stockpot over high heat. Add turnip greens and boil 5 minutes or until tender. Drain.
2. Cook sausage in hot oil in a large Dutch oven over medium heat, stirring often, 5 minutes or until browned. Stir in turnips and cook 5 minutes. Add spring onions, bell pepper or snap peas, garlic, and white beans. Cook, stirring often, 5 minutes or until onions are tender.
3. Increase heat to high. Add turnip greens and chicken broth and bring to a boil. Reduce heat to medium, and simmer, stirring occasionally, 10 minutes. Stir in cheese, black pepper, and remaining 1 ½ t salt, if needed, and serve.



***Yummy with GREAT HARVEST BREAD CO's cheddar garlic bread!***

## TIPS & HACKS



### All about white salad turnips

Do your kids turn up their noses at turnips? Surprise! White salad turnips are nothing like the bitter veggie. Officially called Hakurei turnips, you can eat them raw in a salad. Their mild flavor gives way to a subtle, juicy sweetness with a spicy kick at the finish, a lot like a radish. They can also be sautéed with a little maple syrup, which caramelizes them. Or juice or stir-fry them. No need to peel, just wash gently. The greens are edible too, lightly steamed or sautéed. Store roots and greens separately in plastic bags in the fridge.