

# ASPARAGUS

## **How to store:**

Trim ends and place in a jar of water on the counter for up to 3-5 days.

## **How to prepare:**

Asparagus can be eaten raw, baked, sauteed, steamed, roasted, grilled, or pickled. Before eating make sure to snap off the fibrous ends.

## **Use it up:**

Make an asparagus frittata, pasta bake, or add to a grain salad.

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# BEANS

A close-up photograph of a pile of fresh beans, including green and purple varieties, resting on a dark, textured wooden surface. The beans are vibrant and appear to be in their pods. The lighting is natural, highlighting the textures of the wood and the beans.

## **How to store:**

Place in a breathable container in the warmer part of the fridge for up to 1 week.

## **How to prepare:**

Beans can be eaten raw, steamed, sauteed, roasted, or pickled.

## **Use it up:**

Make a green bean salad, add to a curry, or pickle with dill.

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# BEETS

A top-down view of a rustic meal. On the right, a dark wooden bowl is filled with a vibrant pink beet hummus. The hummus is topped with a drizzle of olive oil, fresh green herbs, white sesame seeds, and several small, round, golden-brown chickpeas. To the left of the bowl, several thick slices of dark, crusty bread are stacked. A small, colorful leafy garnish is tucked between the bread slices. The background is a dark, textured surface, possibly a slate board.

## How to store:

Remove the leafy tops from the roots and store both in crisper drawer of the fridge. Greens will keep 2 - 4 days and roots will last up to 2 weeks.

## How to prepare:

Beet roots can be eaten raw, steamed, roasted, pickled, or grilled. Greens can be prepared similar to chard.

## Use it up:

Make a beet hummus, burgers or add to chocolate cake.

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# BROCCOLI



## **How to store:**

Place in a breathable bag and store in the crisper drawer of the fridge for 3-5 days or blanch and freeze for later.

## **How to prepare:**

Broccoli can be eaten raw, steamed, sauteed, roasted, or grilled.

## **Use it up:**

Make a broccoli soup, slaw, or pesto!

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# CABBAGE

## **How to store:**

Place in the crisper drawer of the fridge for 2-3 weeks or blanch and freeze for later.

## **How to prepare:**

Cabbage can be eaten raw, steamed, boiled, sauteed, baked, pickled, roasted, or grilled.

## **Use it up:**

Make cabbage rolls, slaw, stir fry, or add to soup.

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# CARROTS

## **How to store:**

Remove the tops and store roots in the crisper drawer of the fridge. If carrots lose firmness put in a bowl of water back in the fridge.

## **How to prepare:**

Carrots can be eaten raw, roasted, sauteed, steamed, pickled, or grilled. Tops can be used for pesto or stock.

## **Use it up:**

Make a carrot slaw, soup, or use in oat breakfast bars.

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# CAULIFLOWER

## How to store:

Store in breathable bag in the crisper drawer of the fridge for up to 1 week.

## How to prepare:

Cauliflower can be eaten raw, steamed, sauteed, roasted, boiled, fried, or pickled.

## Use it up:

Make cauliflower "steaks," pizza crust, or add to a curry.

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# CHARD



## **How to store:**

Place in a breathable container in the crisper drawer of the fridge.

## **How to prepare:**

Chard can be eaten raw, sauteed, steamed, or baked. Stems are edible and can be sauteed, pickled, or baked.

## **Use it up:**

Make chard fritters, add to a grain salad or stir fry.

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# CORN



## **How to store:**

Place in a breathable container in the fridge for up to 3 days or cut off the cob and blanch and freeze for later.

## **How to prepare:**

Corn be eaten raw, boiled, steamed, grilled, roasted, or pickled.

## **Use it up:**

Make a corn salsa, elote, risotto, or chowder.

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# CUCUMBERS

## **How to store:**

Place in a breathable container in the crisper drawer of the fridge for up to 1 week.

## **How to prepare:**

Cucumbers can be eaten raw, pickled, or sauteed.

## **Use it up:**

Make a cucumber salad, refrigerator pickles, or tzatziki dip.

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# EGGPLANT

## **How to store:**

Store eggplant in a paper bag on the counter for up to 3 days or place in crisper drawer of the fridge for up to 1 week.

## **How to prepare:**

Eggplant can be roasted, sauteed, fried, grilled, or pickled.

## **Use it up:**

Make eggplant bacon, Baba Ganoush, ratatouille, or stuffed eggplant.

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# GARLIC



## **How to store:**

Store in a dry, dark place with plenty of airflow for 2 -4 weeks or longer.

## **How to prepare:**

Garlic can be used raw, sauteed, roasted, pickled, or dried.

## **Use it up:**

Make a garlic oil, roasted garlic spread, or add to the base of any dish.

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# GREEN ONIONS

## **How to store:**

Place green onions in a breathable bag in the crisper drawer of the fridge for up to 1 week.

## **How to prepare:**

Green onions can be eaten raw, sauteed, roasted, pickled or grilled.

## **Use it up:**

Make green onion fritters, add to slaw, stir fry, or grits.

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# HOT PEPPERS

## **How to store:**

Place peppers unwashed in a breathable container in the crisper drawer of the fridge.

## **How to prepare:**

Hot peppers can be eaten raw, sauteed, baked, dried, roasted, or pickled.

## **Use it up:**

Make hot chili oil, spicy salsa, or add to a omelet.

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# KALE

## **How to store:**

Place in a breathable bag in the crisper drawer of the fridge. If leaves go limp, trim ends and place in a pitcher of water back in the fridge.

## **How to prepare:**

Kale can be eaten raw, steamed, sauteed, baked, or roasted.

## **Use it up:**

Make kale salad, chips, pesto, or add to a smoothie.

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# KOHLRABI

## **How to store:**

Remove leaves and store roots in crisper drawer of the fridge.

## **How to prepare:**

Kohlrabi can be eaten raw, sauteed, steamed, roasted, or pickled. Greens can be used similar to collards greens.

## **Use it up:**

Make kohlrabi fries, slaw, or roast with other root vegetables.

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# LETTUCE



## **How to store:**

Wrap lettuce in a paper towel and place in plastic bag in the crisper drawer of the fridge for up to 1 week.

## **How to prepare:**

Lettuce can be eaten raw, steamed, sauteed, or grilled.

## **Use it up:**

Make lettuce wraps, a wedge salad, or add to tacos.

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# OKRA

## **How to store:**

Place okra in breathable container in the top part of the fridge for 3-5 days.

## **How to prepare:**

Okra can be eaten raw, steamed, sauteed, grilled, roasted, fried, or pickled. Okra is most flavorful when it is between 1-3 inches.

## **Use it up:**

Make an okra and tomato dish, gumbo, or add to a grain salad.

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# ONIONS



## **How to store:**

Place cured onions in a dry, dark place for up to 2 months. Store fresh onions in the fridge for up to 2 weeks.

## **How to prepare:**

Onions can be eaten raw, sauteed, roasted, grilled, or pickled.

## **Use it up:**

Make caramelized onions, quick pickled onions, or add to a sheet pan meal.

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# PEAS



## **How to store:**

Place in a breathable bag in the crisper drawer of the fridge for 3-5 days. Best eaten as soon as possible.

## **How to prepare:**

Peas can be eaten raw, steamed, sauteed, or baked. Pea tops are great for salads and pesto.

## **Use it up:**

Make a pea salad, dip, or add to stir fry or pasta.

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# POTATOES



## **How to store:**

Place in a dry, dark place for 2 - 4 weeks. Avoid washing or storing in plastic.

## **How to prepare:**

Potatoes can be baked, steamed, boiled, or roasted. If possible keep the skins on—they pack the most nutrients.

## **Use it up:**

Make potato salad, hash, soup, or shepherd's pie.

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# RADISHES



## **How to store:**

Trim the greens and store roots in the crisper drawer of the fridge for up to 1 week.

## **How to prepare:**

Radishes can be eaten raw, sauteed, pickled, or roasted. Greens can be sauteed or used for pesto.

## **Use it up:**

Make a radish sandwich, slaw, or add to a grain salad.

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# SUMMER SQUASH

## **How to store:**

Place in a breathable bag in the crisper drawer of the fridge for up to 1 week.

## **How to prepare:**

Summer squash can be steamed, sauteed, grilled, roasted, fried, or pickled.

## **Use it up:**

Make a squash quiche, muffins, or "zoodles".

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# SWEET PEPPERS

## **How to store:**

Place unwashed in a breathable container in the crisper drawer of the fridge for up to 1 week.

## **How to prepare:**

Peppers can be eaten raw, steamed, sauteed, baked, roasted, grilled, fried, or pickled.

## **Use it up:**

Make blistered peppers, kebabs, or add to dips.

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# TURNIPS

The image features two white turnips with their green leafy tops still attached, resting on a dark, textured wooden surface. The turnips are positioned on the right side of the frame, with one slightly above the other. The wood grain is prominent, running vertically.

## **How to store:**

Remove the tops from the roots and store both in crisper drawer of the fridge. Greens will keep for 1-3 days and roots will last 1- 2 weeks.

## **How to prepare:**

Turnips can be eaten raw, steamed, sauteed, baked, roasted, or pickled. Greens are ideal sauteed.

## **Use it up:**

Make a turnip mash, fries, gratin, or add to a stir fry.

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# TOMATOES



## How to store:

Place tomatoes on the counter for up to 1 week. Use any with cracks or blemishes within 1-3 days.

## How to prepare:

Tomatoes can be eaten raw, steamed, sauteed, baked, roasted, or dehydrated.

## Use it up:

Make a tomato pie, sauce, bruschetta, shakshuka, or can for later.

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# WINTER SQUASH

## **How to store:**

Place in a dry, dark place for 1-2 months or longer.

## **How to prepare:**

Winter squash can be steamed, boiled, sauteed, or roasted. To peel tough skin, poke holes and warm in oven or microwave first.

## **Use it up:**

Make a squash dip, pie filling, or hearty winter soup.

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