

CSA CHEF DEMO

MAKE A DATE WITH YOUR CSA



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Suggestions from Chef Tanya at The Food Connection

"Get into Shape"

- Pull out your favorite recipes and cookbooks and have nearby.
 - Have a few basic formulas under your belt for improvising.
- Check your temp on your fridge.
- At the start of CSA season, plan your pantry around items that will help you incorporate fresh vegetables.
 - Bags and packages of legumes, pastas, and grains
 - Canned items like tomatoes, roasted peppers, artichokes, legumes, pickles, chiles, sauces
 - Frozen additions like edamame, fruit, chopped aromatics, greens, stocks, proteins
 - Make sure cooking oils are fresh and you have a selection of acids and condiments you use frequently
 - Clean out and replace old spices and herbs – whole spices last longer
 - Ensure you have enough pantry items like flours, baking ingredients, bread crumbs, and sweeteners
 - Stock your fridge with eggs, fruit, dairy, and proteins.
- Check all your cooking equipment to make sure you have what you need to throw dishes together
- If you like to preserve, make sure you have all your jars/lids, mats for dehydrators, weights for fermentation, etc.
- Embrace the adventure and don't forget to have some fun!



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"Speed Dating"

- Clean out your fridge and make an inventory.
- Global rule – don't wash vegetables until you are ready to use them.
- Some prep MUST be done as soon as you get home from pickup.
 - Unpack everything
 - Remove greens from roots
 - Remove any rubber bands or twist ties
 - Add moisture to greens, roots, herbs, etc
 - Put towels to control moisture in tender leaves like lettuce or under berries
 - Place veg in refrigerator – careful to avoid areas that freeze



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Storage Guide

Food	Qualities	How to Store	How Long	Uses
Arugula Rocket	Bunched, round or pointed notched green leaves, look for bright perky leaves, avoid wilted or yellow	Bunched – remove band/tie, wrap in paper towels Bagged – store loosely closed bag in crisper drawer	~ 5 days Don't wash until ready to use Not great for freezing	Raw in salads, sautéed, topping a pizza, blanched and shocked, pesto, soups, pastas
Asparagus	Look for plump, firms stalks and tightly closed tips with bright color (some varieties are purple); avoid wilted or slimy spears	Up right with cut ends in water just to cover in the fridge	4-5 days	Shaved or sliced in salads, wrapped in prosciutto or phyllo for apps, roasted or grilled, excellent in soup, toss in frittatas, omelets, pastas, and risottos
Carrots	Taproot, shape depends on variety and soil, select firm, bright, and fairly smooth, tops should be fresh, perky and bright in color	Remove tops and put in separate bag, place in a bag that will seal in humidity	Up to 2 months	Raw as a snack and in salads, roasted or grilled, steam, pureed, added to soups and sauces, cake, pickled, use tops as fresh herbs or make into pesto
Collard Greens	Nutritious leafy green vegetable, mild to bitter Brassica flavor, look for dark leaves, avoid spots, rust, or slime	Wrapped in damp paper towels in a sealed plastic bag	5-7 days in the fridge, may be blanched and shocked, then frozen	Stemmed, chopped, and sautéed, added to soups and casseroles, made into a wrap, added to salads and slaws
Green Garlic (or Spring Garlic)	Young garlic before forming a bulb, not cured so doesn't store like mature garlic, find with straight to slightly curves light green stalks, that are firm, cylindrical or slightly bulged head	Wrap in a damp paper towel in an open plastic bag	5-7 days in the fridge; may be pickled, dried and ground, fermented, or infused into oil or vinegar for longer shelf life	If tender, entire plant is edible, use in the place of garlic, onions, leeks, scallions, or shallots, tougher stalks are great for stock or infuse flavor into simmered dishes (rice, beans, soup), roast, dry and powder
Green Onions Scallions	Immature onions that haven't formed a bulb, firm and fresh looking bright greens, no slime or dried out layers	In a jar of water covering roots at room temp or in the fridge, covered in a damp towel in a closed plastic bag	Depending on method, several days to a couple of weeks, unless potted	Raw in dishes you would use onion, grilled, sautéed, as a garnish, Chinese scallion pancakes, great with eggs, pickle, green sauces



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Food	Qualities	How to Store	How Long	Uses
Lettuces	Clear colors and crisp leaves, dense tight heads (if on the head), perky and curly if bagged, avoid mushy leaves and browning/slime	Wrap in a dry towel and place in an open or perforated bag in the crisper drawer	7-10 days if you can reduce moisture	Salads and beds for other veg, lettuce wraps, smoothies and sauces, stir fry, braised or in soup, grilled as a wedge
Fresh Herbs	Fresh looking, clean, free from damage or discoloration with bright color and full stems	In a container with enough water in the bottom to cover the stems or wrapped in a damp paper towel in a sealed bag	Up to 7 days, longer if dried, frozen, or infused	Pestos and sauces, herbal teas, dressings and marinades, add to most dishes, infuse in oils and vinegars, add to soups, sauces, and stocks, use as a garnish or finishing touch
Pea Shoots	Bright deep green and crisp, mild flavor, 3-5 inches	Kept in an airtight container in the refrigerator	About 7 days, unless preserved	Eaten raw, tossed in salads, stir fries and pastas, dried and snacked or powdered and added to smoothies
Radishes, Salad	Root vegetable in the mustard family, crisp texture and pungent "hot" flavor"	Remove greens and store with stems in water or damp paper towel, whole radishes can go in the crisper drawer in a damp paper towel in a sealed plastic bag, or in a jar of water (changed every 2 days)	7 days, maybe longer, longer if pickled or frozen, up to 2 days if not refrigerated	Raw as a snack, in salads, and with butter on good bread, pickled, roasted, atop southwest dishes, shave and store in cool salted water to reduce heat; use greens just like other leaves
Salad Turnips Turnips Hakurei Turnips	Hard heavy roots with smooth skin and bright, perky greens	Remove the greens, wrap in dry paper towels in a sealed bag; roots can go into an open bag with a damp towel or a high humidity crisper drawer	Up to 2 weeks for roots, about 5 days for greens	Raw, sliced thin, roasted, sauteed, pickled (beware of smell), julienned into slaws, use like potatoes - mashed, oven fries, gratin



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"The Meet & Greet"

- Basic and bulk prep work great, especially if you are tired or overwhelmed.
- Chop up any veg you want to eat raw or use in lunches or cooking.
 - Some work better stored in water or salted water.
- Roast off any root veg, saute other items ahead of time.
 - Then you can toss in salads, soups, stir fries, scrambles/omelets/frittatas, etc.
- Stem and chop green leaves and either blanch and shock or saute for use in lots of dishes (you could then cook a box of pasta in that water while it's hot).
- Make a quick pickle brine and toss veg into canning jars or containers, top with the brine.
- Fix at least one base and one protein to make dishes with your vegetables.
- Save prep scraps to throw in the freezer for veggie stock.
- Soups are a great way to combine and use up a lot of vegetables.
- Pizza, pizza, pizza – anything can go on a crust, flatbread, old baguette slices, or toast.
- Have a plan to use delicate items first like lettuces, herbs, berries, sprouts, shrooms, etc.
- Make an inventory of what you received that week in order of priority, and put it on the fridge.

Next time, we'll approach the long-term relationship and what to do when the honeymoon is over!



EASY COOKING TECHNIQUES



BLANCHING & SHOCKING GREENS

Cooking Tip from Chef Tanya at The Food Connection

What you need:

- Veggies
- Salt
- Water
- Ice cubes

Directions:

1. Cut items roughly the same size for uniform blanching. Stem any greens ahead of time. Shell any legumes.
2. Fill pot $\frac{3}{4}$ full with water. Add 2 tablespoons of salt (kosher, reduce for iodized table salt) for every 4 quarts of water. Bring water to a boil on HIGH.
3. Add your vegetables in small batches, carefully. Don't overcrowd or you'll lower the temperature.
4. Boil anywhere from 1 to 5 minutes depending on vegetable. Test for doneness by removing a piece to let it cool enough to taste. It should be tender, but still firm enough to have to bite down.
5. Remove all the veggies with a slotted spoon or spider and transfer to a large container of ice water.
6. Remove them from the ice water once cool to storage containers. Refrigerate or freeze.



LEGUME LESSONS

Cooking Tip from Chef Tanya at The Food Connection

What you need:

- Dry Beans
- Container
- Water
- Colander
- Salt (optional)

Purpose:

I am a firm believer in soaking beans if you have the time. It helps reduce cooking time, but even more importantly, pre-soaking helps the beans cook more evenly and become completely tender all the way through. You have the choice of salting the beans while soaking or adding once they are cooking.

Directions:

1. Just wash the beans a couple of times in cool water, then add to a container in which you can cover the beans with at least 1.5 to 2 inches of water. Store in the fridge, or on the countertop during cold weather.
2. Rinse that water off to get rid of those troublesome enzymes that cause stomach issues.
3. Add the beans to a large pot and again cover with fresh cold water. Bring the beans to a boil at the very beginning of cooking to bring everything up to temperature, but then you want to keep the beans at a very gentle simmer for the rest of cooking. You should only intermittently see bubbles breaking the surface of the water. Along with pre-soaking, simmering the beans gently helps them cook evenly until tender, retain their shape without going soft, and keep their skins intact.
4. Make sure to add water if the level reduces below the top of the beans. You can add in seasoning/seasonings such as bay leaves, onions and garlic, or other aromatics while cooking. If you didn't add salt in the soaking process, the best time to add the salt is when the beans are almost finished cooking. When they are tender enough to eat but still too firm to really be enjoyable (not mushy), add the salt.



GREAT GRAINS

Cooking Tip from Chef Tanya at The Food Connection

POLENTA

What you need:

- 4 cups water or stock
- 1 cup yellow corn meal or polenta
- Salt to taste

Purpose:

Different grains take different techniques and ratios. It's important to look up the technique and liquid to grain ratio for each grain you cook until you become familiar with the technique.

Directions:

1. Heat water or stock just until boiling.
2. Whisk the corn meal into the stock and immediately turn the heat down to the lowest setting.
3. Wisk continuously, pausing to use a spatula to ensure no grains are sticking to the bottom of the pan and scorching.
4. Continue to whisk and clean bottom of the pan until polenta is creamy, tender to the tooth, and doesn't taste raw about 25 minutes. It is even better if you cover it, take it off the heat and let it rest. Season with salt and serve.

BROWN RICE

What you need:

- 2 ½ cups water or broth
- 1 cup brown rice

Purpose:

This is a stovetop technique. If you are preparing it with another method follow manufacturer's instructions.

Directions:

1. Bring rice and liquid to a boil.
2. Reduce heat to low and simmer, covered, until tender and most of the liquid has been absorbed, 40-50 minutes.
3. Let stand 5 minutes, then fluff with a fork.

Once the rice is done cooking, let it stand for at least 5 minutes with the lid on. Food-science expert Harold McGee says this resting period allows the grains of rice to cool and become firm, so that the rice doesn't break when scooped from the pot. Once rested, fluff rice with fork, and serve. Yields 3 cups.



SIMPLE RECIPES FOR THE SEASON



CARROT TOP PESTO

Recipe from Chef Tanya at The Food Connection

Ingredients:

- 1 cup, packed, carrot top greens, tough stems removed
- 1 cup, packed, basil
- 1 large clove garlic, roughly chopped
- ½ cup roasted pine nuts
- ½ cup extra virgin olive oil
- Salt and pepper to taste
- Optional: Zest of one lemon, 1 tablespoon fresh lemon juice, 1 pinch crushed red pepper flakes

Directions:

1. Rinse the carrot top greens to dislodge any dirt. Pick out and discard any dry, yellowed, or otherwise unappetizing looking leaves. Discard tough stems.
2. Pulse greens, garlic, and pine nuts in food processor. Scrape the sides down with a rubber spatula. While the food processor is running, slowly pour in the olive oil in a steady stream. Scrape the sides down with a rubber spatula. Pulse until smooth.
3. Remove from food processor and stir in lemon zest, juice, crushed red pepper, salt, and pepper. Taste and reseason as necessary. Store covered in a thin film of olive oil.



MULTI-VEG QUICK PICKLE

Recipe from Chef Tanya at The Food Connection

Ingredients:

- 1 pound fresh vegetables, such as cucumbers, carrots, green beans, summer squash, or cherry tomatoes
- 1 cup vinegar, such as white, apple cider, or rice
- 1 cup water
- 1 tablespoon kosher salt, or 2 teaspoons pickling salt
- 1 tablespoon granulated sugar
- Optional items:
 - Fresh herb sprigs, such as thyme, dill, oregano, marjoram, or rosemary
 - 1 to 2 teaspoons whole spices, such as black peppercorns, coriander, or mustard seeds
 - 2 cloves garlic, whole or smashed
 - 1 or 2 bay leaves, whole or crushed

Directions:

1. Wash and dry the vegetables. Peel the carrots. Trim the end of beans. Cut vegetables into desired shapes and sizes.
2. Add the flavorings. Divide the herbs, spices, or garlic you are using between the jars.
3. Add the vegetables. Pack the vegetables into the jars, making sure there is a 1/2 inch of space from the rim of the jar to the tops of the vegetables. Pack them in as tightly as you can without smashing.
4. Place the vinegar, water, salt, and sugar in a small saucepan over high heat. Bring to a boil, stirring to dissolve the salt and sugar. Pour the brine over the vegetables, filling each jar to within 1/2 inch of the top. You might not use all the brine. Remove air bubbles. Gently tap the jars against the counter a few times to remove all the air bubbles. Top off with more brine if necessary. Place the lids on the jars and screw on the rings until tight. Cool and refrigerate. Let the jars cool to room temperature. Store the pickles in the refrigerator.



BASIC VINAIGRETTE

Recipe from Chef Tanya at The Food Connection

Ingredients:

- ¼ cup neutral oil, light olive oil, or whatever you have on hand
- 2 tablespoons good-tasting vinegar or lemon juice
- 1/2 teaspoon salt
- 1/8 to 1/4 teaspoon black pepper

Optional extras: (choose 1 or 2, to taste): 1 minced shallot, 1 minced or grated garlic clove, 1/2 to 1 teaspoon grainy mustard, 1 to 2 tablespoons minced herbs, 1 to 2 tablespoons finely grated cheese, 1/2 to 1 teaspoon honey

Directions:

Measure all ingredients into a canning jar with a solid lid. Top with the lid and shake until the vinaigrette is combined. Add more olive oil for a more mellow flavor, more vinegar or lemon juice for more.

