



What's Growing On Out at the Farm

DON'T SPOIL THEM ROTTEN - PRODUCE STORAGE TIPS

Whether eating fresh from the farm, your backyard garden, or buying produce from the grocery store, we all need to know how to store our produce! We're here to teach you along the way how to do that best. (If you have a favorite tip or trick, please share it with us so we can pass it along!)

How to store your vegetables...

Carrots, radishes, beets, and other ROOT vegetables

Trim greens from the roots as soon as you get them home. If left attached, the greens will continue to draw moisture from the roots and cause them to dry out. Leave the roots unwashed, loosely sealed in a plastic bag, and store in your fridge until ready to use. Will keep for the better part of a week.

Leafy greens

To last the longest: Wash greens before you store them. Fill a sink with cold water, swish the greens around in the water for a few mins. Lift out and shake off excess water. Wrap in a dry paper towel, place in a loosely sealed bag and refrigerate. If you have a salad spinner, give them a spin and refrigerate right inside the spinner.

***A shortcut for busy people:* If you don't have time (or desire) to wash your greens before storing, just wrap them in a damp paper towel and put them in your fridge in the crisper drawer. Use within 3 - 4 days.**

(HFG Salad Mixes have already been rinsed and spun dry so they should last for at least a week.)

Herbs

Most herbs do best when left unwashed, wrapped in a damp paper towel, stored in a plastic bag or closed container in the fridge. Or fill a glass halfway with water, place the herbs in water, storing in your fridge. Herbs should last for 2 to 5 days.

swiss chard & spring onion pizza

This is one of those recipes that I had to muster up my courage to try... it sounded so strange, yet it intrigued me and teased me until I finally got up the nerve to make it. Now, whenever anyone asks what to do with swiss chard, this immediately pops into my mind.

Ingredients:

- 1 bunch swiss chard
- 2 spring onions with green tops
- olive oil
- 1/4 cup whole milk
- 1/2 cup grated parmesan cheese, plus extra for shaving
- 8 oz. ball of fresh mozzarella

Use your favorite pizza dough recipe or crust, or use this for the dough:

- 1 & 1/2 cups all-purpose flour
- 1/2 cup warm water
- 1/2 tsp sea salt
- 1 tsp yeast
- 1 tsp sugar
- 1 Tbl olive oil

Instructions:

Make the dough. Sprinkle yeast and sugar into warm water. Set aside for 15 minutes. Place flour and salt in mixer and whisk together. When yeast is bubbly and expanded add 2 tablespoons olive oil to the yeast mixture. Combine flour and wet ingredients in mixer. Mix on low speed for 4 - 5 minutes. Dough should be in a ball chasing itself around the mixer. If dough is too dry, add warm water 1 tablespoon at a time. if it's too wet, add flour 1 tablespoon at a time. Place dough in an oiled bowl and cover with plastic wrap. Place in a warm place. After one hour, dough should be doubled in size.

While the dough rises, make the swiss chard topping. Use a sharp knife to separate the stems from the leaves of the chard, Wash the leaves and chop into bite-sized pieces. Slice the green tops off of the onions, and thinly slice both greens and onions

In a medium saute pan, heat the olive oil over medium heat. Add the onions and cook until translucent, about 5 minutes. Add the chard with a big pinch of salt, and cook until they are completely wilted and dark green. Transfer to a strainer, and drain all of the liquid from the pan. Use a wooden spoon to press all of the moisture from the chard and onion mixture. use the pan you cooked the chard in to combine the greens with the milk and Parmesan cheese. Stir to combine.

Preheat oven to 500 degree F. Assemble the pizza. Lightly flour a clean counter top. use a rolling pin to roll out the dough, and lift it into the air with your hands to stretch it a bit. Place on an oiled baking sheet. Spread the swiss chard mixture evenly over the pizza. Top with slices of mozzarella cheese, about 2 in. apart.

Bake pizza for 15 - 20 mins until the crust is golden at the edges and the cheese is starting to brown. Immediately scatter the onion tops over the top and use a vegetable peeler to shave parmesan over them. Let cool for 5 - 10 mins before slicing.