

You're Winter Storage Share

How to store it and a few ways to share it...

Once you get your box home you will want to consider a few things before you go about the task of storing your veggies. The first thing to consider is what you are planning to eat in the next few weeks and separate that out. You will surely notice the leeks we snuck in there; I included them as a little bonus to make up for the fact that the carrot rust fly's made a mess of the carrots and parsnips. I did the best I could to find the best ones but they still have a bit of damage and will be best peeled and eaten by Christmas. Make a nice potato soup with them and use the rest in your thanksgiving recipes. Next you will need to scan your kitchen and house and find a cool, dark and dry place to store your potatoes and one to store your alliums (shallots, onions, garlic.) It is best for long term storage to separate potatoes and onions as they can cause each other to sprout prematurely.

You will want to store your carrots, parsnips and Brussels sprouts in the fridge if at all possible. Very small potatoes are best stored in the fridge too so you may want to sort through your potatoes and separate the "creamers" from the big guys. Store the rest of your potatoes as close to 40 degrees as possible and in the dark at between 80-90% humidity. You can place the mesh bag into a paper bag and into a cool closet or cupboard, your garage or an unheated back room. Onions, shallots and garlic can be stored anywhere between 35 and 50 degrees and need to be in a dry place between 60 and 70% humidity, a dark place will discourage them from sprouting. Transfer the garlic to a paper bag and keep it dry and cool. These recommendations are for long term storage. I think you really could just put it all in a cool cupboard away from the stove and they would keep for at least a month or two. I have included a few recipes and I strongly encourage you to try the marmalade as it is so delicious. I make it every year for Thanksgiving and it goes great with Latkes & sour cream for Hanukah. Bring a big bowl of roasted Brussels sprouts to your Thanksgiving table and be sure to try making parsnip fries on a cold rainy day. Stay warm and eat well this winter!!

Roasted Brussels sprouts

Preheat the oven to 375 and oil a baking tray. Wash and trim your sprouts, removing the soiled outer leaves. Leave small ones whole and cut the larger ones in half. Roast for 15-20 minutes shaking the tray a few times during the roasting. Salt and pepper them while still hot and add any other flavorings you desire. Do not overcook your Brussels sprouts!!!!

Red Onion and Shallot Marmalade yields a generous ½ cup, easily multiplied

From the book "Vegetable Heaven" By Mollie Katzen

This marmalade makes a great relish spread on crackers and served alongside vegetables, casseroles or soups. It is also a great garnish, topping for mashed potatoes or rice, a sandwich spread or pizza topping. It will keep for weeks in a tightly covered container in the refrigerator or freezer. It is amazing and well worth the time.

1 T butter or oil

1 Large red onion thinly sliced

2 or 3 medium sized shallots, peeled and thinly sliced

$\frac{3}{4}$ t salt

1 t dry mustard

1 t lemon or lime zest grated or minced

2 T fresh lemon or lime juice (or more to taste)

Melt the butter or heat the oil in a medium- sized skillet. Add the onion and shallots, and sauté over medium heat for about 10 minutes.

Sprinkle in the salt and mustard, lower the heat slightly, and sauté' for another 20 minutes. Cover, turn the heat way down, and cook for another 45 minutes. The onions and shallots will become very soft,

Turn up the heat to medium, leave covered and cook for a final 5 minutes or so. Remove from heat and stir in the lemon or lime juice and zest. Serve at room temperature or cold.

Parsnip Oven Fries

1 pound parsnips

Oil

Salt and pepper

Peel the parsnips and cut into 2 1/2 inch sticks. Toss with salt, pepper and oil in a bowl and bake on a greased cookie sheet at 425 for 30 minutes or till tender, turn them occasionally while baking. Serve hot with your favorite dipping sauces, be creative!!!