

Urban Graze	Storage & Prep Tips	December 14, 2017	
<i>For more recipes click here:</i> Recipe Library	Storage	Prep	Info, Tips, Quick Use Ideas
Beets Red and Chioggia <i>For more info click link below:</i> About Beets (includes cook/roast info)	Store the unwashed dry roots in a loosely closed plastic bag in the refrigerator. They'll keep for a couple of weeks -wrapping them first in a dry paper or cloth towel will help keep them dry, which is good!	Delicious roasted, steamed; served hot, warm, or cold. Dice, thin slice, wedge cut, or grate into salads, wraps, stir frys.	Remember that red beets stain! Be sure to protect your hands, clothes, and counter. They stain our bodies inside too, so don't be alarmed by the after effects of eating red beets. Cooking chioggias will cause the color to fade somewhat. If you want that bright stripe contrast, it's best to use it raw- for example, in a salad or as small crudité bites.
Cabbage, Red <i>Click below for more info:</i> About Cabbage Cabbage Recipes	Keep it cold- and keep it from "breathing"! The more it is exposed to air, the more quickly it will spoil. Store in the refrigerator, tightly wrapped in plastic. It will keep for about 2-3 weeks.	Handle with care because bruising will cause cell damage, which degrades the vitamin C content. Once cut, use within a couple of days for highest nutritional value. When shredding, if you don't have a mandolin you can still achieve super thin slices: cut in quarters, and "shave" the face (like you would a beef roast). Cut slivers into desired lengths.	Cooked cabbage tastes wonderful at this time of year, especially when paired with something sweet- like apples.
Carrots Rainbow & Orange <i>Click below for more info:</i> About Carrots Carrot Recipes	Wrap unwashed, dry carrots in a dry paper or cloth towel and store inside a loose plastic bag in the refrigerator. Change towel if it gets damp from condensation. Moisture causes spoilage. Carrots keep for several weeks, but eat within 1-2 weeks for very best flavor and nutrition.	When preparing these farm fresh, organic carrots, scrub really well, and eat without peeling if you wish. The rainbow varieties have such pretty, edible peel that it's a shame to peel it away- plus, it's so nutritious.	Carrots will begin to go limp once exposed to air. Store away from fruit like apples and pears in order to keep them sweet. They become super sweet when roasted.
Onions Yellow/Red keepers and Red Cipollinis <i>Click below for more info:</i> About Onions	Store loosely in a cool, dry, dark, well ventilated place (not in plastic). Keep away from potatoes. Will keep for several weeks at least; yellow often longer. Once cut, put into plastic bag or airtight container, store in the refrigerator- and use within a week.	If you don't have a mandolin, you can still achieve super thin slices: cut onion in half and "shave" the face (like you would a beef roast). Cut slivers into desired lengths.	When slicing onions, put a piece of bread in your mouth, so it's hanging out. You'll look pretty goofy, but this will absorb the fumes and keep you from crying! Mix large-chopped pieces with other veggies when roasting. Roasted cipollinis are particularly tasty. To oven roast, coat whole or halved cipollinis lightly with butter or olive oil, and lay on parchment lined baking sheet- roast at 325 for 20-40 min. (depends on size of onion)- until golden and caramelized.
Potatoes Red, and White <i>For more info click below:</i> About Potatoes Potato Recipes	Keep away from any sunlight- in a cool, dry, dark place with good ventilation. Inside a cupboard or a paper bag are good options. Don't refrigerate or store in plastic. They need to breathe and stay dry. Segregate from onions and garlic. Small potatoes are more perishable than larger, russet-types. Use within about 2 wks.	To prep for a salad, try steaming. Chop to the size you want, add to steam basket, and place over boiling water (cover pan). Watch cooking time- it will vary depending on your chop size. Cook <i>just</i> until firm-tender. This step can be done ahead; refrigerate until ready to use (within a day or two). No need to peel, but you'll want to if mashing.	Red: Waxy, firm, smooth flesh. Excellent when steamed for salads, and when roasted. Red-skinned potatoes hold their shape better than other potatoes when cooked because they have a lower starch content. Most (and likely all) members will get Kennebecs- creamy flesh, with rich and nutty flavor. Very adaptable to many uses.
Sweet Potatoes <i>Click below for more info:</i> About Sweet Potatoes Sweet Potato Recipes	Keep in a dry, cool, dark, well-ventilated place, away from heat. Do not store in plastic or near onions. Unwashed, they'll stay fresh for at least 7-10 days.	Handle thin, delicate skins carefully. Flesh will darken when exposed to air. As you work, drop cut pieces of potato into a bowl of water mixed with a splash of vinegar or lemon juice to keep flesh from discoloring if not using quickly.	Delicious roasted, sauteed, steamed, grilled, or even eaten raw- simply grate or thin cut into a salad, or use as a crudité. Leave washed potatoes wet when roasting- this will allow the flesh to steam inside the skins before baking, and will make it smoother and more flavorful. One of world's oldest veggies.
Winter Squash Butternut, Carnival, Kabocha, Acorn <i>Click below for more info:</i> About Winter Squash Winter Squash Recipes	Keep in a dry, cool, dark place- away from sunlight and heat (e.g. away from dishwasher and heat vents). Store away from tomatoes and fruit. Good storage spots: a dark counter-top corner or inside a drawer. Will last several weeks.	Tip for cutting winter squash- poke and make slit in the skin with a knife, then microwave for 1-3 minutes (just until barely "soft"- not cooked- should cut like a melon).	Butternut: fleshy, sweet, and nutty. It is a perfect all-around winter squash. Thin skin makes it very easy to work with. Carnival: especially delicious when roasted; mild and sweet, similar to acorn. Excellent in savory dishes too. Fun, speckled skin makes it a perfect vessel for dips, side dishes, or soup bowl. Kabocha: very tasty, adaptable Japanese variety. Fluffy and sweet. Can be cooked with it's edible skin left on. If cooking/roasting whole, don't forget to cut a slit in the skin for air to escape, or you may risk an explosion! Acorn: named for their often acorn-like shape, it is very mild in flavor, but sweet. Also excellent in savory dishes. Lower in starch than most other winter squash.
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***To roast winter squash/pumpkin seeds:**

Preheat oven to 300°. Line a rimmed baking sheet with parchment paper or foil.

Pull the seeds from the inside of the squash, removing most of the stringy stuff as you go. I think leaving a little "goo" and a couple of strings adds flavor, so I don't clean super thoroughly. If you prefer neat and tidy looking snack seeds, you may rub the seeds clean.

Toss about 1 c. raw seeds with about 2 tsp. melted butter or olive oil. I prefer butter, but olive oil is good too.

Lay the seeds out, single layer on the prepared baking sheet, and sprinkle lightly with salt. Bake until golden brown, about 10-15 minutes. Lay on paper towels to cool.

You can also saute them in a skillet on the stove top for about 5 minutes, they won't have quite the same roasted flavor, but they're still really yummy.

Toss into a freezer Ziploc bag or container, and freeze so you have a yummy snack, or garnish for soups and salads always at the ready!