

FRESH FOOD SHARE

January 2015 | Volume 7 | Number 1



Produce Storage & Longevity Guide

Though Fresh Food Share boxes come once a month, the produce is not meant to last that long. More than once, I have gone digging for dinner in my crisper drawer and found brown, slimy greens. It wasn't their fault—I just left them in there for two weeks. Some things that come in the boxes, while fresh, naturally have a limited shelf life; other produce stays fresh longer. Planning your meals to use more fragile produce first will keep it from going to waste. Towards that goal, we have put together this hopefully helpful guide to produce shelf (refrigerator) life.**

Caution: DO NOT store your fruits and vegetables next to one another. Chemicals given off by fruit as it ripens can cause your vegetables to spoil faster.

Other words of advice? Keep an eye on your produce. Fruits and veggies won't go bad overnight, but if you check them regularly they are less likely to slip past the point of edibility without you noticing.

Eat us first:

LETTUCE & ZUCCHINI: You can keep these stored in a plastic bag in the refrigerator crisper drawer 5 to 7 days and do not wash until just before you are ready to use it. At the first sign of wilting, use immediately. For zucchini, softness is a sign of deterioration. Lettuce must be dried before storing in refrigerator.



MINNEOLA & BANANAS: Short-term, about 2 to 3 days, minneolas will keep well at a cool room temperature. For longer-term storage, keep them in the refrigerator. You can also store bananas at room temperature. If your bananas get too ripe you can always freeze them whole in the peel and use it to make banana bread or smoothies!

AVOCADO: Store unripe avocado at room temperature. Once the avocado is ripe (gives gently when pressed and is dark green), it is ready to eat and you should plan to eat right away. Once you've cut the avocado, it should be refrigerated. You can store in an airtight container to prevent browning. A browned avocado can still be eaten however; it is not spoiled, and it has just turned brown from exposure to the air.



No rush, but plan on eating us soon:

SUNCHOKES & CARROTS: Cooked sunchokes should be

refrigerated and consumed within 2 days. Canning and freezing is not recommended due to deterioration of texture. Raw sunchokes should be stored in a cool, dry, well-ventilated area away from light. They may also be stored in the vegetable crisper, wrapped in paper towels to absorb humidity and sealed in a plastic bag. Raw sunchokes can be stored from 1 to 3 weeks. Carrots can be refrigerated until ready for usage.

JALAPENOS & PEPPERS: Store whole peppers in a paper bag in the vegetable crisper where they will keep for up to a 7 days. If you do not plan to use soon, you can slice and freeze fresh peppers to use in recipes later.

TOMATOES (Grape): Store at room temperature—never refrigerate grape tomatoes as this tends to lessen their flavor. Under room temperature, tomatoes will be acceptable for up to 10 days.

CELERY: Left in the plastic bag it should last about 7 to 14 days. It is recommended to rinse, dry and remove any blemished or damaged leaves and stalks prior to storage.

APPLES: Store in the refrigerator, away from potatoes and other vegetables. If you have any slightly bruised apples you can store them on the counter so that you will eat them first. Apples with too many bruises can be washed, sliced, and frozen in a Ziploc bag. Get enough of them and you can make a pie!

CORN: Store whole, unhusked corn ears in the refrigerator to last for 5 to 7 days. If you want to extend the life of your corn, you can boil, cut off the cob and freeze in a plastic bag for up to 6 months.

We will last pretty long:

POTATOES: Place in a paper bag or bowl. Store in a dark and dry place.

CABBAGE: Refrigerate uncut cabbage head until ready to use.

ONIONS: Do not wrap onions in plastic or store in plastic bags. A lack of air circulation will reduce shelf life. Keep onions out of direct sunlight and other heat sources. Do not store with potatoes. Cut onions will keep for several days if sealed in plastic bags or containers and refrigerated.

****Disclaimer: This is meant to be a guide, not a guarantee. Freshness lengths are estimates based on averages, not promises. Refrigerators and room temperatures vary from home to home.**



Your Share This Month

Potatoes
Sunchokes
Cabbage
Onion

Carrots
Romaine
Avocado
Celery

Grape tomatoes
Jalapeno
Green peppers
Zucchini

Corn
Banana
Minneola
Apples

Produce of the Month: Apples

Round, red and refreshing are three descriptions people are bound to think of when the apple comes to mind. Apples belongs to the Rosacea family. Although known biblically as the Forbidden Fruit, apples are friend—not foe—to our body's health system.

Apples are one of the oldest fruit known to man; they have been a part of our diet for centuries, as far back as 6500 B.C. to be exact. They were the favorite fruit of ancient Greeks and Romans, and were actually regarded as luxurious delicacies in Roman civilization. The pilgrims planted the first United States apple trees in the Massachusetts Bay Colony and the longest living apple tree in our history was planted in 1647, which bore fruit until a derailed train struck it down in 1866.

Apples come loaded with anti-oxidants such as vitamin C, which helps to protect the body against harmful bacteria and viruses—especially beneficial in Michigan's rampant cold and flu season. They also contain mineral called boron, which improves brain power and helps you stay alert. No wonder why apples are deemed the 'fruit of knowledge.'



Baked Apple Pancakes

Ingredients

½ (1/4 c.) stick unsalted butter
1 1/4 pounds firm, tart apples (about 3 medium), peeled, cored, and cut into 1/4-inch-thick slices
1/4 c. granulated sugar
1/4 tsp. ground cinnamon
3 large eggs
1/2 c. whole or low-fat milk
1/2 c. unbleached all-purpose flour
1/4 tsp. salt
Confectioner's sugar



Preparation

Preheat oven to 425F. Melt butter over medium-high heat in an ovenproof 10-inch skillet. Add apples, granulated sugar, and cinnamon and cook, stirring occasionally, until the apples begin to brown and most of the juices have evaporated, 5 to 7 minutes. Remove skillet from heat.

Combine eggs, milk, flour, and salt in a food processor and process until smooth. (This can also be done with an electric mixer or by hand with a whisk.)

Spread the browned apples evenly across the bottom of the pan. Pour the batter over the apples. Place the skillet in the oven and bake until the pancake is golden and puffed, 18 to 20 minutes.

Remove the pan from the oven and let the pancake rest in the pan for 5 minutes. Sprinkle with confectioner's sugar, cut into wedges, and serve immediately.

Recipe courtesy of Care2Food

Chipotle Turkey Chili with Apples

Ingredients

1lb fat-free ground turkey
2 apples
1 large shallot, chopped (or 1 small onion, chopped)
2 cloves garlic, minced
salt and pepper
2 Chipotle Chilies in Adobo Sauce, chopped + 1 Tablespoon sauce
2 tsp. chili powder
2 tsp. cumin
15oz can tomato sauce
1 c. chicken broth
1 c. apple cider
1 bay leaf
1 cinnamon stick
Shredded cheddar cheese
Tortilla chips



Preparation

Heat a large soup pot over medium-high heat then add turkey, 1 apple that's been peeled and chopped, and shallots. Season with salt and pepper then cook until turkey is no longer pink, breaking it up as it cooks. Add garlic then cook for 1 more minute. Add chopped chipotle chilies and sauce, chili powder, and cumin then stir and cook for 1 more minute.

Add tomato sauce, chicken broth, apple cider, bay leaf, and cinnamon stick to the pot then turn heat up to high and bring chili to a boil. Reduce heat to medium then cook for 10 more minutes. Scoop into bowls then top with shredded cheddar cheese and crushed tortilla chips. Chop remaining apple (do not peel) then sprinkle on top.

Recipe courtesy of IowaGirlEats



Fresh Food Share Tips & Quips: Sunchokes

What Are They: Sunchokes, also known as Jerusalem artichokes, are a root vegetable grown in all parts of the world. Despite its nickname, sunchoke ironically have no relative to artichokes and are not originally cultivated from Jerusalem. They are the tuberous roots of a North American plant in the sunflower family, cultivated by the Native Americans. While they come unfamiliar to your eye, sunchoke carry not only a sweet and nutty flavor but are also packing pounds of healthy benefits as well.



Healthy Benefits: Sunchoke are a great source of iron, potassium, fiber and thiamin (vitamin B1). They normalize our metabolism, removes toxins from our bodies and strengthens the immune system. In the past, sunchoke were once used in Europe to treat pancreatitis, kidney stones and hypertension. Lastly, sunchoke can be a great help to diabetics because of the amount of inulin the vegetable contains.

What To Do With Them: Like most vegetables, you can use sunchoke a variety of ways. Perhaps you would like to keep raw and shave thinly for use in a salad or in a tasty coleslaw. They can also be roasted or sautéed for a dinner that is accompanying other delicious and nutritious vegetables, or they can be pureed with cream and butter like mashed potatoes. As you can see, the possibilities are endless!

Crispy Sunchoke with Aged Balsamic

Ingredients

2 tbsp. olive oil
2 lbs. small sunchoke, scrubbed and quartered
Salt
Freshly ground pepper
4 sprigs rosemary
¼ c. (1/2 stick) unsalted butter
3 tbsp. aged balsamic vinegar



Preparation

Heat oil in a large skillet, preferably cast iron (you'll need a lid), over medium high heat. Add sunchoke and ¼ cup water and season with salt and pepper. Cover and cook, stirring occasionally, until sunchoke are fork tender, 8-10 minutes.

Uncover skillet and cook, stirring occasionally, until water is evaporated and Jerusalem artichokes begin to brown and crisp, 8–10 minutes longer; transfer to a platter.

Add rosemary and butter to skillet and cook, stirring often, until butter foams, then browns, about 4 minutes.

Remove skillet from heat and stir in vinegar, scraping up any browned bits. Spoon brown butter sauce and rosemary over sunchoke.

Recipe courtesy of Epicurious

Sunchoke Soup

Ingredients

2 tbsp. unsalted butter
1 c. chopped onion
2 celery stalks, chopped
2 large garlic cloves, chopped
2 lbs. sunchoke, peeled and cut into chunks
1 qt. chicken stock
Salt & pepper to taste



Preparation

Heat the butter in a soup pot over medium-high heat and cook the onions and celery until soft, about 5 minutes. Do not brown them. Add the garlic and sauté for 1 minute. Sprinkle with salt.

Add the sunchoke and the chicken stock to the pot and bring to a simmer. Reduce the heat to low, and simmer, covered, until the sunchoke begin to break down, 45 minutes to an hour.

Using an immersion blender or upright blender, purée the soup. If using an upright blender, fill the blender bowl up only to a third of capacity at a time, if the soup is hot, and hold down the lid while blending. Alternately, you can push the soup through the finest grate on a food mill, or push it through a sturdy sieve.

Add salt to taste. Sprinkle with freshly grated black pepper to serve.

Recipe courtesy of SimplyRecipes



Simple Guacamole

Ingredients

- 3 avocados, halved, seeded and peeled
- 1 lime, juiced
- ½ tsp. salt
- ½ tsp. ground cumin
- ½ tsp. cayenne
- ½ medium onion, diced
- ½ jalapeno pepper, seeded and minced
- 2 tomatoes, seeded and diced
- 1 tbsp. chopped cilantro
- 1 clove garlic, minced



Preparation

In a large bowl, place the scooped avocado pulp and lime juice, toss to coat. Drain, and reserve the lime juice, after all of the avocados have been coated. Using a potato masher add the salt, cumin and cayenne and mash. Then, fold in the onions, jalapeno, tomatoes, cilantro and garlic. Add 1 tablespoon of the reserved lime juice. Let sit at the room temperature for 1 hour and then serve.

Adapted from Food Network

Apples



Healthy Serving Ideas

- Freeze 100% apple juice in an ice tray or in a paper cup with a popsicle stick. Serve as a snack or dessert.
- Use unsweetened applesauce to make lower fat baked goods. Replace shortening or oils in baking with an equal amount of applesauce plus one-third of the oil called for in the recipe.

Produce Tips

- Look for apples that are firm and do not have bruises or soft spots.
- Store apples at room temperature for up to one week. Or, refrigerate apples for up to three months. Do not refrigerate apples in closed bags.
- To keep apples from browning, prepare fresh apple dishes just before serving. Or, pour 100% apple juice over fresh apple slices.

This material is adapted from Harvest of the Month produced by the California Department of Public Health, Network for a Healthy California and was funded in part by U.S. Department of Agriculture Supplemental Nutrition Assistance Program (SNAP) through the State of Michigan and the Michigan Fitness Foundation. These institutions are equal opportunity providers and employers. For food help contact the toll free Michigan Food Assistance Program Hotline: (855) ASK-MICH.

2015 DELIVERY SCHEDULE

MONTH	ORDERS DUE (Friday by NOON)	DELIVERY 1 (Thursday)	DELIVERY 2 (Friday)
January	9	15	16
February	6	12	13
March	13	19	20
April	10	16	17
May	8	14	15
June	12	18	19
July	10	16	17
August	14	20	21
September	11	17	18
October	9	15	16
November	13	19	20
December	11	17	18

Fresh Food Share Orders Due

Friday, February 6th
All Day

Fresh Food Share Boxes Delivered

Thursday, Feb. 12th or Friday, Feb. 13th
All Sites