



2023 CSA NEWSLETTER WEEK 21

Lemongrass - Watercress

Welcome to week 21. After completing a three month journey from a cutting, Lemongrass is finally ready, harvested, and is included in the box this week. It makes for delicious Thai curry and is also used in tea. Also new is watercress. This leafy green has a peppery, slightly bitter flavor. It can be used in salads to contrast other milder tasting greens, and also makes for a delicious pesto.

We have 1 more box to go for the season. Instead of a recipe this week, I am including a few produce storage tips. Hope you find it useful!

-Ruby

CSA Member Prices Only		
Produce Item	Quantity	Credit Equivalent
An extra harvest box	1 box	1 credit
Delicata/ Butternut/ Sunshine Squash	14lbs	1 credit/ \$20
Red Onion	12lbs	1 credit/ \$20
Red or Yellow Potatoes	12lbs	1 credit/ \$20
Strawberries	half - flat	1 credit/ \$20
Strawberries	Full-flat	2 credits/ \$40
Turmeric, Sweet Potatoes	Coming soon	

Fall Produce Orders:

Please email me at csa@riverlandfamilyfarms.com to place your order and it will be delivered along with your box.

In the box

Beet	Bunch
Broccoli	1 or 2
Purple Kale	Bunch
Spinach	½ lb bag
Red Gold Potatoes	1.5 lb
Lemongrass	Bunch
Watercress	Bunch
Strawberry	Pint
Liberty Apples	2 lbs

Storage Tips

Watercress: Watercress is highly perishable. Store it in a perforated bag in the fridge. You can also treat it like flowers and make it last a few days longer. Place it in a jar of water (like flowers), cover with a plastic bag, and place in the refrigerator.

Lemongrass: Loosely wrap fresh lemongrass in a damp paper towel and store in the fridge. It can last for a week to ten days using this method. For longer term storage, you can chop the stock, keep it in a freezer safe bag and freeze for up to 6 months.

Cabbage: One of the qualities of cabbage is that it can stay fresh for a long time. Store it in a plastic bag and keep in the refrigerator. I can last for two weeks.

Potatoes: Potatoes should always be stored in a dark cool place. Otherwise, they will develop a green tint under their skin which is not good to eat. You can store potatoes in a plastic bag and keep them in the refrigerator and they will last a while.

Cilantro: You can store cilantro in the refrigerator like flowers (or like watercress). Another method is to wrap cilantro bunch in paper towel, then put the towel-wrap bundle in a plastic bag or a plastic tub, and store in the refrigerator. This method keeps the cilantro from wilting without being directly in contact with plastic.