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Produce

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How to Store Produce

**Tomatoes:** Store ripe tomatoes at room temperature to keep the flavor; they'll keep for a day or two. If you need to keep them longer, put them in the refrigerator, but be aware that they will lose flavor in the fridge. Use the butter compartment if they'll fit; it's the warmest part.

**Peppers:** Store green bell peppers for short-term periods by refrigerating them in the produce drawer of your refrigerator. To ensure good air flow, remove peppers from any plastic bag or container. With proper refrigeration, a healthy bell pepper should last from three to five days in the refrigerator.

**Cucumbers:** Lay the cucumber on the top shelf. This is the warmest part of the refrigerator and the best place to store cucumbers. You can also place them in a bowl of water and set in the refrigerator. Keep cucumbers away from apples, pears or other fruits that have ethylene. These may make the cucumber taste bad.

**Radishes:** Remove the tops, place the radishes in a plastic bag and put them in the refrigerator. Do not clean them first. Winter radishes will stay fresh in the refrigerator this way for up to two weeks. Summer radishes will stay fresh for up to a week. You can also Soak your radishes in a jar or container of cold water for up to two days. Do this if the radishes have become a little soft. Soaking in icy cold water will rejuvenate the radishes and make them crisp again.

**Zucchini:** Put whole zucchini in a plastic bag and place in a cool area of the kitchen. If the weather is very hot, keep the zucchini in the refrigerator for 4 to 7 days. Do not wash or handle much before storage because they bruise easy and this results in quicker spoilage.

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**Farm News**

The farm has continued to keep us busy this week. We had another major weeding session. It's amazing how fast those weeds creep back into the field. One of the biggest events this week involved moving 300 straw bales to the farm from an adjacent field. We had 5 wonderful volunteers help us with the task and we finished in record time. The straw bales are as beautiful as straw bales come and will be used for the straw bale structure that will soon adorn the farm. Left-overs will be used as mulch.

Another big project happening that will greatly improve the farm involves fortifying our hoop houses. The hoop houses haven’t been any kind of match for the strong winds we get so Davey has been working very hard to strengthen them.

It seems that more and more projects come up and so we are working hard to get everything done before the cold weather hits. September and October will be busy. We’ll let you know about any opportunities we have for volunteers.

The Students of the Farm
Ashley, Sara, Bethany, and Crista

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**Country Memories**

**Work Clothes**
Well, my two younger sisters, Edna and Elsie, wore coveralls or overalls and shirts when working in the fields, but my older sister and I wore short-sleeved dresses made of cotton materials. We made sleeves to protect our arms from the sun by cutting the toes out of long cotton stockings, making a hole for the thumb, and pinning the top of the stocking to our short sleeves. We wore big straw hats to protect our faces from the sun. We had white canvas gloves to wear when we used to shovel or sugar beet knife on a cold, frosty morning. *Beth Wyatt Winn, Salt Lake City*

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**General Info**

Because school is starting our volunteer hours may not be as regular as they were in the summer. If you would like to volunteer and would like to make sure someone will be there when you stop by you can call Ashley at 435-881-3690. Feel free to call Ash if you have any other farm-related matters to discuss.

Also, we now have a regular on-campus farm stand where Sara will be selling produce. It is on the TSC patio on Tuesdays and Fridays from 10:00am-1:00pm.
**Roasted Beets with Feta**

4 beets, trimmed, leaving 1 inch of stems attached  
1/4 cup minced shallot  
2 tablespoons minced fresh parsley  
2 tablespoons extra-virgin olive oil  
1 tablespoon balsamic vinegar  
1 tablespoon red wine vinegar  
salt and pepper to taste  
1/4 cup crumbled feta cheese

Preheat oven to 400 degrees F (200 degrees C). Wrap each beet individually in aluminum foil, and place onto a baking sheet. Bake beets in preheated oven until easily pierced with a fork, 45 minutes to 1 hour. Once done, remove from oven, and allow to cool until you can handle them. Peel beets, and cut into 1/4 inch slices.

While the beets are roasting, whisk together shallot, parsley, olive oil, balsamic vinegar, and red wine vinegar in a bowl until blended; season to taste with salt and pepper, and set aside.

To assemble the dish, place the warm, sliced beets onto a serving dish, pour vinaigrette over the beets, and sprinkle with feta cheese before serving.

**Best Fresh Salsa Ever**

8 tomatoes  
3 green peppers  
4 jalapeno peppers (you can remove some or add some depending on your taste)  
1 small onion  
Garlic cloves or minced garlic  
salt  
Olive Oil  
Fresh Parsley or Cilantro  
Lemon or lime juice

Cut off the tops of the green peppers and remove seeds. Cut off the tops of the jalapenos but do not remove seeds. Cut the outer skin off the onion and cut in four sections. Place these items in a food processor and run until everything is small. Drop in 1 teaspoon on minced garlic. Wash the tomatoes and cut off the tops and cut them in half or fourths and put them in the food processor on top of the already chopped up peppers and onions. Process these until the tomatoes are well chopped. Open the food processor and remove the container and put a strainer in your sink and pour the mixture from the processor into the strainer and let strain all the excess liquid from the tomatoes. When most of the excess liquid is gone dump the strainer mixture into a bowl or container. Add 1 teaspoon salt, parsley or cilantro, 3 to 4 tablespoons lemon or lime juice. Add 2 tablespoons of extra virgin olive oil. Stir everything together with a spoon and quickly get out your chips and get some because as soon as your family knows you have homemade salsa made it will not be around for very long.

**Fresh Salsa Recipe**

3 tablespoons finely chopped onion  
2 small cloves garlic, minced  
3 large ripe tomatoes, peeled and seeds removed, chopped  
2 hot chile peppers, Serrano or Jalapeno, finely chopped  
2 to 3 tablespoons minced cilantro  
1 1/2 to 2 tablespoons lime juice  
salt and pepper

Put chopped onion and garlic in a strainer; pour 2 cups boiling water over them then let drain thoroughly. Discard water. Cool. Combine onions and garlic with chopped tomatoes, peppers, cilantro, lime juice, salt, and pepper. Refrigerate for 2 to 4 hours to blend flavors. Makes about 2 cups of salsa.

**Roasted Beet, Peach, and Goat Cheese Salad**

2 beets, scrubbed  
1 bunch lettuce, rinsed and dried  
1 bunch arugula, rinsed and dried  
2 fresh peaches - peeled, pitted and sliced  
2 shallots, chopped  
1/4 cup pistachio nuts, chopped  
1 (4 ounce) package goat cheese, crumbled  
1/4 cup walnut oil  
2 tablespoons balsamic vinegar  
salt and pepper to taste

Preheat oven to 375 degrees F (190 degrees C). Wrap each beet in two layers of aluminum foil, and place onto a baking sheet. Bake in the preheated oven until the beets are tender, about 1 hour and 20 minutes. Allow the beets to cool slightly, then remove the skins. Let the beets cool to room temperature, or refrigerate until cold. Once cooled, thinly slice the beets.

Place the lettuce and arugula into a large mixing bowl. Add the sliced beets and peaches; sprinkle with the shallots, pistachios, and goat cheese. In a separate bowl, whisk together the walnut oil, balsamic vinegar, salt, and pepper until emulsified, and pour over the salad mixture. Toss well, and serve.

**Amish Turnips**

2 c. cooked turnips  
2/3 c. bread crumbs  
1 tbsp. butter  
2 tbsp. brown sugar  
1 c. milk  
1 egg  
Salt and pepper

Cook turnips until tender. Drain, mash and then add 1/2 cup bread crumbs, saving rest for top. Add egg, sugar, milk, salt and pepper to taste. Mix together; pour into greased baking dish. Dot with butter and rest of crumbs. Dot with butter and rest of crumbs. Bake 45 minutes at 375 degrees.