

July 24, 2008



The

PolyHarvester

Volume 9, Cycle 3

www.polycsa.org

CSA Week 9 of 12

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Information on:

-Veggie storage-

Veggie of the week:

-Okra-

This Week's Harvest:

- Melons (2 each)
- Corn (2 ears)
- Verdolaga (1 bunch)
- Eggplant (2 each)
- Tomatillos (1 basket)
- Tomatoes (1 basket)
- Okra (1 basket)
- Red Potatoes (8 each)



Questions?

Contact your CSA
coordinator,

Dr. Chris Wharton:

Christopher.wharton@asu.edu

We're inside the Union!

CSA members: Given the intense heat we've been experiencing lately, the CSA is now inside the Union. We will be in the same spot as last week (just inside the doors, on the west side of the building). Make sure to look for us there!



Okra

Okra is a native of West Africa, and its name reflects its origin ('okra' and similar variants are found in various languages of the region).

Gumbo, the famous dish from Louisiana and surrounding areas, also takes its name from its African origins (the word also means, 'okra'). The dish represents a tasty mix of culinary cultures, from African to French.

The PolyHarvester Veggie Storage Tips

Eggplant:

It's best to store eggplant in the crisper of the refrigerator, unwrapped. It can last up to a week or longer when stored properly.

Corn:

Keep it well-chilled by storing it in the coolest area of the refrigerator with husks on. This should last up to a week. You can also remove the kernels and freeze them, which will keep for months on end.

Tomatoes:

Keep tomatoes in a cool place (not necessarily the fridge!). If they are ripe, they should last 3-5 days. If unripe, leave in a paper bag at room temp to ripen, usually 1-2 days.

Tomatillos:

Storing tomatillos is easy. Just find a dry, well-ventilated spot for them and they store like onions.

Okra:

Place okra inside a paper bag, and then inside a perforated plastic bag. Store in the fridge for 2-3 days (you can also blanch and freeze okra for extended storage).

Melons:

Melons keep for a week or longer if stored in the fridge.

Verdolaga:

Verdolaga keeps well in the fridge, but like any green, is best eaten within a week.

Red Potatoes:

Red potatoes should be stored in a cool, dry place and away from light. Moisture helps them sprout, so the refrigerator is not an ideal place. One bad potato can make others go bad more quickly, so check them regularly.