



JERICHO SETTLERS' FARM

22 Barber Farm Road Jericho, VT 05465
jsfarmvt@gmail.com (802) 899-4000
JerichoSettlersFarm.com

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After the Harvest: Curing Vegetables

Fresh picked vegetables are the best for eating! Right? Well, not always. Many vegetables need a chance to “cure” after harvest, especially garlic, onions, and winter squash. The curing process gives these vegetables a chance to reach their prime flavor and ensures their long storage life. For winter squash, it is essential to cure after harvest to sweeten the flesh of the squash and to harden their outer skins. Winter squash need 80 F and high humidity for up to 2 weeks to fully cure (except acorn squash, there are always exceptions!). Curing helps to harden the squash skin and slows down the respiration rate of the squash (yes, vegetables do breathe). This ensures it will retain its interior moisture for months to come and it enables the squash to fully ripen, enhancing its sweetness. Then there’s acorn squash – they really don’t like too long or too warm a cure, and really they’re not a long keeper as far as winter squash go. We have found butternut, buttercup, and pie pumpkins to be the longest keepers. Even so, none of the squash really like to hold on much past January – we distribute most of the Winter CSA squash by January to be sure you get them when they’re still great eating!

Curing garlic and onions is similar, though high humidity is less desirable. The purpose of curing garlic and onions is to seal (or dry down) the necks of the plants to prevent an entry point for bacteria, fungi, or other pathogens to penetrate the flesh of the bulb. This ensures a long storage life. Most garlic will hold well through the winter, and few varieties will even be good eating the following spring. We’ve been able to hold well-cured onions and shallots to the following July!

Reminders and News

- ◆ Last SUMMER CSA pickups are Monday October 6th and Thursday October 9th.
- ◆ The first WINTER CSA pickup is Saturday October 18th.
- ◆ CHICKEN SHARES: Please pick up all your chickens by September 30th.
- ◆ BEEF SHARES and PORK SHARES available. We are filling beef and pork shares as ordered. Shares are a 20 lb. box of a variety of cuts.
Beef: \$175.00
Pork: \$185.00
- ◆ TOMATO SECONDS available for \$2.00/lb. Good for saucing, stewing, canning, or salsa. Available for pickup at the farmstand.
- ◆ SEED GARLIC – want to plant your own garlic crop for next year? We have seed quality garlic for sale – the largest, best quality bulbs for ensuring a healthy start to your garlic crop. Many varieties available: \$2.50/bulb or \$18.00/lb. for 1 lb. or more. And we’re happy to share planting tips.
- ◆ GARLIC SECONDS for eating - available soon. These are bulbs that are small or have cosmetic defects, but are otherwise great eating. We sell them for \$9.00 per lb., mixed varieties. Eat local garlic all winter long!



Delicata Squash with Rosemary, Sage, and Cider Glaze

Delicata is a wonderfully firm-textured squash. Butternut squash can also be used in this recipe.

2 medium delicata squash (about 2 pounds)
3 T unsalted butter
1/4 cup very coarsely chopped fresh sage
1 T coarsely chopped fresh rosemary
1 1/2 cups fresh unfiltered apple cider
1 cup water
2 t. sherry vinegar
1 t. salt
Freshly ground black pepper

Peel squash with a vegetable peeler, cut in half lengthwise, and scrape out the seeds. Cut each piece lengthwise in half again, then crosswise into 1/2-inch - thick slices.

Melt the butter in a large skillet over low heat. Add the sage and rosemary and cook, stirring, until the butter just begins to turn golden brown, 3 to 5 minutes. Do not brown the herbs. Cooking the herbs in butter mellows their flavor and improves their texture.

Add the squash to the skillet, then the apple cider, water, vinegar, and salt. Cook, stirring occasionally, over medium heat at an even boil until the cider has boiled down to a glaze and the squash is tender, 20 to 30 minutes. Taste and season with pepper and additional salt if needed.

Nasturtium Vinaigrette

Combine and mix well:
1/4 cup lemon juice
1/4 cup chives, chopped
2 tablespoons finely chopped nasturtium blossoms
1 tablespoon Dijon mustard
1/2 cup olive oil

Stuffed Nasturtium Blossoms

.....and here's another way to use nasturtiums...

Stuff blossoms with cream cheese and top with capers or chopped chives. Serve as an hors d'oeuvre or alongside fish.

Blender Hot Sauce

This quick, no fuss homemade hot sauce takes almost no time to prepare, and then it dutifully simmers on your back burner while you move on to create the rest of your meal. This will add a rich spiciness to bean dishes, chili, enchiladas, burritos, fajitas, frittatas, and casseroles. Makes 1 1/2 cups.

1/2 cup chopped onions
1/2 cup chopped bell peppers
1 fresh hot chile, seeds removed if you prefer milder
3 cloves garlic, pressed
2 cups chopped fresh tomatoes
1/2 tsp. ground cumin
1/2 tsp. ground coriander (cilantro seeds)
1 tsp. fresh oregano
1 Tbsp. chopped fresh cilantro
salt to taste

In a blender or food processor, combine all ingredients but the salt and purée until smooth. Transfer purée to a soup pot and simmer on low heat, uncovered, for about 30 minutes, or until the sauce has thickened and the flavors have mellowed. Stir often as it cooks and use a heat diffuser if needed, to prevent sticking. Add salt to taste. Hot sauce will keep for about 2 weeks refrigerated and tightly covered.

Tomato Garlic Soup

4 thin slices baguette or similar bread
3 medium tomatoes, cut into chunks
10 cloves garlic, coarsely chopped
2 medium bell peppers, any color, seeded and cut into chunks
1/2 cup olive oil
2 teaspoons coarse salt, or to taste
freshly ground black pepper, to taste

Heat the oven to 225°F. Lay bread directly on the middle rack and bake for 15 to 20 minutes to dry it out. In a food processor pulse the tomatoes, half of the garlic, and the bell peppers until coarsely chopped. In a medium saucepan, heat the oil over medium heat. Scrape the vegetables into the pan. Cook, stirring occasionally, for 5 minutes. Stir in the remaining garlic, the salt, and 2 cups water. Bring to a boil. Lower the heat and simmer for 10 minutes. Season with pepper. The soup can be made ahead to this point and refrigerated for up to 2 days. To serve lay 1 slice of dry bread in the bottom of each of four shallow soup bowls. Pour the soup over the bread. Let sit for 10 minutes. Serve. Makes 6 cups.
