

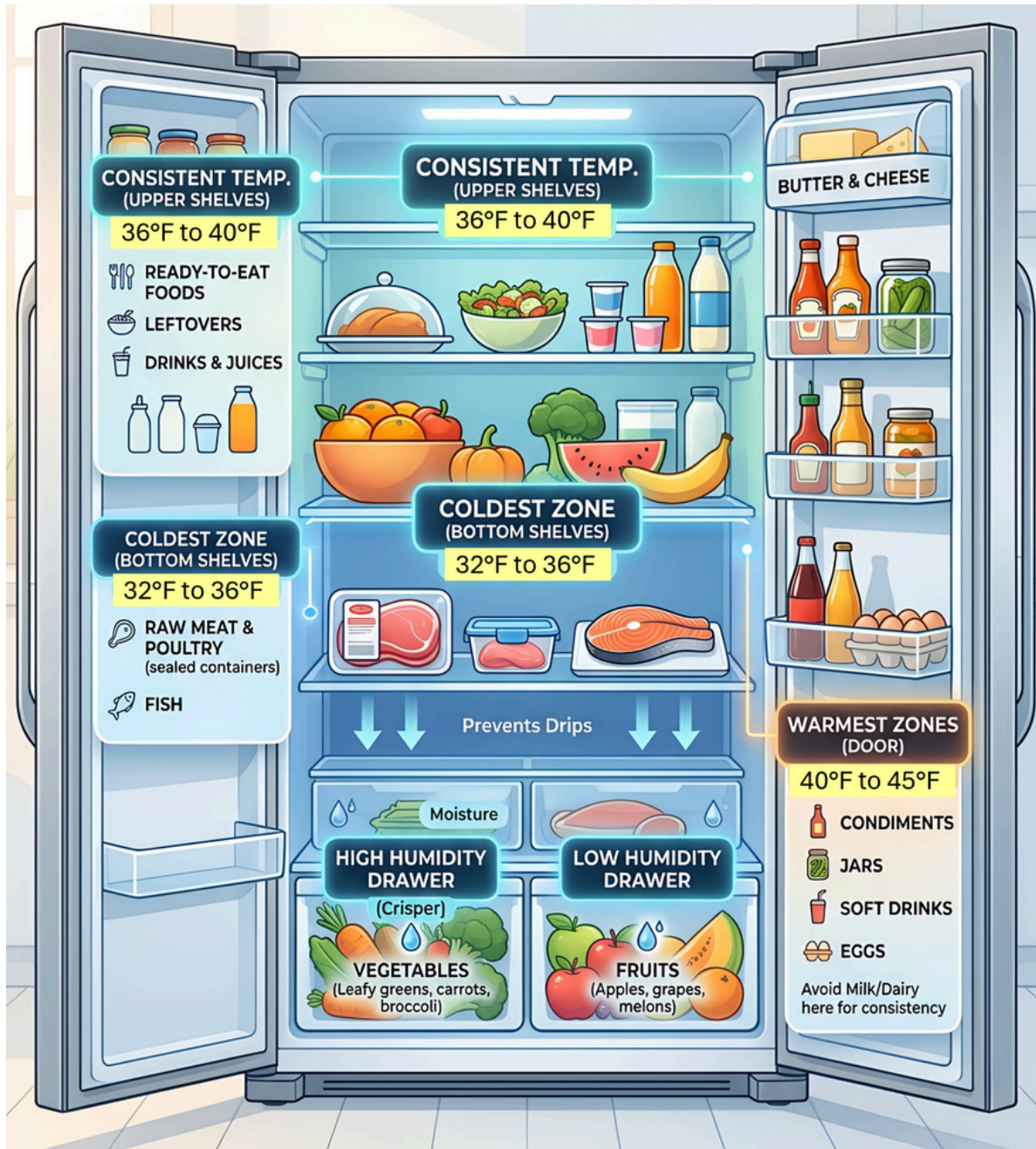
CSA CHEF DEMO

KNOW YOUR FRIDGE



CSA Chef Demo: Know Your Fridge

Refrigerator Zones



CSA Chef Demo: Know Your Fridge

Top Tips for the Fridge

- Read your fridge appliance manual.
- Check the fridge temperature. Set it between 38 - 40 degrees.
- Keep in mind temperatures vary in the fridge.
 - The doors and top shelves are the warmer zone.
 - The bottom shelves are the colder zone.
- Take advantage of crisper drawers.
 - They control the air flow and humidity.
 - Set one for high humidity for vegetables (CLOSED VENT) and one for low humidity for fruits (OPEN VENT).
- Regularly clean the fridge to remove any clutter.

Top Tips for Produce Storage

- Limit time produce is in transit and not temperature controlled.
 - Keep tomatoes on counter for better flavor.
 - Only place tomatoes in fridge to extend shelf-life.
 - Sort items that are durable (store well) versus delicate (need to be use quickly).
 - Put cured potatoes, onions, and garlic in a cool area out of the fridge.
 - Remove any bands or twist ties on produce.
 - Place most produce in a loose ventilated bag before storing in fridge.
 - Add a paper towel in the storage bag to control moisture.
 - Take off any leafy green tops from root vegetables to prevent them from wilting.
 - Most tops are edible and can be used separately.
 - Store delicate herbs (non-woody) in a jar of water like flowers on the door of the fridge. Basil is cold-sensitive and needs to be stored on counter.
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Helpful Links

Refrigerator Tips

- USDA: [Refrigeration & Food Safety](#)
- National Resource Defense Council: [The Refrigerator Demystified](#)
- American Cleaning Institute: [Cleaning Out the Fridge: A Guide for Keeping and Tossing](#)
- University of Kentucky Cooperative FCS Extension: [Recommended Food Storage Times](#)

Produce Storage & Recipes

- Kentucky Farm Share Coalition: [CSA Vegetable Guide](#)
- Kentucky Farm Share Coalition: [Eating with the Seasons](#)
- University of Kentucky Organic Farming Unit: [CSA Recipe Index](#)
- University of Kentucky Cooperative FCS Extension: [Vegetable Preparation For the Family](#)
- Have a Plant: [Fruits & Veggies 101](#)
- Hamilton County Resource: [Wasted Food Stops With Us Fruit & Vegetable: Storage Guide](#)
- UC San Diego Center for Community Health: [Ethylene in Fruits and Vegetables](#)

Reducing Food Waste

- University of Kentucky Department of Dietetics and Human Nutrition: [Waste Not, Want Not](#)
 - University of Kentucky Cooperative FCS Extension: [Home Freezing Basics](#)
 - Hamilton County Resource: [Wasted Food Stops With Us: Leftovers](#)
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EASY COOKING TECHNIQUES & RECIPES



BLANCHING & SHOCKING GREENS

Cooking Tip from Chef Tanya at The Food Connection

What you need:

- Veggies
- Salt
- Water
- Ice cubes

Directions:

1. Cut items roughly the same size for uniform blanching. Stem any greens ahead of time. Shell any legumes.
2. Fill pot $\frac{3}{4}$ full with water. Add 2 tablespoons of salt (kosher, reduce for iodized table salt) for every 4 quarts of water. Bring water to a boil on HIGH.
3. Add your vegetables in small batches, carefully. Don't overcrowd or you'll lower the temperature.
4. Boil anywhere from 1 to 5 minutes depending on vegetable. Test for doneness by removing a piece to let it cool enough to taste. It should be tender, but still firm enough to have to bite down.
5. Remove all the veggies with a slotted spoon or spider and transfer to a large container of ice water.
6. Remove them from the ice water once cool to storage containers. Refrigerate or freeze.

MULTI-VEG QUICK PICKLE

Recipe from Chef Tanya at The Food Connection

Ingredients:

- 1 pound fresh vegetables, such as cucumbers, carrots, green beans, summer squash, or cherry tomatoes
- 1 cup vinegar, such as white, apple cider, or rice
- 1 cup water
- 1 tablespoon kosher salt, or 2 teaspoons pickling salt
- 1 tablespoon granulated sugar
- Optional items:
 - Fresh herb sprigs, such as thyme, dill, oregano, marjoram, or rosemary
 - 1 to 2 teaspoons whole spices, such as black peppercorns, coriander, or mustard seeds
 - 2 cloves garlic, whole or smashed
 - 1 or 2 bay leaves, whole or crushed

Directions:

1. Wash and dry the vegetables. Peel the carrots. Trim the end of beans. Cut vegetables into desired shapes and sizes.
2. Add the flavorings. Divide the herbs, spices, or garlic you are using between the jars.
3. Add the vegetables. Pack the vegetables into the jars, making sure there is a 1/2 inch of space from the rim of the jar to the tops of the vegetables. Pack them in as tightly as you can without smashing.
4. Place the vinegar, water, salt, and sugar in a small saucepan over high heat. Bring to a boil, stirring to dissolve the salt and sugar. Pour the brine over the vegetables, filling each jar to within 1/2 inch of the top. You might not use all the brine. Remove air bubbles. Gently tap the jars against the counter a few times to remove all the air bubbles. Top off with more brine if necessary. Place the lids on the jars and screw on the rings until tight. Cool and refrigerate. Let the jars cool to room temperature. Store the pickles in the refrigerator.

CARROT TOP PESTO

Recipe from Chef Tanya at The Food Connection

Ingredients:

- 1 cup, packed, carrot top greens, tough stems removed
- 1 cup, packed, basil
- 1 large clove garlic, roughly chopped
- ½ cup roasted pine nuts
- ½ cup extra virgin olive oil
- Salt and pepper to taste
- Optional: Zest of one lemon, 1 tablespoon fresh lemon juice, 1 pinch crushed red pepper flakes

Directions:

1. Rinse the carrot top greens to dislodge any dirt. Pick out and discard any dry, yellowed, or otherwise unappetizing looking leaves. Discard tough stems.
2. Pulse greens, garlic, and pine nuts in food processor. Scrape the sides down with a rubber spatula. While the food processor is running, slowly pour in the olive oil in a steady stream. Scrape the sides down with a rubber spatula. Pulse until smooth.
3. Remove from food processor and stir in lemon zest, juice, crushed red pepper, salt, and pepper. Taste and reseason as necessary. Store covered in a thin film of olive oil.