

Your guide to Rosebird

VEGGIES

IDENTIFICATION | COOKING IDEAS | STORAGE TIPS



Get to know your veggies

Part of the fun of joining a CSA or shopping at the farm stand is learning to enjoy varieties of vegetables you might never have thought about before. We understand this can be a challenge... I sometimes forget not everyone has grown and eaten some of the less common varieties.

Good news is that we're here to help! We want you to try new things and start eating healthier the farm fresh way.

This guide will get you started. It will help you identify vegetables you find at the farm stand or in your CSA, give simple cooking tips, and tell you the best way to store your produce.

The guide is just a start. Each week, we share a recipe in the Rosebird newsletter, we regularly post seasonal recipes on our blog, and recipe cards are always available at the farm stand. Our market crew will be happy to share tips with you, too.

Before long, you'll be sharing tips with new CSA members you meet at pick up!

Artichokes to Winter Squash



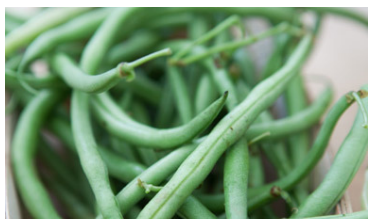
Artichokes: Probably the most well-known edible plant of the sunflower family, artichokes are also related to thistles. They can be eaten steamed, sauteed or roasted.



Beets (Red, Chioggia and Golden varieties)

These roots are great slow roasted in the oven with herbs. Beets do especially well when roasted with olive oil and balsamic vinegar. Beet greens are available in the fall through spring. These are great in salads, in a quiche or paired with other cooking greens.

The roots and greens should be topped and stored in a cool and humid place, such as your refrigerator crisper drawer. Golden and Chioggia are two varieties of beets appreciated for their bold and beautiful coloring. Golden beets have a deep yellow flesh, and Chioggias, when sliced open, are known for their alternating rings of white and pink. Golden beets are not quite as sweet as the standard red beet but can still be quite tasty when roasted or boiled. Chioggias are best for using raw on salads, as their pretty coloring blurs to a pink when cooked. Both golden and Chioggias can be used inter- changeably with red beets.



Beans: There are few things better than fresh green beans. Quickly sauté in a little bit of butter or oil with garlic. Dilly beans (pickled green beans) are simple and easy to make and let you enjoy green beans months later. Store fresh beans in your refrigerator.



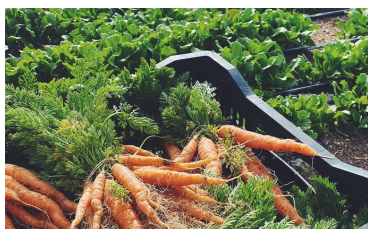
Broccoli: Broccoli is great raw, steamed or blanched. Great in pasta, stir fry and as a pizza top- ping. Many of us are used to eating only broccoli florets, but don't forget the stalks are wonderful too! You can roast them, grate them into a salad or chop them up for a stir fry. They also make great stock ad- ditions. Fresh broccoli should be stored in a perfo- rated bag in your refrigerator crisper drawer.



Brussels sprouts: They look like mini cabbages and are delicious steamed or roasted. We harvest the entire stalk as the sprouts store better while still attached. If you can't fit the length of the stalk in your refrigerator, pick the sprouts off and store them in a perforated bag in your crisper drawer.



Cabbage: Throughout the season we will have several varieties of cabbages. All are great thinly sliced in a slaw, salad or sandwich. Sauerkraut is easy to make. Cabbage can be sautéed as part of a stir fry, boiled and combined with meat dishes, or added to mashed potatoes. Cabbage stores best in the refrigerator.



Carrots: They are great slow roasted in the oven (400o for about 45 minutes) with herbs, onion, garlic and olive oil. Carrots and parsnips pair well when sautéed together with some local honey or real maple syrup, which enhances their natural sweetness.

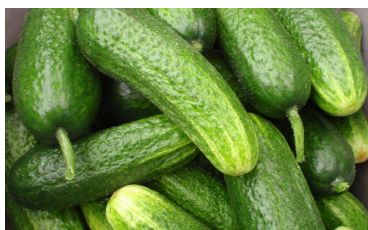
While the different varieties of carrots have their own nuances, the biggest factor in determining flavor is when in the season they are harvested. Carrots harvested late in the fall are super sweet and great for munching or sliced in salads. Carrots should be stored in a very humid environment just above freezing. Keeping a wet paper towel in the crisper drawer, but not touching the carrots, will help keep them firm and crunchy.



Cauliflower: In the fall and winter, you will see cauliflower in different shapes and colors. We grow a traditional white variety, a purple variety, known as graffiti; a yellow variety, known as cheddar; and a green coral looking head, which is a Romanesco type. All can be steamed whole, eaten raw or pureed for use in soup. Cauliflower should be kept in a perforated plastic bag in your refrigerator and will last up to a week.



Celeriac: Celeriac is a long-storing root vegetable available throughout the fall and winter. It has a mild flavor that is said to hint of celery and parsley. To prepare celeriac, peel it with a sharp knife, slicing off the roots in large sections. It can be eaten raw, like carrot sticks and dipped in hummus, or grated or shaved like cabbage to make slaw. It can be added to stuffing or as a flavor enhancer in soup. Store celeriac any place in your refrigerator where you won't forget about it.



Cucumbers: We grow both a slicing variety and a pickling variety. Both are great eaten raw, on a salad or in your favorite pickling recipe. Cucumbers store best between 45o and 55o, making it tricky to store for more than a week in your refrigerator.



Eggplant: This warm season fruit is a staple in Mediterranean cuisine. It is best after a 20-minute salt water bath. After soaking, it can be coated in oil and either baked, pan fried or as a pizza topping. Eggplant does not store well for more than a few days in a refrigerator, as it prefers a holding temperature between 50o and 60o.



Garlic: Our favorite garlic variety to grow and eat is called Music. It produces a large bulb, and large cloves, and is also flavorful and versatile enough for an astonishing array of dishes. Garlic can be minced and added to many vegetables to enhance their flavor. Garlic powder can also be made by dehydrating garlic pieces and grinding them into a powder. Garlic should be stored in a dry place at room temperature and out of direct sunlight.

Salad Greens

These include our salad mix, mesclun mix, baby spinach, arugula and our micro mixes. Combine any for a fresh and unique salad. Store in a perforated plastic bag in your crisper drawer. Will hold for up to five days .



Arugula – A fresh, peppery addition to any salad



Salad Mix – A mix of red and green baby lettuces



Spinach – Add to salads when young and tender



Mesclun – A mix of mustard greens, baby Christmas spinach, and salad mix



Christmas Spinach – This red stemmed variety adds color and flavor to your salad



Head Lettuce – We grow varieties from crunchy romaine, to tender and delicious oak leaf, in both green and red variations



Herbs: In any given year we may grow a host of different herbs. When in season, we will usually have basil, cilantro, dill, oregano, lavender, parsley, rosemary, sage and thyme. Herbs can be stored in a perforated bag in your refrigerator. The only exception is basil, which should be stored in a glass of water, ideally between 50° and 60°. Storing at room temperature will suffice but it may not last as long. All of these herbs are great used fresh or can easily be dried in a warm, dry location with good air flow.

Cooking Greens

Versatile and delicious, these varieties of cooking greens are available most of the year. At least one, if not more, in this list should be on the availability list during our CSA season. They all store well in perforated bags, in the crisper drawer of the refrigerator and will last one to two weeks.



Bok Choi (Bac Choy, Pac Choi, Red Choi, Joi Choi, etc.): An excellent stir fry green. Separate and wash stems, chop and cook with your choice of onions, garlic and other cooking greens. Simple, crisp and delicious.

Braising Mix: This is a grown up version of our mesclun mix. The flavors are much bolder than its younger version. Use for braising, or as a cooking green. Pairs well with pasta when combined with garlic, herbs and olive oil. Store in your refrigerator crisper drawer.



Swiss Chard: Chard can be used either for its deep green leaves or for its firm and brightly colored stems. The leaves typically are boiled or braised and the stems are best blanched or baked.

This green can be used in a very similar way as spinach. Swiss chard makes a great addition to quiche, omelets, mashed potatoes, pasta and rice dishes.



Tokyo bekana: It is recognized by pale green ruffled leaves and white stalks. It can either be used raw in salads or cooked much like bok-choy in stir-frys and other recipes.

However, when using in bok-choy recipes the cooking time should be slightly reduced as Chinese cabbage leaves are not as sturdy and cook down more quickly. The Korean dish, kimchi is made of fermented Chinese cabbage leaves with spices, fish sauce and scallions.



Garlic scapes: Garlic scapes are the immature stems and seed heads of hardneck garlic. Look for them at the farmers market in June. Garlic scapes can be used in almost any recipe in place of cloves. They are great chopped and sautéed in olive oil with salt, aka “garlic french fries.” You can grill them too. They also make a killer pesto (recipe on our blog). Store in a plastic bag in your refrigerator.



Ginger root: Grate it into your jam, soup, stir-fry, banana bread batter or on top of your salad or ice cream. Our ginger is not cured like you find in the grocery store. It will last only a week in your refrigerator, but freezes well and can be used months down the road. Note: Once frozen, ginger root cannot be thawed as it will become spongy and almost unusable unless you throw it in a soup or stock pot.



Jerusalem artichokes: These roots, also known as sunchokes are often sadly overlooked because of their gnarled appearance and misleading name. It is not actually an artichoke, but is the root of a sunflower. To prepare Jerusalem artichokes scrub them thoroughly, then trim off any protrusions with a paring knife.

They are delicious when roasted or sautéed with garlic and herbs, such as rosemary, thyme and oregano). They can also be grilled by cutting them in half and placing cut side down. Jerusalem artichokes are also great sliced raw for salads or grated into soups or frittatas. Although not beautiful in appearance, when cleaned and cooked, it offers a deep nutty and rich earthy flavor. Jerusalem artichokes should be stored in the refrigerator and should last two to three weeks if kept moist with a wet paper towel.



Kohlrabi: Kohlrabi is a member of the brassica family, meaning it is closely related to cabbage, kale and broccoli. It is harvested for its bulbous stem. The flesh inside is juicy, crisp, and mildly sweet. Kohlrabi can be eaten raw, like carrot sticks, and dipped into hummus or peanut butter, or grated or shaved like cabbage to make a slaw. Store in the refrigerator for two to three weeks.

KALE

This hardy leafy vegetable is increasing in popularity. While grown throughout the summer, it is best after a good frost, when it becomes naturally sweeter. Store fresh in your refrigerator crisper drawer or chop up and place in a Ziploc bag to freeze for later use. It is recommended to remove the leaves from their stems.

The stems take a little longer to cook and can turn people off to this nutrient packed cooking green.

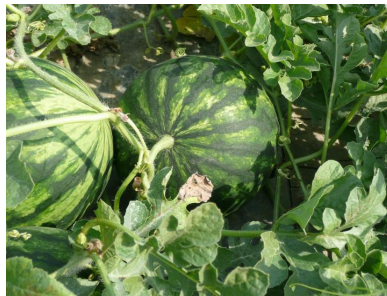




Leeks: Similar in use to onions, this allium is usually in season from early fall to early winter. They are a delicious and key ingredient in potato leek soup, and add their own special flavor to any dish in which you might normally use onions. The dark green tops can be saved for vegetable stock. Stored in the refrigerator, leeks will last at least a week..



Sharlyn

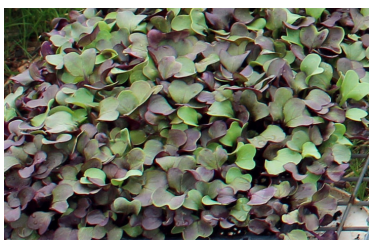


Watermelon



Cantaloupe

Melons: It's hard to beat the juicy sweetness of melons in the late summer. Each of the varieties we grow have their own unique flavor. Mix them into a fruit salad or eat them right off the rind.



Micro Greens: Micro greens are a mixture of very young greens, which may be either mild or spicy or a mixture. They are grown in soil and are harvested at the most nutrient dense stage of growth. They contain all the start up nutrients of a sprout plus the added chlorophyll. Our **mild mix** contains a variety of lettuce greens, kale, cabbage and beet greens.

The **spicy** mix may also contain mustard, radish and arugula greens. Both mixes are wonderful on salads and in wraps and sandwiches. They can be used as a garnish and in omelets or to top poultry or other meat dishes. **Sunflower shoots** are used in a similar fashion to that of the micro greens. They add a great crunch and light flavor to many different salads and sandwiches. They have a nutty flavor and a crunchy texture similar to bean sprouts. Micro greens store best in the crisper drawer of your refrigerator. Adding a moist paper towel to the box of micro greens will help prevent wilting. They should last up to five days.

Don't throw away your vegetable scraps!

Save them up in a container in the freezer to make stock for your soups. Once you have about a quart of scraps, throw them into a slow cooker with water and simmer over night. Strain off the liquid and store in refrigerator or freezer!

Radishes



Bunched radishes: This delightful salad radish is great raw or roasted. The greens can be steamed for a healthy side vegetable, or they make a great pesto. Store in the crisper drawer of your refrigerator.



Watermelon: Known as a winter radish, because they store well in the root cellar, beauty hearts have a sweeter flavor than most radishes. They are a beautiful and tasty addition when grated or sliced on a salad. Watermelon radishes are named for their lovely fuschia colored centers.



Daikon radishes: Another type of winter radish available on the farm is daikons. They are long white roots, quite common in Asian countries. They can be eaten raw, put on a salad or are quite good when pickled.

According to Carla Emery, author of the Encyclopedia of Country Living, Daikon radishes pair well with starches as they contain an enzyme which better enables the body to digest the starch.



Peas: There's nothing quite like biting into a fresh sugar snap pea in early spring. We generally grow both the plump sugar snaps and the flatter snow peas generally used in Asian cooking. Both varieties are great raw for snacking, added to salads, or gently steamed or sauteed.

For a comprehensive storage guide visit the University of Tennessee Institute of Agriculture website here: <http://bit.ly/zrwAej>.



Onions: Onions are so popular and useful in the kitchen that we do everything in our power to make sure we extend the season as long as possible with them.

The early season and sweet varieties will be uncured so need to be refrigerated immediately and will only last a week or two. The storage onions, both yellow and red, can be stored out of light and in a cool dry place for several weeks without issue.



Parsnips: A sweet and slightly nutty root vegetable usually eaten cooked, parsnips add variety to a tray of roasted vegetables. They can also be boiled in soups, braised or steamed for purees.

To prepare parsnips peel them as you would a carrot, and chop or slice. With parsnips that are 1 1/2 inches or thicker, it is best to remove the core since it may be tough or woody. To do this slice the root lengthwise and shave off the core with a paring knife, then chop as desired. Carrots and parsnips pair well when sautéed together with some local honey or real maple syrup, which enhances their natural sweetness. Sown in the spring, they are ready for harvest late in the fall, but can be overwintered and dug up the next spring when they become incredibly sweet. Store in the refrigerator in a perforated plastic bag.



Peppers: Each season we grow green, colored, hot and sweet peppers. A favorite of ours is a sweet pepper known as Shishito, which are delicious eaten raw or pan fried.

Peppers are susceptible to chilling injury colder than 40o, but will store in your refrigerator for up to fourteen days. To keep a supply of peppers for stir fry and other cooking all winter, cut them in half, remove the seeds and freeze them in a Ziplock bag.



Potatoes: Each is widely versatile in the kitchen, but each variety holds its own nuances.

When potatoes first arrive on the stand, they are considered "new potatoes," as they have not been in storage. These early potatoes will need to be refrigerated. Later in the season, potatoes should be stored at room temperature. Often garages, pantries or basements can be ideal for potato storage in the home, if they are to be stored for just a few weeks. Green spots will develop if stored in direct sunlight — be sure to cut any off before using.

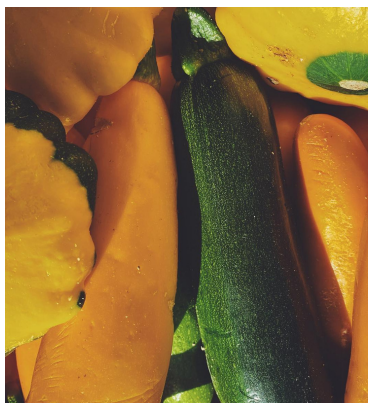


Rhubarb: This classic early spring stem is a favorite in pie, cake or as a sauce for ice cream. It is especially good paired with strawberries or other berries.

Store in your refrigerator crisper drawer. To save for pairing with later season fruit, chop it up and freeze — no need for blanching.



Shallots: Shallots are similar to onions and garlic, but have a milder flavor. Great roasted or sautéed to add flavor and depth to a variety of dishes. Store as you would onions, in a dry place at room temperature away from direct light.



Summer squash and zucchini:

These popular summer vegetables grow very quickly but are most tender and tasty when harvested small. Larger squashes and zucchini are best pickled or used for making zucchini bread. The varieties you will see at market are our favorites.



Squash Blossoms: We harvest squash blossoms during the summer. They are not only beautiful, but wonderful if breaded and pan fried stuffed with a soft cheese, like chevre. Squash blossoms are best used the same day and do not store well.



Sweet potatoes: Sweet potatoes are not usually ready for market until late fall as they require a long growing season and then some curing time for better taste and storage. They are great as a puree, roasted with other fall root vegetables, in bread or biscuits, and even as a filling for ravioli.

Sweet potatoes should be stored at room temperature and out of the light. Storing them at temperatures colder than 50o will result in rapid spoiling.



Tomatoes: We do our best to have tomatoes as long as possible throughout the season. That means being first to market with our tunnel grown tomatoes, which are later joined by delicious heirlooms and other field grown types.

All of the varieties we grow are super juicy, flavorful and take any dish to the next level. Tomatoes will store at room temperature for up to a week. Storing in a cool place, like a refrigerator, will damage the fruit. If you can't decide which variety to pick, ask someone at the stand about their favorite.



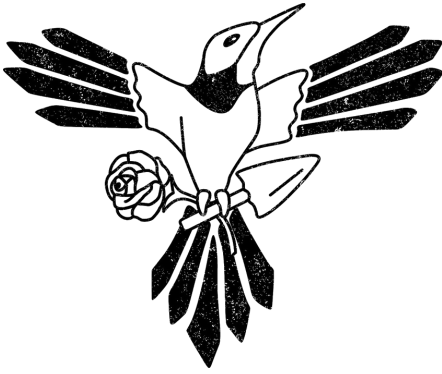
Turnips, Hakurei: Crisp and sweet, Hakurei turnips are often found at the market with their tops still intact. Both the tops and the roots are great in salads. They can also be sauteed with garlic or roasted. Before storing, remove the tops to keep the roots crisp.

The roots also make a great substitution for mashed potatoes!



Winter squash: Slow roast winter squash like root vegetables, but add butter, salt and sweetener such as brown sugar, honey or maple syrup; or cube and roast with some sage and olive oil. Squash also makes great soup.

Roast and puree your own pumpkins and squash for fresh, holiday baking. Our favorite variety to serve is butternut. We also source delicata, known for its ease of use in the kitchen, as well as some less common varieties for their flavor and appearance. Squash will last a few weeks to months if stored just below room temperature.



ROSEBIRD FARMS

224 E Beale St

Kingman AZ 86409

hello@rosebirdfarms.com

[instagram.com/rosebirdfarms](https://www.instagram.com/rosebirdfarms)

(928) 235-8950

Rosebird Farms is a family-run vegetable, flower and livestock farm founded in 2018 by Andrea in Kingman, AZ. Our mission is to connect our customers with great food and revitalize the local food ecosystem.



Andrea, who continues to lead the farm, started growing vegetables in her family's Buffalo, NY backyard at a young age. After college and a short career in construction management, she decided to follow her passion for growing and feeding her community. She now feeds more than 100 families through his farm's CSA, and many more through partnerships with the Kingman Area Food Bank and the West of 3rd farm stand.

The farm includes more than 10 acres of land with less than one acre in vegetable beds, year-round production in multiple high-tunnels, and a crew of three.

As farmers dedicated to feeding a healthy community and healing the Earth, we are proud to be Certified Naturally Grown. We have always farmed using sustainable practices and incorporate permaculture principles into our properties .

As organic farmers, we believe the work we do is changing the way our community eats. We love partnering with other Arizona farmers and ranchers to source a whole diet full of beautiful nutritionally dense foods that support local families and ecosystems.

WWW.ROSEBIRDFARMS.COM

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