

Crop:	ID Guide: what it looks like	When it's in Season at Hartwood Farm	How to Handle and Store	How to Prep for Use	Ways to Prepare	Quick Ways Your Hangry Farmers Prepare It! :)	Typical time to: Steam	Saute	Bake	Boil
 arugula	Slightly lobed, spicy smelling light green leaves that we always put into small bags. It's a favorite of our flea beetle nemesis, so it sometimes has a few tiny holes (but still tastes delicious!)	Most of the growing season, but it's best in the spring (May through mid-July) and in the fall (after mid-September)	Stores best in the crisper drawer in a loosely closed bag. Arugula is the shortest storing of the salad greens we grow, try to use within 3 to 5 days, though it should last a week to 10 days	Since it grows so close to the ground, we recommend washing arugula well and spinning it out	Most folks seem to like to eat arugula raw in salads, but it can also be lightly (it cooks fast!) steamed, sauteed, or even microwaved	Sandwich, pizza, or burger topping (add at the end on the pizza after it's cooked)--we especially love the bite of arugula mixed in with your favorite sandwich. We also like eating it as a salad served under a hot protein (steak or salmon) where it wilts a little bit. It goes well with any dressing, especially creamy or lemony ones.	< 1 minute	< 1 minute	We don't recommend	We don't recommend
spinach	Dark green leaves, distributed in a small bag. Spinach has a deep, distinctive flavor	Spring and fall--spinach hates hot weather, so we can really only reliably produce it for the first 1-2 and last 2-3 shares.	Stores best in the crisper drawer in a loosely closed bag. If fairly dry, can keep for two weeks in the fridge	Since it grows so close to the ground, we recommend washing well and spinning it out.	Very popular raw and in salads, but we prefer it cooked to take off some of the oxalic edge it has. We generally saute or steam it, and it is compatible with a huge number of dishes across almost every cuisine!	Quickly sauteed with eggs, coarsely chopped and added at the end of any stir fry or saute, in frittadas or quiche, or sauteed on its own in olive, peanut, or sesame oil and topped with seeds or nuts for a simple side dish.	1 to 3 minutes	1 to 3 minutes	We don't recommend	We don't recommend, but 1 to 3 minutes if you boil
chard	Very large, greenish leaves with rainbow colored stems. We usually distribute it in big bunches	All season, sporadically! Chard is reliable throughout all seasons, our only challenge is keeping the grasshoppers and deer away from it (it's the favorite crop of these two nemeses...)	Best stored in a bag in the crisper drawer. If it's a hot day at pickup and gets a bit wilted, you can re-wash it and store it in the bag and it should perk back up overnight. Chard can last 2 or more weeks in your fridge	Lots of recipes say to discard the stems, but they are actually the best tasting part of the leaf! We tend to cut off the stems and chop coarsely, cooking them first for a minute or two before adding the leaves (which are best chopped coarsely or into ribbons)	Any way you can imagine. Our chard gets big fast, so it's best lightly cooked, but chard fans might also enjoy it raw (we find it has too strong of a taste for us that way). Sauteing, braising, steaming are the best ways to prepare, and it's also great in soups.	We love sauteed chard mixed with any egg dishes--scrambled, omelet, quiche, etc. We also add it to a lot of stir fries, substitute it all the time for spinach (they are cousins, but chard is much more available during the summer), add it in soups at the last few minutes of cooking, or saute it with seasonings and toss it with pasta for an easy side dish.	2 to 5 minutes (stem may need an extra 2 minutes--add that first!)	2 to 5 minutes (stem may need an extra 2 minutes--add that first!)	Not recommended unless it's mixed into a dish (leaves need to be covered to avoid burning)	2 to 5 minutes (stem may need an extra 2 minutes--add that first!)
kale	We grow two kids of kale--dinosaur or lacinato, which is dark leaved and wrinkly, and curly kale (which is as you can guess, curly!) Dino kale is more heat tolerant, so we save that for the mid-summer boxes.	All season, sporadically! Kale is reliable throughout all seasons, but tastes best in the early spring and late fall, so you will see it more often in your shares then.	Best stored in a bag in the crisper drawer. If it's a hot day at pickup and gets a bit wilted (which can happen easily because the leaves are so darn tender), you can re-wash it and store it in the bag and it should perk back up overnight. Kale can last 2 or more weeks in your fridge	Lots of recipes say to discard the stems, but they are actually the best tasting part of the leaf! We tend to cut off the stems and chop coarsely, cooking them first for a minute or two before adding the leaves (which are best chopped coarsely or into ribbons)	Any way you can imagine. Our kale gets big fast, so it's best lightly cooked, but fans might also enjoy it raw (check out recipes for massaged kale salads which is raw, but more tender). Sauteing, braising, steaming are the best ways to prepare, and it's also great in soups and stir fries.	I honestly didn't like kale for many years, but over time it wormed its way into being my favorite veggie. We usually have simply sauteed kale 2 or 3 times a week (often topped with toasted sesame oil and sesame seeds), add it to most of our stir fries and soups, and occasionally put it in smoothies (where you actually rarely can taste it). I love eating kale chips, but am less successful at baking them!	1 to 6 minutes (stem may need an extra 2 minutes--add that first!)	1 to 6 minutes (stem may need an extra 2 minutes--add that first!)	Not recommended unless as kale chips--please let me know if you have a bomb proof recipe!	1 to 6 minutes (stem may need an extra 2 minutes--add that first!)
pea tendrils	Generally a baggie of twisty looking green things (these guys get sad fast, so they may look a little wilted, but still taste good!)	Spring--expect to see these once in your box (fingers crossed, they can be tricky) in June.	Best stored in a bag in a crisper drawer and used within a few days (though if you wash and spin them they can last a week or so)	Chop coarsely--all parts are edible, including any flowers! These have a light, sweet pea taste.	Mostly either raw in salads or lightly sauteed/stir fried	We like to coarsely chop and then mix vigorously with goddess dressing and top with chopped nuts. Also enjoy adding them to the end of any dish we are cooking on the stovetop (last night we put them in a curry)	1 to 4 minutes	We don't recommend	We don't recommend	We don't recommend

beets	Deeply purple-red roots (you all know what these look like!). They should be intensely sweet.	Year round	In the fridge in a closed plastic bag. They can last up to 8 months with proper humidity levels!	Peel (if storage varieties, fresh baby varieties are fine just scrubbed off), and chop or grate as your recipe calls for. Smaller pieces cook faster. Alternately, if you are roasting whole, skip the peeling--after roasting the skins will slip off the beets on their own.	Any way from raw to baking, boiling, sauteeing, roasting, etc. Beets are definitely intensely flavored--our recommendation for beet newbies is to chop and roast them (this mellows the flavor). Many members like to roast them whole (often pierced and wrapped in foil) and then re-refrigerating, using slices over the week for salads.	We are huge fans of roasted beets--we chop them into medium size pieces, toss with salt, herbs, and oil, and roast at 400-ish for 45 to 60 minutes (until crisping on the outside and tender inside). We also grate them into salads (especially good with carrots) and are fans of chocolate beet cake (bizarrely good, can't taste the beets at all!)	30 to 40 minutes, depending on size	10 to 30 minutes, depending on recipe and size	35 to 75 minutes, depending on size	25 to 40 minutes, depending on size (our least favorite way to prepare)
radishes	Round, small red roots, generally distributed in small bunches with greens attached	Spring and fall into winter	If you don't plan on eating the greens, radishes store best with the greens removed, in a loose plastic bag. With greens, they last 3 to 5 days. Without greens, they last 2 weeks	Scrub them a little bit and then cut to preferred size	Mostly eaten raw, but I've had them deliciously pickled and roasted (with a range of creamy dressings) before!	My favorite meal is radish sandwiches (I know it sounds weird, I only got hooked after being next to a French baker for years at the farmers market). Take a nice slice of bread (toasted is best), lather it with an inappropriate amount of butter, and top with thinly sliced radishes! Also great with a layer of arugula...	We don't recommend	2 to 15 minutes, recipe depending	20 to 30 minutes, recipe depending	We don't recommend
kohlrabi	This is the weird UFO looking thing. It's actually broccoli's odd looking twin	Spring and Fall. We grow this because in a challenging year, it has broccoli's flavor but with more reliability!	In the fridge loosely wrapped in a plastic bag. If you remove the leaves and just have the ball part, it doesn't need a bag and can store 2 to 3 Months!	Leaves can be used like collard greens or kale (just need a bit more cooking). Ball should be thinly peeled and then chopped to the size/shape you desire	For the tops, see collard or kale section. For the ball, it is great raw and sturdy enough to bake, roast, or boil.	We often chop into sticks to dip into hummus. We also will skip the peeling and just grate it for a raw slaw (perfect mixed with carrots). For cooking, we chop it finely and add to stir fries or sauteed dishes, chop coarsely to roast with root vegetables, and have even grilled thin slabs of it!	I would guess 3 to 10 minutes (haven't tried)	5 to 15 minutes, size and recipe depending	20 to 45 minutes, size and recipe depending	We don't recommend
fresh herbs	Generally small bunches of aromatic greens--in our U-Pick garden we have marjoram, oregano, thyme, garlic and regular chives, sage, lavender, mint, and lemon balm	All summer, though best in early spring	Either loosely wrapped in fridge, or on counter (hanging or in a small bit of water). Best super fresh (1 to 2 days), but can also be dried for later use. Honestly, I often abandon them on my counter for a few days and they are still fine!	Wash off any dirt, dry on dish towel, and then chop coarsely or finely, as dish calls for	Usually added towards the end of cooking (fresh herbs are more delicate than dried ones and can't stand up to as much heat) or used as a garnish raw on salads or pretty much any dish	We use them to spice up pretty much any dish. I often cheat and just use scissors to cut them finely over salads or into the pot				