




Vegetable	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 and Dirty Farmer Favorite Way to Use	Typical time to: Steam	Saute	Bake	Boil
 head lettuce	You all know what this looks like! (Note: we do have a few crops that look, but don't taste, like lettuce)	Ideally, most of the growing season, though we have some pests that munch on it starting mid-July	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 lettuce well, pulling the leaves apart, and spinning it out.	Mostly eaten raw, but it's also great as a wrap and can be served in a wilted salad. I've also heard of lettuce soup, but haven't tried it!	Sandwich topping, with tacos, as a side to any meal, or as a main dish salad with some proteins and other salad goodies!	We don't recommend	We don't recommend	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 only reliably produce it for the first 1-2 and last 2-3 shares. We have it in all the winter shares, though!	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!)

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 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 refridgerating, 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)
peas	You know what this looks like! NOTE: we only grow SNAP PEAS, which means the whole pod is edible--don't try to shell them or you will be disappointed!	2 to 3 weeks only, in the spring	Loosely wrapped in a plastic bag in the fridge, though honestly, we suspect most of them don't survive through the car ride home	Snap peas (or edible pod peas) are ready to eat, they just need a quick washing and then to be "snapped," which involves snapping the end and pulling off the string along their top	They are great eaten raw on their own, with dips, or in salads, either whole or coarsely chopped. Also good sauteed, steamed, or in things like frittatas.	We honestly eat so many peas while harvesting we have to cut ourselves off using them in the kitchen! But on days when we have field self control, we love to lightly steam or saute them, or tossing them into any sort of stir fry dish or pasta dish	1 to 5 minutes, we prefer crispier peas, so on the short end!	2 to 5 minutes usually, if in a dish, toss in towards end of cooking	Not recommended unless it's mixed into a dish (leaves need to be covered to avoid burning)	Not our favorite way, but you could do it; less than 5 or 6 minutes
broccoli	You know what this looks like! Technically it's the stem right before it flowers!	Briefly in the spring and longer in the fall	Loosely wrapped in a bag in your crisper drawer. Broccoli is best eaten in the first 3 to 5 days. It can store longer, but might start getting a bit spotty	Gently wash as you pull apart the florets. We actually prefer the flavor of the stalks and recommend you try these as well. We peel the stalks (if it seems tough) and just cook a few minutes longer than the florets.	This is hands down one of the most versite veggies around, and can be eaten raw or cooked by almost every method!	We eat a fair bit of broccoli, starting off raw (both stem and florets) dipped in hummus, and ranging to sauteed both on it's own and with other veggies, baked with cauliflower or kohlrabi, pureed into soup, in quiche and fritadas, and just steamed	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!)	The stems bake fairly fast (20 to 30 minutes depending on size), florets 15 or 20	2 to 5 minutes (stem may need an extra 2 minutes--add that first!)

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 cauliflower	Big white solid heads that look a little like broccoli (some have a pink tint from sun exposure)	With luck, 1 week in the spring and then several weeks in the fall	Loosely wrapped in a bag in your crisper drawer. Best eaten in the first 3 to 5 days. It can store longer, but might start getting a bit spotty (still is edible then)	Gently wash as you pull apart the florets. It cooks more quickly if cut into small pieces. (It can also be minced, riced, or cut into large piece or left whole)	Everyway! Cauliflower is super versatile and probably my favorite veggie. It's also super en vogue now because it's low carb and paleo, and can be substituted into loads of recipes (like pizza crust or rice!)	We love cauliflower most ways, but usually eat it raw or roasted. I prefer to toss it with olive oil and curry powder and salt and roast that way, but I also love cauliflower "rice." There are so many new ways to cook it online--we have yet to find a way we don't like it!	3 to 15 minutes, size and consistency depending, we don't prefer this way	5 to 15 minutes, size and recipe depending	20 to 45 minutes, size and recipe depending	Not super long, but it doesn't bring out the taste as well
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. It's also a member favorite substituted for (or mixed with) potatoes in latkes!	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
garlic scapes	The weird curly things that smell like garlic	just two weeks in late June!	Don't wash scapes until you are ready to use them as water hampers their storage! Store in the crisper in a plastic or paper bag and use within two weeks.	Wash briefly and remove the top part of the scape (from the bulb up to the pointy part) as it can be stringy	Steamed, sauteed, or added to any recipes toward the end of cooking instead of using regular garlic, also great as pesto.	We love garlic scapes, brushed with oil, grilled lightly!	1 min?	1 to 5 min	Less than 15 min, with other veg	Nope!
parsley	Bunched greens with flat leaves and hollow stems	Throughout the season, those usually just in spring shares (U-Pick year round)	Wash and store loosely wrapped in fridge. You can also hang up to dry	We generally just use the leaves, which we strip from the stems. Stems are good if you are making stock!	Added to any dishes at end of cooking, also make an intense pesto	We love mixing parsley into sauteed dishes and soups. I like it as pesto mixed with scapes, but the flavor has bite! Also a great garnish for meat, salads, or other dishes	Have never done alone	1 to 3 minutes	Only in other dishes, but generally just as post-baking garnish	Not recommended