

What's Included?

Below are some of the **organic** items we are planning to send this week. **Your box** will probably **not** have every item.

Item	Storage Tip
Kale 📍 Romanesco 📍 Cauliflower 📍 Beets Peas ⌚	Refrigerate in veggie drawer/high humidity (closed vent)
Apricots ⌚ Pears	Refrigerate in fruit drawer/low humidity (open vent) <ul style="list-style-type: none"> • Pears ripen on the counter in a paper bag first (around 2 days) • Apricots should also ripen on the counter first if not fully ripe
Slicer Tomato 📍	Ripen at room temperature, then store in the fridge <ul style="list-style-type: none"> • Store unripe tomatoes, stem down, on the counter at room temperature. • Ripe tomatoes can be stored in the warmest part of the fridge to slow further ripening but are best when allowed to return to room temperature before eating!

⌚ **Use first:** These won't last as long as the other produce.

📍 **Local:** Some items may run out and we will then need to use organic produce from out of the area

What the Heck is Romanesco?

This alien-looking vegetable is from the same family as broccoli, cauliflower and kale. It is sometimes referred to as brocco-flower or Roman cauliflower. Romanesco may seem like a hybrid between broccoli and cauliflower its actually more of a cousin. Instead of resembling a small tree, the stalks form small, tight spirals making it beautiful to look at, though slightly intimidating to cook with!



Like its cousins, Romanesco can be eaten **raw** or **cooked**. It has a similar but milder, sweeter and nuttier flavor than either broccoli or cauliflower. It can be **roasted, steamed, grilled, pickled** or **fried** in place of broccoli or cauliflower. When swapping, Romanesco cooks more like broccoli, so keep cook times relatively the same, though its flavor is closer to that of cauliflower. Keep in mind that it will add a greenish hue to a cauliflower dish. Let the unique flavor of the Romanesco really shine in the quick and simple recipe linked below!



Roasted Romanesco

A recipe to help you make the most of this lovely veggie!



Dirt and Washing

We give you the dirt on why you might want to give your veggies a nice soak!



Produce Blog

Learn more about this week's produce. And next week's too!



Storage Tips

Some more about the best ways to keep your veggies fresh!



Scan codes with your phone to learn more!

P.S. **Tomato season has arrived!** Tomatoes may not come every week. You will be getting fresh, local tomatoes with increasing frequency throughout the next two months along with recipes, farmer info and storage tips!



Every **Thursday** afternoon, we **update the produce blog**. That's when we include what we expect in the following week's package. Check it out to see what's coming!

