

# A - Z VEGGIE GUIDE

Everything you need to  
know about your favorite  
vegetables.





# ASPARAGUS

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This spring favorite is well balanced in nutrients and extremely good for you!

**STORAGE:** Asparagus needs to be kept wrapped up in the refrigerator.

**HOW TO COOK:** Asparagus can be pickled, frozen, steamed, braised, boiled, grilled, roasted, sauteed or eaten raw.

**AVAILABILITY:** May - June

# BEANS

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We grow the traditional green bean & yellow bean. We also grow purple beans! The purple beans turn green when you cook them.

**STORAGE:** Keep them loose in a bag. Warm refrigeration, 40 - 45 degrees.

**HOW TO COOK:** Beans can be pickled, frozen, raw, steamed, boiled and sauteed.

**AVAILABILITY:** June - October



# BEETS

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Red & Gold beets are available. Beets can be extremely sweet almost like candy when roasted. (Not like the vinegar, canned beets you may have had before.) Gold beets are the most mild, The red beet has the most earthy flavor.

**STORAGE:** Cut off greens if attached and refrigerate the unwashed greens in a closed plastic bag. Store the beet roots in a bag in the crisper bin of your refrigerator. They will keep for several weeks.

**COOKING:** Just before cooking, scrub beets well. If your recipe calls for raw beets, peel them with a knife or vegetable peeler, then grate or cut according to your needs. Beets are good roasted or boiled. Eat them warm or on salads.

**AVAILABILITY:** Beets are available year round.

# BROCCOLI

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Broccoli is a popular vegetable. It is mild, slightly sweet and crunchy.

**STORAGE:** Wrap broccoli loosely in a plastic bag and keep it in the vegetable bin of your refrigerator for up to a week.

**HOW TO COOK:** It is very versatile and can eaten raw or cooked any way. The stems are also edible. They can be peeled and cooked the same. Broccoli can be pickled, frozen or dehydrated.

**AVAILABILITY:** Broccoli is available June - December.



# BRUSSEL SPROUTS

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Brussel sprouts are deliciously sweet and nutty. They are full of vitamin C, vitamin A, folic acid and dietary fiber.

**STORAGE:** Wrap brussels loosely in a plastic bag and keep it in the vegetable bin of your refrigerator for a week - 2 weeks. (Longer if you keep them on the stem.) If yellow leaves appear they can easily be removed and the brussel sprout can still be used.

**HOW TO COOK:** Brussels can be boiled, shredded for a salad or roasted. They can be pickled, frozen or dehydrated.

**AVAILABILITY:** They are available September - February.

# CABBAGE

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Cabbage is sweet with a refreshing flavor and crisp texture. We grow red, green & savoy cabbage.

**STORAGE:** Store dry, unwashed cabbage in the refrigerator, preferably in the vegetable bin. The outer leaves may eventually get floppy or yellowish, but you can remove and discard them to reveal fresh inner leaves. Cabbage can keep for more than a month. Once it's cut, seal it in a plastic bag and continue to refrigerate for several weeks.

**HOW TO COOK:** Rinse the cabbage under cold running water just before use. Peel away a few of the outer leaves, then cut the cabbage according to your needs with a big, sharp knife, and then chop, or grate.

**AVAILABILITY:** Cabbage is available June - February.



# CARROTS

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Carrots are a root veggie full of vitamins & flavor. We grow orange carrots & multicolored rainbow carrots.

**STORAGE:** If the greens are attached make sure to remove them.. Refrigerated carrots in a plastic bag for two weeks or longer. Do not store your carrots near apples. The gas from the apples will make the carrots bitter.

**HOW TO COOK:** Peel carrots or scrub carrots well with a stiff brush just before using. When slicing or chop-ping carrots for cooking, be sure to make all the pieces relatively the same size; this will ensure an evenly cooked dish.

**AVAILABILITY:** Carrots are available year round.

# CAULIFLOWER

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Cauliflower is tender, mild and slightly sweet. In the fall we have 4 varieties available: White, Purple, Green & Cheddar.

**STORAGE:** Wrap cauliflower loosely in a plastic bag and keep it in the vegetable bin of your refrigerator for a week.

**HOW TO COOK:** Cauliflower can be served raw, roasted, boiled, grilled, steamed or added to soups. It can be pickled or frozen.

**AVAILABILITY:** White cauliflower is available July - November. The other colors are available September - November.



# CELERY

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Celery is a member of the parsley family. Celery is a popular staple both raw & cooked. It is often used for a flavor base in soups & sauces.

**STORAGE:** Celery should stay wrapped up in the refrigerator.

**HOW TO COOK:** Celery can be froze and also enjoyed raw, & sauteed. It is a great addition to soups!

**AVAILABILITY:** July - November

# CUCUMBERS & PICKLES

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Cucumbers



Pickles

Cucumbers are long, thicker skin and dark green in color.

Pickles tend to be smaller than cucumbers and lighter in color. They also have a thinner skin.

**STORAGE:** Store unwashed cucumbers/pickles in a sealed plastic bag in the vegetable crisper bin for about a week. Keep cucumbers/pickles away from tomatoes, apples, and citrus.

**HOW TO COOK:** Cucumbers & pickles can be pickled and eaten raw.

**AVAILABILITY:** Cucumbers & pickles are available June - September.

If you want to make pickles we recommend canning in July & August.

# FALL SQAUSH

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This fall vegetable is a sign of the season. We grown several varieties including: acorn, buttercup, butternut, sweet dumpling, spaghetti and ambercup.

**STORAGE:** Store winter squash in a cool, dry, dark place with good ventilation for up to a month, depending on the variety. Once squash has been cut, you can wrap the pieces in plastic and refrigerate them for five to seven days.

**HOW TO COOK:** To make it easier to prep winter squash for your recipe, try the pre-baking method: pierce the squash to allow heat to escape while it is in the oven, then bake the squash whole at 350° F until it is just tender to the poke of the finger, 20 to 30 minutes. This softens the shell and makes cutting and peeling much easier.

**AVAILABILITY:** September - December.



# GREENS

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Swiss Chard



Kale

Chard - We grow rainbow chard. This is a beet relative that has a mild spinach like flavor and edible stems. Remove stems and chop each component separately. The stems take a bit longer to cook. You can also eat chard fresh on salads.

Kale - We grow green curly, red & lacinato kale. De-stem large leaves by away easily from the center rib. Kale can be eaten raw, lightly cooked or braised until soft. Also a good addition to soups.

Chard & kale are also delicious when added to eggs or quiche.

STORAGE: Washed, dried & loosely wrapped. Store in refrigerator.

AVAILABILITY: Kale is available May - December. Chard is available year round.

# LEEK

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Leeks are a delicious addition to any soups. Use them in place of onions.

**STORAGE:** Loosely wrap unwashed leeks in a plastic bag and store them in the vegetable bin of your refrigerator. They will keep for 2 weeks - month. If the leaves turn yellow you can remove them and still use the leek.

**HOW TO COOK:** Cut the leek about 1 inch above the white part, where the leaves begin changing from dark to light green. (Save the unused greens; they'll give great flavor to your next vegetable stock.) Fan the leaves under running water to dislodge any dirt collected there, then pat thoroughly dry. You can julienne a leek by cutting it lengthwise, or slice it crosswise.

**AVAILABILITY:** Leeks are available May - March.

# LETTUCE

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We grow red leaf, green leaf & romaine. Red & green leaf lettuce are a mild & crisp lettuce. Romaine lettuce is sturdy with a mild savory flavor.

STORAGE: Washed, dried and loosely wrapped in the refrigerator.

HOW TO COOK: Raw for salads.

AVAILABILITY: Select varieties are available year round.



# ONIONS

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Onions are not only delicious, but good for you! A great addition to many dishes. We grow dry cooking onions, green onions & sweet onions. Red & Yellow.

**STORAGE:** Keep sweet onions and green onions in a plastic bag in the refrigerator for a week or two, remove the green tops for longer storage if they are attached. Keep red and yellow storage onions in any cool, dark, dry place for several months.

**HOW TO COOK:** Sweet & dry onions can be pickled, frozen, carmelized, roasted, sauteed or raw. Green onions can be pickles, frozen, raw or sauteed.

**AVAILABILITY:** Dry onions are available year round. Candy onions are available June - September. Green onions are available May - October.

# PARSNIPS

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Parsnips are similar in appearance to carrots but are quite dense and so they are best cooked.

STORAGE: Loosely wrapped in refrigerator.

HOW TO COOK: Parsnips can be cooked, frozen, steamed, roasted or sauteed.

AVAILABILITY: September - May.

# PEAS

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We grow sugar snap peas. These are a spring favorite! Both the sugar snap & snow peas have an edible pod.

**STORAGE:** Store in a loose bag with warm refrigeration.

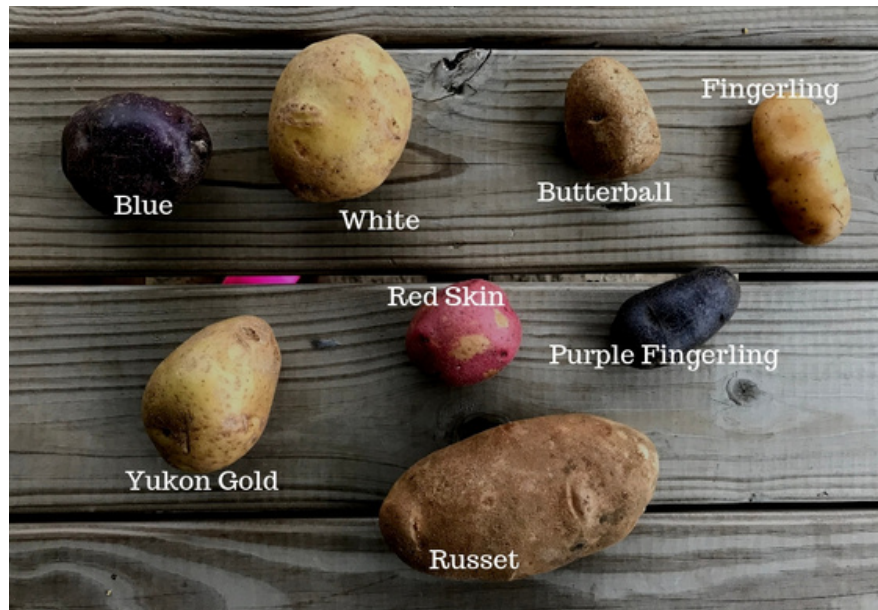
**HOW TO COOK:** Peas can be pickled, frozen, steamed, boiled, sauteed or eaten raw.

**AVAILABILITY:** May - June



# POTATOES

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Potatoes are one of our favorite things to grow! We have several varieties available including: blue, white, butterball, yukon gold, russet, purple fingerling, yellow fingerling and red skin.

**STORAGE:** Potatoes need to be stored in a cool, dry, dark place. New potatoes (thin skins) need to be stored in a bag in the refrigerator.

**HOW TO COOK:** Potatoes can be frozen, steamed, grilled, baked, roasted or sauteed.

**AVAILABILITY:** Some varieties are available year round.

# PEPPERS

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Peppers are colorful, sweet or spicy! We grow sweet bell peppers and a wide variety of hot peppers.

**STORAGE:** Place whole, unwashed peppers in a plastic bag, seal, and refrigerate for a week or more.

**HOW TO COOK:** Rinse peppers just before use. For sweet peppers, cut around the stem with a small knife and lift out the core. Slice down the side to open it up and then cut out the inner membranes. When handling hot peppers, be sure not to touch your eyes or nose, and wash your hands well afterward. For milder dishes, cut out the heat-filled seeds and inner membranes and use just the flesh.

**AVAILABILITY:** Peppers are available July - October.

# RADISHES

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We grow rainbow and red radishes. Radishes get more spicy with the warmer weather!

**STORAGE:** Remove tops. Place in a bag in the refrigerator.

**HOW TO COOK:** Radishes can be pickled, steamed, grilled, roasted, sauteed and eaten raw.

**AVAILABILITY:** The breakfast, rainbow & white radishes are available May - November. Red radishes

# RHUBARB

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Rhubarb is a stalk vegetable that is most often cooked in desserts or for syrups and preserves. Rhubarb leaves are poisonous and should not be eaten.

**STORAGE:** Rhubarb should be stored in a bag in the fridge.

**HOW TO COOK:** Rhubarb can be frozen or dehydrated. It can be used to make jam, pies and sorbet.

**AVAILABILITY:** May - June



# RUTABAGA

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Rutabagas have a smooth texture with a sweeter taste. Similar to the potato.

STORAGE: Stored in a bag in the fridge.

HOW TO COOK: Rutabaga can be frozen, steamed, grilled, roasted, sauteed or eaten raw.

AVAILABILITY: September - April

# SPINACH

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Spinach is a favorite for it's mild flavor and healthy nutrients.

**STORAGE:** Spinach should be washed, dried and placed in a bag in the refrigerator.

**HOW TO COOK:** Spinach can be eaten raw, steamed or sauteed.

**AVAILABILITY:** Spinach is available May - June & September - November.

# SWEET CORN

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Sweet corn is one of the best things about summer. We grow the peaches & cream, multi-colored corn.

**STORAGE:** Leave the husks on and refrigerate the ears in a plastic bag for about a week.

**HOW TO COOK:** Shuck the cob by pulling the husks down the ear and snapping off the stem. Brush off the silks. If you grill it you can leave the husks on remove after cooking. Remember that worm damage is not cause to throw away a whole ear; just cut out the damaged section.

**AVAILABILITY:** Sweet corn is available July - September.

# SUMMER SQUASH & ZUCCHINI

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Summer Squash



Zucchini

STORAGE: Store loose with warm refrigeration. (45 - 50 degrees)

HOW TO COOK: Squash can be frozen, steamed, braised, boiled, grilled sauteed or fried.

AVAILABILITY: June - September

If you want to freeze some squash we recommend getting it in July & August.



# TURNIPS

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Turnips are crisp with a slightly sweet flavor at first and then a mild bite.

**STORAGE:** Turnips need to be stored in a bag in the refrigerator.

**HOW TO COOK:** They can be pickled, frozen, steamed, grilled, roasted, sauteed or eaten raw.

**AVAILABILITY:** September - May

# TOMATOES

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Tomatoes are a vine ripened, juicy favorite. We grow regular slicing tomatoes, roma tomatoes and mixed colors of cherry tomatoes.

**STORAGE:** Store them on the counter, stem side down.

**HOW TO COOK:** Tomatoes can be enjoyed raw for salads, sandwiches or just eat them like apples! :)

**AVAILABILITY:** Slicing tomatoes | May - October. Cherry Tomatoes | April - February.

If you plan to do some canning we recommend getting your tomatoes in August & September.





# We'd love to meet you!

CRISP COUNTRY ACRES

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If you're looking for a farmer to supply you with your real food ingredients, then visit our farm for a variety of fresh produce.

## Farm Store Hours:

Monday - Friday | 8am - 6pm

Saturday | 8am - 5pm

## Farmers' Market Locations:

Kalamazoo Farmers Market

Muskegon Farmers Market

Open Year Round!