



WEEK 15

FEATURED FARMERS

&

PRODUCT SPOTLIGHTS



Find many of these farms and more at <https://appalachiangrown.org/>

### FREEZING GREENS

Got way too much green on the go?!  
Freeze greens to preserve them.

#### Blanch & Freeze - the gold standard

Properly blanched greens will hold their nutrition and flavor for **up to 12 months**.

1. Choose sturdier leafy greens (such as spinach, kale, chard, beet greens, radish greens, mustard greens, bok choy, collards, and turnip greens)
2. Wash in cold water
3. Tear into usable size leaves
4. Bring a large pot of water to boil (steaming can be used for smaller amounts of greens but don't overpack the steamer and let the greens mat together)
5. Put roughly 4 cups of packed greens per gallon of water into the boiling water and stir
  - a. Blanch most greens for about 2 minutes, a little more for collards or other thicker greens and less for more delicate greens like spinach
6. Immediately remove greens to an ice water bath to shock them for 2 minutes.
7. Remove to a colander and let drain well
8. Pack in airtight bags, squeezing out as much air as possible. Label and freeze for up to 12 months.

**TIP:** the cooking liquid can make a delicious and nutritious broth filled with soluble vitamins, but be careful consuming too much at once if it is because it can be high in oxalic acid which can hurt your kidneys in high amounts.

#### Flash-freeze - the middle road

This method will not preserve greens for as long or as well, but can keep texture and nutrition for at least a few months.

1. Follow steps 1-3 from blanching method, but be sure to thoroughly dry the greens
2. Spread out on a tray and place in the freezer for 1-2 hours
3. Remove to airtight bags. Label and freeze. Use in a few months.

#### Chop & Freeze Raw - the quick and dirty

Enzyme and microbial activity will break down your greens sooner with this method, so use them up in a few months. Their texture will likely change.

1. Wash and thoroughly dry greens
2. Chop or chiffonade into small pieces
3. Place into an airtight bag and squeeze out air. Label and freeze. Use in a few months in smoothies, soups, etc.

### in the box

RADISHES  
BRUSSELS SPROUTS  
BROCCOLI  
GREEN ONIONS  
CABBAGE

MUSTARD GREENS  
KALE  
LETTUCE  
GARLIC  
STRAWBERRIES

APPLES  
SOURDOUGH BREAD  
FREE RANGE EGGS  
GROUND BEEF