



CSA Harvest Information



Spinach

Washing and Storing Spinach

Your spinach will likely be somewhat sandy. We rinse the spinach, but it will still need a good wash when you get home. Here is how we suggest washing greens.

1. Fill a clean sink or large bowl with cold water and submerge the leaves completely.
2. Swish the leaves around gently with your hands, then let them soak for a few minutes. This will allow the sand and grit to sink to the bottom.
3. Scoop the leaves out of the water and drain them in a colander or a salad spinner. Rinse

the sand and grit out of the bottom of the sink or bowl.



4. Repeat this process of washing greens until there is no sand or grit left at the bottom of the sink or bowl. It might take three or four times!
5. Wrap the leaves in a paper towel and store in a zip-top bag in the refrigerator. The paper towel keeps just enough dampness on the greens - you do not want them to be wet.

Your spinach should keep, refrigerated, for three or four days.

How to Freeze Spinach

If you cannot use your spinach within the next several days, you can freeze it for later use in recipes that will involve cooking.

To freeze spinach, you will need to blanch it:

1. Bring a pot of water (enough to submerge spinach) to a boil.
2. Add the spinach and start timing right away. Boil the spinach for 2 minutes.
3. As soon as time is up, remove the spinach to a bowl of ice water and let it cool. The ice water stops the cooking process.
4. Drain the spinach and dry well. You can use towels and/or use a salad spinner to dry the spinach.
5. Package the blanched spinach in freezer bags or containers. Label the packaging and place into the freezer.

Tricks and Tips

- 1 pound fresh spinach = 10 cups = 1 1/2 cups cooked spinach
- Use small leaves for salads.
- Use the large leaves for cooking.

Pizza with Spinach and Sun-Dried Tomatoes

This easy recipe takes just 15 minutes. Our teen staff liked the pizza with ranch dressing.

Ingredients

- 1/2 cup sun-dried tomatoes in oil (reserve 2 Tbsp. oil); cut into thin strips
- 1 to 2 large garlic cloves; peeled and minced
- 1/4 tsp. crushed red pepper flakes
- 1/4 tsp. salt
- 5 oz. spinach; stems removed and coarsely chopped
- 1 (10 oz.) precooked pizza crust
- 4 oz. feta cheese
- pepper to taste (optional)

Method

1. Preheat oven to 450 degrees Fahrenheit.
2. Heat 2 tablespoons oil (reserved from tomatoes) in a skillet.
3. Add garlic and cook on low until fragrant, about one minute. Stir in red pepper flakes and salt.
4. Add spinach to the skillet. Cover and cook, stirring once, just until spinach wilts.
5. Top pizza crust with spinach and pan juices. Sprinkle with sun-dried tomatoes and cheese. Season with pepper to taste.
6. Bake 8 to 10 minutes.



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