



CSA Harvest Information



Spinach

Washing & Storing Spinach

Your spinach will likely be somewhat sandy. We rinse them, but it will still need a good wash. Here's how to wash a whole bunch of greens.

1. Make sure your sink is clean, then **fill it with cold water**.
2. Add your greens, then **swish them around**. Let soak for a minute or two, then swish again.
3. **Lift the leaves out of the water** and put on clean towels or paper towels. Drain them and rinse the sand out of your sink.
4. **Repeat** this until you're not

getting sand in the bottom of your sink. It might take three or four times!



5. **Wrap your greens in paper towels, then put in large plastic storage bags** (remove as much air from the bags as possible). The paper towel keeps just enough dampness on the greens -- you do not want them to be wet.

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

How to Freeze

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

To freeze spinach and chard, you will need to blanch it. Here's how:

1. Bring a pot of water (enough to submerge spinach) to a boil.
2. Add the spinach and start timing right away. Boil for 2 minutes.
3. As soon as time is up, remove the spinach to a bowl of ice water and let cool.
4. Drain the spinach and dry well. You can use towels and/or use a salad spinner.
5. Package in zip top plastic bags -- squeeze out the air -- and freeze.

Spinach Tips

1 pound fresh spinach =
10 cups =
1 1/2 cups cooked

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 it with ranch dressing.

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

Preheat oven to 450 degrees.

Heat 2 Tablespoons oil (reserved from tomatoes) in a skillet. Add garlic and cook on low until fragrant, about one minute. Stir in red pepper flakes and salt.

Add spinach. Cover and cook, stirring once, just until spinach wilts.

Top pizza crust with spinach and pan juices. Sprinkle with sun-dried tomatoes and cheese. Season with pepper to taste, if desired. Bake 8 to 10 minutes.



For more recipes:

 **Our CSA Spinach Recipes Pinterest board: [pinterest.com/wickhamfarms/csa-recipes-spinach/](https://www.pinterest.com/wickhamfarms/csa-recipes-spinach/)**