

THE ROOT CONNECTION PO Box 267 Woodinville Wa 98072

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Preseason signups are available now. Winter share forms will be out next week. Apple box order forms also!

U-pick fall greens are ready to start picking! Picking only the lower leaves will keep the tops growing to produce more leaves. Please bring clean bags for your use, and if you have extras, bring them for others to use. When picking the greens, please make sure to use scissors. The roots are delicate and it's real easy damage the roots or pull the plant out if you are pulling on the leaf stems to pick them. (And please return scissors)

PICKING LIMITS: 7 leaves of each kind per membership/per week. We all have to share. **For example, if you only like one kind, then you still get only 7 leaves of that kind per week. If you like 3 different kinds, you can pick 10 leaves of each of the three kinds. Or, you can pick 7 leaves of all the kinds.**

Many people think that they should wait till frost as the greens will taste better. Personally, I think they taste their best and are the most tender now. We had them covered with floating row cover until last week, which makes them not only grow faster, but they turn out oh, so flavorful and tender! And the leaves are larger now. Early growth is the most nutritious as well. Often times we do not get a frost at all until into the winter, and sometimes we get a really hard freeze the first part of November which damages the plants. This has happened two years in a row. Just sayin.....

Equals 7-10 bunches of store-bought that you could put away each week for the winter. If you just do that for 5 weeks, that's over \$125 worth of greens that will be waiting for you during the winter months, and they actually taste fresher than store-bought that you get later in the winter.

Below are the complete instructions:

FREEZING GREENS

Remove stems and cut or tear greens into large pieces. Put in a large pot with 2 inches simmering water. Quickly stir greens until they are all just-wilted. Take off heat. With a slotted spoon, remove greens to another bowl to cool, rinse with cold water to cool faster. **Save liquid from cooking** and let cool.

When cool enough, put greens into a quart zip-lock freezer bag. Then pour some of the reserved liquid over greens in the bag to 1/2 inch from the top. Close the bag and put in freezer. (When doing several bags, space them out in the freezer until frozen.) Warning: if you have wire shelves, put a pan under the bags or you won't be able to get them out once frozen. To serve, remove frozen greens and liquid, heat slowly in covered pot, then season and cook to desired consistency.

