



GWENYN HILL

ORGANIC FARM AND GARDEN

Produce Item	Months Available	Raw Storage	Preservation
Apples	Late August - Early October	Store raw apples in a cold dry place, such as a garage or fridge for months	Apple Sauce. Apple Butter. Apple Cider. Peeled/ unpeeled and frozen in slices or cubes in vacuum sealed bags. Dehydrate for easy snacks or recipes
Asian Pears	Late July - September	Store raw asian pears in a cold dry place, such as a garage or fridge for a few weeks	Pear sauce. Pear butter. Peeled/ unpeeled in slices or cubes and frozen in vacuum sealed bags. Dehydrate into easy snacks or recipes

Asparagus	May - Early June	Store raw asparagus in a closed container or bag in the fridge for up to 2 weeks	Blanch and freeze in vacuum sealed bag (dry with towel before freezing), Can with a pressure canner
Beans, Green	June - October	Store raw beans in a closed container or bag in fridge for up to 2 weeks	Blanch and freeze in vacuum sealed bag (dry with towel before freezing) , Can with a pressure canner
Beets	Late June - February	Store raw beets in a sealed container or bag in the fridge for up 3+ months	Peel then grate or chop into slices or cubes and freeze in vacuum sealed bags. Pickled beets. Beet sauerkraut.
Broccoli	June - October	Store raw broccoli in a closed container or bag in the fridge for 2 weeks	Blanch and freeze in vacuum sealed bag (dry with towel before freezing)

Cabbage	June - October	Store raw cabbage in your crisper drawer uncovered or in a closed bag for over a month	Sauerkraut or Kimchi
Carrots	June - March	Store raw carrots (tops removed) in a closed container or bag in your fridge for 3+ months	Remove tops, peel then grate or chop into slices or cubes and freeze in vacuum sealed bag. Add into sauerkraut or pasta sauce Tops can be used to make pesto
Chard and Kale	June - October	Store raw Chard or Kale in closed container or bag in your fridge for 2 weeks	Blanch and freeze in vacuum sealed bag (dry with towel before freezing)

Cherry Tomatoes	July - early September	<p>Freeze whole in a vacuum sealed bag, best used in cooked dishes</p> <p>Store raw cherry tomatoes at room temperature, they can become mealy in the fridge. Use within a week or 2</p>	Freeze whole in a vacuum sealed bag, best used in cooked dishes.
Cucumber	June - August	Store raw cucumbers in your crisper drawer or in a closed container or bag for up to 2 weeks	Pickles
Currants	July	Store raw currants in a closed container or bag in the fridge for up to 2 weeks	Dehydrate or freeze for long term storage. Freeze flat on a baking sheet before popping off berries for long term storage. Make into canned preserves. Add to smoothies, juice and baked goods

Eggplant	July - Early Sept	Store in your crisper drawer in a closed container or bag for up to 2 weeks	Babaganoush
Elderberries	August	Store raw elderberries in a closed container or bag in the fridge for a week or 2	<p>Make into medicinal syrup and preserves. Freeze flat on a baking sheet before popping off berries for long term storage.</p> <p>Do not eat elderberry stems.</p>
Garlic Scapes	Late June - Early July	Store in a closed container or bag in the fridge for up to 3 weeks. When the tips start turning yellow, use them quickly!	Can or freeze whole or chopped into pieces. Try in any recipes you would normally use garlic such as pesto, quiches, soups or stir frys
Gooseberries	July	Store raw Gooseberries in a closed container or bag in the fridge for up to 2 weeks	Dehydrate or freeze for long term storage. Make into canned preserves and juice.

Grapes	September	Store raw Grapes in a closed container or bag in the fridge for up to 2 weeks	Dehydrate or freeze for long term storage. Make into canned preserves and juice.
Herbs (Cilantro, Dill, Parsley, Basil)	May - October	Store raw herbs in a closed container or bag in the fridge for up to 2 weeks or in a jar of water on the counter top for a practical bouquet	Dehydrate at a low temperature and store in a glass jar. Can your favorite herb sauces
Peppers	July - September	Store in your crisper drawer or in a closed container or bag in the fridge for 2+ weeks	Chop into pieces and dehydrate or freeze for long term storage. Can pre-made meals.
Peppers, Hot	July - September	Store hot peppers in the crisper drawer or in a closed container or bag in the fridge for 2+ weeks	Can your own hot sauce or salsa. Freeze whole in a vacuum sealed bag. Chop, dehydrate and blend into a powder to add a kick to any meal.

Potatoes	July - January	Store potatoes in a cool dry place such as a garage or closet in the basement. Can store for months	Cut or grate peeled/ unpeeled potatoes, store in vacuum sealed bags in the freezer.
Radish	May - October	Remove tops. Store in a closed container or bag in the fridge for 1+ months.	Remove tops. Make into pickles or can whole.
Scallions	May - October	Store scallions in a sealed container or bag in the fridge for 2+ weeks	Chop into pieces and freeze in a vacuum sealed bag
Snap Peas	June, September/ October	Store snap peas in a closed container or bag in the fridge for 2+ weeks	Blanch and freeze in a vacuum sealed bag (dry with towel before freezing). Can with a pressure canner
Squash	September - December	Store squash in a cool dry place such as a garage or closet in the basement. Will store for 3+ months	Peel then cube or grate squash. Freeze in vacuum sealed bags.

Strawberries	Mid June - Mid July	Store in the fridge in a closed container with a paper towel or cloth at the bottom to absorb excess moisture. Will store for a week	Dehydrate or freeze in vacuum sealed bags. Make canned preserves, add to smoothies and juices.
Sweet Corn	July - August	Store in the fridge with the husk for up to 2 weeks.	Cut corn cob into usable pieces or cut off kernels. Store in a vacuum sealed bag in the freezer.
Tomatillos	July - September	Store at room temperature for 2+ weeks	Can salsa verde. Freeze in a vacuum sealed bag.
Tomatoes	July - September	Store at room temperature for 2+ weeks	Can pasta sauce, salsa, ketchup or tomato jam. Freeze whole/ cored tomatoes with the skin on in a vacuum sealed bag, skins will peel off when thawed

Watermelon and Cantaloupe	July - August	Store in the fridge for 2+ weeks	Make into popsicles, juice or freeze into ice cubes
Zucchini	Late June - September	Store in your crisper drawer. Avoid washing until you are ready to use	Cut into $\frac{1}{8}$ - $\frac{1}{4}$ in discs and dehydrate. Cut into cubes or grate before freezing in vacuum sealed bags.

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