

AMBER WAVES

2024 CSA HANDBOOK



Note From Your Farmers	3
About Amber Waves	4
What We Do At Amber Waves	4
Our Story	5
Our Farm Roots	6
Support Our Work	7
About Your 2024 CSA Share	8
What's Included in Your CSA Subscription	8
What We Get As Your Farmers	9
CSA Share Lengths and Dates	10
CSA Pickup Days and Times	10
Sharing the Farm	11
Pickup Location	11
Rescheduling Your Pickup Day, Missed and Late Pickups	11
Box Return Policy	13
Market & Cafe Discount	13
Contacting the Farm	13
Waiver of Liability	13
Refund and Cancellation Policy	14
Pick Your Own Fields	14
What is a Pick Your Own Field?	14
Fruit and Vegetable Harvest Guidelines	14
Herb Harvest Guidelines	15
Flower Harvest Guidelines	15
Pick-Your-Own Flower Varieties 2024	16
Our 2024 CSA Partners	17
Fruit	17
Flower Bouquet	19
Fresh From Our Kitchen	19
What's in Your Box?	20
Baby Greens	21
Bunched Cooking Greens	21
Salad Greens & Chicories	22
Woody Herbs	23
Leafy Herbs	24
Cucumbers and Zucchini	25
Root Vegetables	25
Alliums	26
Tomatoes, Tomatillos, and Husk Cherries	28
Peppers	29
Eggplant	29
"Heading" Brassicas	30

Sweet Potatoes and Potatoes
Winter Squash

31
31

Note From Your Farmers

May 2024

Dear Friends,

Welcome to the fifteenth season of our Community Supported Agriculture program! When you join our CSA, you're making a commitment to local agriculture by sharing the risks and rewards of the farming season with us. Each week, you'll arrive at the farm to pick up a box of fresh, seasonal produce grown by our farm crew. But it's more than just a box of veggies; by prepaying for your season's worth of farm food, you're helping us cover the cost of seeds and supplies we need early in the year, and we'll reward you with the best variety and quality of produce we have to offer all season long. Because the support of our subscribers has been the foundation of our farm since we started in 2009, Amber Waves Farm wouldn't be what it is without you.

When we started the farm, we envisioned it as a community gathering place where children, families, and friends could meet to immerse themselves in the story of their food by visiting the fields and getting to know their farmers. We encourage you to take advantage of all the farm offers: walk the fields, pick flowers, get a coffee at the market, and enjoy the sunshine! And while you're at the farm, we hope you'll take the time to get to know some of our extraordinary crew members throughout the season. Our farm apprentices and market staff from various backgrounds join us from all over the country each season. Their work ethic and commitment to their roles at the farm are evidenced by the beautiful produce that exits the fields and enters your weekly boxes.

The farm is here for you to enjoy, and your support enables us to pursue the essential educational work at the heart of our mission.

We look forward to seeing you in the fields!

Your Farmers,

Amanda, Katie + The Amber Waves Team

About Amber Waves

What We Do At Amber Waves

Amber Waves empowers healthy eating and an understanding of local food systems while bringing joy and creativity back to agriculture by connecting eaters of every generation to their food and the farmers who grow it. This rich, participatory environment creates a connective community spirit and fosters a joyful space to replenish, nourish, and relax. Amber Waves' many branches are meant to make food education and exploration available to as many audiences as possible.

Our Mission: An ocean-side farm, Amber Waves unites food and community with the mission to provide rich educational opportunities in agriculture for aspiring growers, thoughtful cooks, and eaters of all ages.

The Farm: Amber Waves is a diversified farm on over 30 acres in Amagansett and East Hampton. We grow over 300 varieties of vegetables, herbs, cut flowers, and grains. A small flock of laying hens and three friendly farm cats call Amber Waves home. We are committed to the thoughtful management of land, soils, and other natural resources so that we and our community may continue to enjoy them for generations. While Amber Waves Farm is not Certified Organic, we do not use chemical fertilizers, pesticides, or herbicides but instead build soil and plant health with compost, natural amendments, cover cropping, and crop rotation. While all of the produce you receive in your weekly share has been washed at the farm, the occasional insect or pocket of soil sneaks by us. Don't be alarmed! Just rinse and move on! Our hard-working farm crew comprises a group of dedicated budding farmers: our vegetable and flower managers, new apprentices, and seasonal helpers.

Apprenticeship: This year marks the twelfth year of our Apprenticeship Program! We founded the program in 2012 when we began training new farmers in sustainable agriculture over a season-long, hands-on work experience. Since then, we have trained more than 40 new farmers, many of whom remain actively involved in food and agriculture locally and worldwide. Over several seasons of working with apprentices, we have developed an intensive Apprenticeship Program Curriculum, a thorough informational resource for farm apprentices to study throughout the season. The curriculum covers more than 20 key topics ranging from soil science to marketing to whole-farm planning, each integral to understanding a small, diversified farm operation. These beginning farmers are the most important crop we grow. The apprentices rotate the responsibility of packing your CSA boxes each week, and we encourage you to get to know them throughout the season.

Market & Cafe: Our Market represents the bounty of the East End foodshed and showcases what we love to eat and cook. In addition to featuring our produce, flowers, and grains, our commitment is to source locally - prioritizing producers from Long Island, New York State, and the Northeast. We're dedicated to limiting food waste through creative menu changes, a robust food preservation program, collaborations with local food pantries, and a composting program.

Kids & Families: We believe farms should be active, curious, adventurous spaces, which is

why the Amber Waves experience is steeped in exploration and education. Whether you are a first-time visitor or returning for another season, there's always something new to learn at the farm! Our tours and programming are geared towards families and groups that include all generations (children, parents, grandparents, or caregivers), and many of our programs are low or no-cost.

Programs & Experiences: Our dynamic programming encourages free-form discovery, including wood-fired pizza nights, intimate outdoor chef's table experiences, participatory farm tours, and interactive workshops.

Our Story

Amber Waves began by way of apprenticeship that forged a friendship, which inspired a dream to nourish the local community. In 2008, Amanda Merrow and Katie Baldwin met in an apprenticeship program helmed by poet farmer Scott Chaskey. While learning to plant and harvest, they marveled that eastern Long Island's diverse foodshed was missing a key ingredient. No one was growing artisanal, culinary grains for baking or dough-making. After considering the intoxicating allure of unlimited locally grown dough, the two women responded to a request by the Peconic Land Trust for agricultural business plans. They planned to utilize the newly conserved farmland behind the iconic Amagansett Farmers Market, and in 2009, they were awarded a three-year lease on those 7.7 acres.

Their new farm was just a mile from the ocean. Enamored with its unique location, the water's influence on the soil and terroir, and the rich flavor it imparted in the grains, they named their newly acquired dream Amber Waves Farm. A nod to community and grit, togetherness and the beauty of the land, fields of grain grown with the support of the sea. In founding Amber Waves, Katie and Amanda helped revive wheat production in the area and sought to carve out their singular niche in Long Island's agricultural history. But they soon realized they were growing more than just grain. Amber Waves was cultivating a new community.

Moved by their experience meeting as young apprentices, Katie and Amanda launched their very own Apprenticeship Program in 2012 with the mission to grow the next generation of farmers and teach them the art of sustainable agriculture. They've since sent more than 40 new farmers into the world, the most important crop they've ever grown.

In 2016, Amanda and Katie led Amber Waves to become the official owners of the farmland they had fallen in love with in 2009. They were aided by a passionate community of members, neighbors, and donors who joined together to help them secure the farm's future and the collective of visionary women who came before them. It began in 1956 with Pat Struck, who devoted decades of her life to growing the Amagansett Farmers Market from its humble beginnings to a legendary East End mainstay. It continued in 2008 with Maggie de Cuevas, the farmland's ultimate protector, ensuring its agricultural use in perpetuity. It lives on with Amanda and Katie, who reunited the farmstand with the farmland after years of separation, launching the next chapter of Amber Waves' role as an institution in the community.

After achieving the long-coveted milestone of property ownership, Katie and Amanda reopened

the Amagansett Farmers Market in 2017 as the Amber Waves Market & Cafe. They infused it with their own produce, artisanal foods from local purveyors, and a full-service kitchen serving meals with field-to-plate ingredients harvested just a few steps away. Together, the farm and market finally exist as Katie and Amanda envisioned: in harmonious support of one another and the service of their local community.

Now, over 30 acres across a patchwork of fields in Amagansett and East Hampton, Amber Waves embarks on its fifteenth season with unlimited potential, on track to become one of the premier educational farm operations in the country. It has grown from a staff of two to more than 50 farmers and employees, boasts a CSA of more than 300 families, hosts engaging workshops and events, and features a flourishing market, kitchen, and cafe in a signature location right on Main Street. Katie, Amanda, and Amber Waves have reinvigorated the Long Island foodshed and transformed the community, educating, empowering, and connecting growers, cooks, and eaters seed by seed.

Our Farm Roots

Sustainability: From farming practices to human connection, Amber Waves prizes the value of sustainability. Regenerative and environmentally sound methods nourish the land and local community with healthy food that supports a total ecosystem of well-being, from soil to root to eater. The Amber Waves Market primarily sources local ingredients and foods and is dedicated to responsibly limiting waste and using natural resources. Upholding the organic practice of seasonal eating, the farm grows over 300 varieties of vegetables and a diverse feast of perennial and annual herbs, each honoring the natural growing seasons of Long Island.

Community: A vibrant sense of place is the living, breathing core of Amber Waves. It animates each day as the playful, carefree energy of kinship radiates across the open land. Whether it's children romping through the fields, CSA subscribers marveling at their weekly baskets, apprentices harvesting thriving crops or shoppers refueling at the market, visitors immediately know they belong. This rich, participatory environment creates a connective community spirit and fosters a joyful space to replenish, nourish, and relax.

Exploration: Farms should be active, curious, adventurous spaces, which is why the Amber Waves experience is steeped in exploration and education. Dynamic programming encourages free-form discovery, including DIY pizza nights, participatory farm chores, intimate outdoor dinners, and interactive workshops that invite children to delve into their local ecosystem. Amber Waves empowers healthy eating and an understanding of local food systems while bringing joy and creativity back to agriculture by connecting eaters of every generation to their food and the farmers who grow it.

Stewardship: Stewardship is the intentional well from which Amber Waves draws. It guided Amanda and Katie's desire to return wheat to the Long Island foodshed and preserve it as a native crop. It inspired their intensive Apprenticeship Program and a commitment to cultivating the next generation of farmers. It was celebrated in the acquisition of the farm's market when they reunited the farm stand with the farmland. And it lives on in the farm's preservation of local soil and biodiversity, now a legacy in Long Island agriculture.

Support Our Work

Make a Charitable Contribution: Our programs, infrastructure, and organization thrive because of your commitment to our work. Your words of encouragement, patronage of our market, and financial support of our programming have led us to experience tremendous growth over the past twelve seasons. Your gift means a lot to us!

Donate Equipment: Do you have an old car, truck, or van you are looking to get rid of? Any tools, appliances, or furniture? Let us know! We are appreciative of any donations!

Donate Your Time: If you would like to volunteer at the farm, please email Info@AmberWavesFarm.org. We are always looking for people to help during CSA pickup - no one knows the program better than you!

Spread the Word: We're Hiring! We are hiring for various positions throughout the different branches of Amber Waves. If you know anyone passionate about food, farms, and a positive attitude, send them our way! Email Jobs@AmberWavesFarm.org

We're so proud of the family we're building and humbled to call you all our partners on this journey of building our community farm.

Scan this QR code to donate to Amber Waves.



About Your 2024 CSA Share

What's Included in Your CSA Subscription

We appreciate your commitment to Amber Waves and want you to feel good about your choice to join us! Here's what your subscription includes:

The Box: A weekly box of fresh vegetables is the basis of our CSA program. Fresh, seasonal veggies are harvested straight from our fields all season long! Note: The early CSA boxes will be less bountiful and have less variety than later boxes since fewer veggies are grown in the season's early weeks.

Value: Throughout the season, you'll get considerably more than what you pay for in your weekly pickups (not to mention pick your own access and a 10% discount at our market!)

Add-on Shares: Optional shares of bread, fruit, cheese, pasta, flower bouquets and fresh from our kitchen items are available to supplement your box of veggies.

Pick Your Own in the Fields: In addition to your weekly box of veggies, you'll have access to special Pick Your Own field areas when your CSA subscription is active. Pick Your Own may include (depending on the season) flowers, herbs, shishito peppers, cherry tomatoes, husk cherries, peas, and other treats. The Pick Your Own perk applies to primary family members of the CSA share and is not transferable to friends or guests picking up your share in your place. Expect the Pick Your Own flower and vegetable fields to open in July. Our herbs may open earlier.

Weekly Newsletter and Recipes: Each week, you'll receive our newsletter updating you on what's going on in the fields, what's new in the box, and our favorite recipes for using your bounty.

Market Discount: As a CSA subscriber, you'll receive a 10% discount in our market while your subscription is active. Please remind your cashier at checkout. The store discount only applies to primary family members of your CSA share. It is not transferable to friends, guests, or extended family picking up your share in your place. As part of our CSA family, we ask that you respect and honor our policies.

CSA Potluck Picnics: We'll schedule a CSA Potluck Picnic in late June and another CSA gathering in July or August. The farm will provide food from our kitchen and you will bring the salads, sides, and your wonderful families. This is a great opportunity to prepare a recipe using veggies from your CSA box!

CSA Orientation Tour: Join us for snacks and socializing in June to kick off the season! We'll give you an overview of the farm and its programs, your role in our CSA, and tour the fields with our farm crew.

What We Get As Your Farmers

Financing: Your on-time payments early in the season are critical for us to buy seeds and supplies and get growing.

Insurance: Your commitment to the farm and understanding of the challenges inherent in agricultural production spreads the risks and rewards of the growing season between us. Together, we'll share the failures and successes of each season - we count on your support even in cases of massive crop failure caused by weather events, insects, or disease.

Flexibility: Your season-long commitment to the farm enables flexibility within our crop planning and helps us absorb excess/bumper crops of a particular item during times of great abundance, which helps us cut down on food waste.

Freedom: Your support of the farm's mission as an educational farm gives us the freedom to experiment with new crops, growing methods, and projects while doing our most important work: training our crew of Apprentices who will go on to become the next generation of farmers in America. We sacrifice some efficiency via this training and experimentation model. Still, our belief in information-sharing and teaching is the basis for Amber Waves, and your support helps us continuously pursue that mission.

Feedback: We want to make you happy! We want to know your favorites and least favorites to continue improving our crop list (while we encourage you to get out of your comfort zone to eat with the seasons and try unfamiliar vegetables).

Family: We readily acknowledge that we couldn't have come this far without you. Your support and encouragement (some of you for the entire fourteen seasons!) is the farm's lifeblood (family is also a literal term here - Katie first met her husband, Dan, when he joined our CSA!)

CSA Share Lengths and Dates

The various CSA Share lengths and 2024 dates are listed below, with start and end dates.

- Memorial Day - Labor Day Weekend (15 weeks; May 21st - August 31)
- Memorial Day - Indigenous Peoples' Day Weekend (21 weeks, May 21st - October 12th)
- Memorial - Thanksgiving Week (27 weeks, May 21st - November 23rd)
- 4th of July - Labor Day Weekend (9 weeks, July 2nd - August 31st)
- 4th of July - Indigenous Peoples' Day (15 weeks, July 2nd - October 12th)
- 4th of July - Thanksgiving (21 weeks, July 2nd - November 23rd)
- August (5 weeks, July 30th - August 31st)
- Labor Day - Indigenous Peoples' Day (6 weeks, September 3rd - October 12th)
- Labor Day - Thanksgiving (12 weeks, September 3rd - November 23rd)

CSA Pickup Days and Times

- Tuesdays 2 pm-5 pm
- Wednesdays 8 am-11 am
- Fridays 1 pm-5 pm
- Saturdays 8 am-11 am

2024 Amber Waves CSA Agreement

Sharing the Farm

At Amber Waves Farm, we are committed to growing the highest quality produce for you while sharing a joyous, interactive, and exciting farm experience. Amber Waves is your farm, and we encourage you to take advantage of all it offers, including touring the fields, harvesting marked pick-your-own crops and visiting the animals. We ask that you respect the farm and all its components (farmers and staff, other CSA subscribers, plants, animals, insects, and soils).

Risks and Rewards of the Season

By joining our CSA, you agree to share the rewards of a bountiful harvest and the many risks (weather, plant diseases and pests, weeds, crop failures) we face each season. Because we are a highly diversified farm, we anticipate that any crop failures or absences we experience will be compensated by the surplus of another produce item. Your commitment, partnership, and understanding make our work at the farm possible - so thank you for joining us!

Our Pledge to You

While Amber Waves Farm is not Certified Organic, we do not use chemical fertilizers, pesticides, or herbicides but instead build soil and plant health with compost, natural amendments, cover cropping and crop rotation. While all of the produce you receive in your weekly share has been washed at the farm, the occasional insect or pocket of soil sneaks by us. Don't be alarmed! Just rinse and move on!

Pickup Location

At the beginning of the season, you will sign up for a designated pickup day and time to retrieve your share. CSA pickup takes place weekly in the CSA room attached to the East side of our market at 367 Main Street. We allow pickup day changes within the same week with three days' notice (see below).

CSA Parking

Please park along Route 27 when you come to pick up your share and access the Pick Your Own fields. Parking in the lot behind the market is not allowed. This lot is reserved for limited employee parking and is a loading/unloading zone.

Rescheduling Your Pickup Day, Missed and Late Pickups

Our policy aims to work around your schedule, limit food waste as much as possible, and avoid logistical problems for the farmers! **We rely on you notifying us when they will not pick up their CSA shares.**

Rescheduling Your Pickup Day

We offer four weekly pickup times to accommodate your busy schedules:

- Tuesdays, 2-5pm

- Wednesdays, 8-11am
- Fridays, 2-5pm
- Saturdays, 8-11am

* After Labor Day, expect our pickup times to shorten by one hour.

If you want to change your pickup day, email Jane Keihn, our [CSA Manager](#), or do one of the following:

- Reschedule your pickup day within the same week or permanently by [logging into your online account](#) with three days' notice (if we have availability on your newly chosen day.)
- Email csa@amberwavesfarm.org. We cannot guarantee you a makeup box without three days' notice.

Missed Pickups

If you are on vacation or out of town and will miss your pickup day, email csa@amberwavesfarm.org or do one of the following:

- Ask a friend to pick up your CSA box in your place. (You do not have to tell us in advance.)
- Reschedule your pickup day within the same week by logging into your [online account](#). Pickup changes can only be scheduled three days in advance on your online account. We cannot guarantee your add-on shares if you reschedule your pickup.
- Place your box on hold for the week or up to three weeks. [Log into your online account](#) to place your box on hold. (We do not offer credits for holds). We will donate your share to a local food pantry, family or farmer.
- Email csa@amberwavesfarm.org about your schedule change. Email must be received three days in advance to ensure a schedule change.

Late Pickup

If you're running late for pickup, you must email csa@amberwavesfarm.org or call us at 631-267-5664 before the end of your pickup window or do one of the following:

- Ask a friend to pick up your box in your place.
- Contact us before your scheduled pickup time ends, and **we will do our best to accommodate a same-day, delayed pickup**. Please keep in mind this creates extra work for our staff, so please do not make it a habit. We can only guarantee your add-on shares if you pick them up during your pickup window.

Please do not arrive unannounced to pick up a box on another day, as we have not prepared a box for you. We cannot guarantee the availability of your CSA past the scheduled pickup window. We will donate the contents of your share to a local food bank, farmers, and members of the community.

Box Return Policy

Your share will be ready for weekly pickup in an Amber Waves Farm wooden CSA box. The boxes belong to the farm, and you are expected to return your box each week when you pick up your share. We understand that boxes are sometimes forgotten on pickup day, but we ask that they be returned to the farm as soon as possible. All boxes returned after CSA pickup hours must be labeled with your name and placed in the CSA room.

You may purchase our new, freshly made boxes at the farm for \$25.00 for small share boxes and \$35.00 for full share boxes. At the end of the season, Amber Waves will bill you for any boxes that were not returned. If you forget to return your box, a friend picks it up in your place, or you would prefer a cardboard box, you may collect your share in a pre-packed cardboard box or transfer it into your tote bag.

Pick Your Own Fields

In addition to your weekly box of veggies, you'll have access to special Pick Your Own areas of the field, which include (depending on the time of season) flowers, herbs, shishito peppers, cherry tomatoes, husk cherries, peas, and a few other treats.

Pick Your Own fields are open daily between 8 - 5 pm. Pick Your Own is for primary family members of the CSA share and is not transferable to friends, guests, or extended family picking up in your place.

Market & Cafe Discount

As a CSA subscriber, you'll receive a 10% discount in our market and café while your subscription is active. Memorial Day through Thanksgiving subscribers receive the 10% discount all year. Please remind your cashier at checkout. The market discount applies to primary family members of the CSA share and is not transferable to friends, guests, or extended family picking up in your place. We ask that you respect our policies.

Contacting the Farm

The best way to communicate with us is to email csa@amberwavesfarm.org. We will do our best to respond as soon as possible. Please contact us via email regarding changes to your postal or email address, pickup time, and questions about your share.

Please read your emails from us. We depend on communicating important information about your box contents, recipes, policies and farm events. We promise not to overload you with emails. Of course, the best time to communicate with us is at the farm during CSA pickup, where we are happy to answer questions about the farm and the weekly harvest.

Waiver of Liability

In consideration of my participation as a Subscriber of the Community Supported Agriculture program for the 2023 season conducted by Amber Waves Farm in Amagansett, NY, I hereby release, on behalf of myself, my estate, my heirs and assigns, Amber Waves Farm, Inc, its officers, directors, employees, agents and volunteers, from any and all claims, liability, loss, damage, or cost that may arise from or in any way related to my participation in this program,

including but not limited to personal injury or death. I understand that there are potential hazards on the farm and in the use of equipment on the farm. I assume all personal and financial responsibility for any accident or other injury or loss arising from or in any way related to my participation in this program.

Refund and Cancellation Policy

All sales are final. You may cancel your subscription at any time; however, we cannot issue any refunds. If you experience life-altering circumstances such as severe illness or unexpected hardship, please contact us at csa@amberwavesfarm.org.

Pick Your Own Fields

What is a Pick Your Own Field?

At Amber Waves, we have a specific area planted with a variety of our favorite crops for our CSA subscribers to harvest themselves. These special access areas need the same care and attention our production fields receive, so please adhere to the harvest guidelines below. Happy picking!

Fruit and Vegetable Harvest Guidelines

Sugar Snap Peas: Harvest sugar snap peas when the pods are full. Try a taste test. The peas with larger peas and fuller pods are sweeter and crunchier. As with peppers, harvest the peas with two hands, one holding the plant and one pulling the pea to avoid damaging the plant by accidentally pulling off an entire branch. Sugar snaps will ripen from the bottom of the plant up. Check knee-level for ripe pods, especially when they are just starting to produce. Children often have the advantage here!

String Beans: You'll enjoy a variety of colored beans from the fields. Although yellow beans keep their color when cooked, the color of the purple beans fades with cooking, so show them off raw. Bean plants are fragile and can be pulled entirely out of the ground if you aren't careful. Keep one hand holding the bean stem as you pull with the other hand—harvest string beans when their diameter is about the same as a pencil's.

Shishito Peppers: The shishito, a Japanese frying pepper, has gained popularity in the past few years. Try it stir-fried over high heat until blistered with just some salt and olive oil for an excellent appetizer. Pick the green fruit when they are about 3 ½ to 4 inches long and be sure to use two hands when you harvest - one pulling the pepper and one holding the plant to avoid pulling it from the ground or damaging a branch!

Lunchbox Peppers: An excellent pepper for snacking, lunchbox peppers are very sweet and crunchy. Although you can eat them green, we recommend waiting until the peppers have ripened to yellow, orange, or red. Avoid pulling the plant from the ground by always using two hands to harvest - one to hold the plant and the other to pull the pepper.

Cherry Tomatoes: We have everyone's favorite orange Sungold and the classic red cherry. Ripe cherry tomatoes should come off the vine easily. Harvest Sungolds when entirely orange and red cherries when they have a slight give and are fire engine red. The split fruits on the plant won't last very long, but they are perfect for snacking in the field!

Husk Cherries: Husk cherries, also called ground cherries, will fall off the plant when completely ripe. Fruits should be golden orange inside the tan paper lantern. Those still on the plant will likely be green, small, and sour. To collect, gently lift the leafy branches of the plant to scoop up fruits that have fallen to the ground. Peel open the husk and enjoy!

Herb Harvest Guidelines

Our herb garden, which includes over two dozen herb varieties, is always open to CSA subscribers. Each plot has a label with an illustration and the herb's name. To harvest woody herbs, always cut above a junction or fork in a branch to encourage new growth to sprout from the fork. You will get multiple harvests from the plant by cutting the tender, new growth and leaving the darker, woodier branch. See this handbook's "[Woody Herb](#)" and the "[Leafy Herb](#)" sections for more information on individual herbs.

Flower Harvest Guidelines

Our CSA family is encouraged to harvest flowers from labeled Pick Your Own beds! This year, we're offering 18 types of flowers, from classic sunflowers and zinnias to quirkier celosia and gomphrena. A fresh bouquet looks great on any table.

Be sure to remember to bring a bucket or jar along. As you harvest, immediately place stems in cool water and keep them shaded and out of the direct sun as much as possible. When you arrive home, give the flowers fresh water and a fresh cut at the tip of the stems to allow for optimal water uptake. Change the water in the vase daily and remove any floating leaves or petals, as these catalyze decomposition.

Harvesting with intention at the right time is imperative to extend the vase life of cut flowers. Most flowers should be harvested before pollination and sometimes before their petals have totally unfurled. The center becomes open and fluffier when a flower is pollinated and pollen is visible. After flowers are pollinated, they begin to deteriorate, so to ensure you enjoy your bouquet for as long as possible, be sure to get to the blooms before the bees do!

The morning is the best time to harvest flowers if you are able. Flowers are at their prime in the morning when temperatures are cooler, their stems are firmer, and they are not contending with heat, compromising form and vase life length.

Harvesting a proper stem length will lend to easier bouquet handling and arranging and a healthier plant. Depending on the flower type and size, 8 - 12 inch stem length is ideal. However, it is vital to leave one or two sets of branches at the base of the plant so that it will continue to send up new shoots - which means more flowers! These branch sets are called 'nodes.' A stem should always be cut above a node to allow continual growth.

For flowers with buds, such as snapdragons, harvest a stem with a couple of open blossoms (near the top) with other buds lower down the stem still closed or just beginning to open. The rest of the blossoms open with time.

Harvest sunflowers when the petals are unfurling or slightly more than perpendicular to the flower's center (or head) for the most extended vase life. If you want a flower that is already open to display immediately, pick a flower whose head is still dark and unpollinated. You can determine this by examining the head of the flower along the outer rings, which pollinate first. You will be able to see the very tiny disk flowers beginning to open. In botany, this is known as inflorescence. The head is composed of many small 'disk flowers, while the part made up of yellow petals is known as the 'ray flower'.

After cutting a stem, use your forefinger and thumb to 'strip' the leaves away from the lower $\frac{3}{4}$ of the stem. A bare stem will make it easier to bunch and keep your vase environment clean and healthy. If leaves sit in water, they decay and invite bacteria into your vase, speeding up the decomposition of the flowers.

Pick-Your-Own Flower Varieties 2024

- Amaranth
- Ammi
- Artemisia
- Atriplex
- Bells of Ireland
- Celosia
- Centaurea (Bachelor's Button)
- Cosmos
- Forget-me-nots
- Gomphrena
- Marigold
- Rudbeckia (Black-Eyed Susan)
- Salvia
- Snapdragon
- Statice
- Sunflower
- Tithonia (Mexican Torch Sunflower)
- Zinnia

Our 2024 CSA Partners

We partner with local small businesses to bring you seasonal products for each of our specialty Add-On shares weekly. Read on to learn more about them!

Fruit

We partner with **Briermere Farms** in Riverhead, **Balsam Farms** in Amagansett and the **Milk Pail** in Watermill to bring you the best seasonal selection of Long Island fruit! Seasonal fruit includes berries, peaches, plums, pears, apples, melon and more. Briermere and Milk Pail fruit are low or no spray but not organic (please let us know if you have more questions about this). Fruit shares begin June 11th and run through the end of the season.

The McCombe Family has operated Briermere Farms in Riverhead since the 1970s. They're known island-wide for their extraordinary pies, but they are also talented farmers! Depending on the season, they specialize in fresh berries, plums, peaches, apples, and pears.

The Milk Pail is owned and operated by the Halsey family, who have been farming in Bridgehampton and Watermill for 12 generations. They specialize in an array of new and traditional apple varieties that are sure to wow even the pickiest of apple tasters.

Balsam Farm, founded in 2003, farms approximately 200 acres of mixed vegetables, fruits, herbs, cut flowers, and grains with four-season greenhouses, improved storage facilities, and generally temperate Long Island weather.

Bread

Sign up for a weekly rotating bread share from Blue Duck Bakery, Panadda Sourdough, Orwashers Bakery and a local bakery! The share will be a rotation of freshly baked artisan loaves, including a variety of baguettes, ciabattas, boules and more!

Blue Duck Bakery products are made fresh daily on the North Fork under the expertise and direct guidance of Keith Kouris, a master baker with more than 40 years of experience and a graduate of the French Culinary Institute's International Bread Baking Program.

Panadda Sourdough, a local artisanal bakery in Sag Harbor, bakes hand-crafted sourdough boules. Panadda bread is baked in small batches and delivered freshly baked on your CSA pickup day. The whole wheat sourdough boules are made with hard red wheat flour from Amber Waves Farm. Pumpernickel and 100% rye sourdough loaves of bread are made with Amber Waves dark rye flour.

Cheese

Mecox Bay Dairy: The Mecox Bay Dairy farmland in Bridgehampton has been in the Ludlow family since 1875; today's modern dairy and cheese operation began in 2003 and is run by Art

Ludlow and his family. The Ludlows produce a variety of artisan raw milk cheeses, including their gruyere-style “Sigit” (Amanda’s favorite) and a Farmhouse Cheddar. Their Jersey dairy cows are primarily grass-fed (they eat hay in the winter when no fresh grass is available) and the farmers are adamant about high-quality care and comfort for the animals.

Catapano Dairy Farm: Located on the North Fork of Long Island in Peconic, Catapano Dairy Farm is well known for its award-winning goat cheeses. Along with their classic chevre, they also have a variety of hard and soft cheeses made of goat and sheep milk, including feta and “Summer Cloud.” You’ll sample many of these specialties in your cheese share throughout the season!

Goodale Farms: The Goodale family has been farming on the East End since the mid-1800s. Their additions to our cheese share include Goat Milk Chevre, Cow Milk Ricotta, and Burrata. Goodale prioritizes being fresh, local, and seasonal; they do not use antibiotics, steroids, or growth hormones.

Villa Italian Specialties: The place to go for Italian foods, Villa Italian Specialties has been at their East Hampton location for 20 years. They deliver their famous homemade mozzarella daily, still warm! It’s rich, creamy, and the perfect companion for fresh farm tomatoes and basil.

Additional Northeast Selection: We will also source some of our new favorite cheeses from additional Northeast farms and creameries throughout the season. New York State Producers include Nettle Meadow Farm (cow and soft goat cheeses), Old Chatham Creamery (sheep cheeses), and others!

Pasta

L’Isolina Pasta: L’Isolina was founded in 2020 by Dylan and Sean, brothers who grew up making pasta with their grandparents. ‘L’acquolina in bocca’ is the Italian phrase for ‘mouthwatering’ and the title their Nonna gave their family cookbook. She came from the far north of Italy, and her husband from the deep south in Sicily. They immigrated with their fervent food cultures and reverence for simple, honest food, which they imparted to Dylan and Sean. Some of the brothers’ earliest and fondest memories are of making and eating pasta with their grandparents, and they hope that love is evident in their pasta and that it helps bring those they love together at the table.

L’Isolina Fresh Local Pasta is organic and made with Amber Waves’ Wheat in small batches! L’Isolina Pasta is bronze extruded in the traditional Gagnano method to create a rough surface perfect for clinging to sauces. Use this pasta as the canvas for your weekly celebration of the beautiful produce from Amber Waves’ fields! Pasta will keep perfectly in the fridge for one week or freeze indefinitely. We sometimes offer L’Isolina dried pasta, which will keep for months in your pantry.

Flower Bouquet

Amber Waves: In addition to veggies and grains, Amber Waves also grows annual and perennial flowers, with over 80 varieties coming out of our flower fields. We choose varieties based on beauty and ecology, as our flowers are vital in promoting biodiversity within our farm system and keeping our pollinators happy and healthy. The flower bouquet Add-On share begins in late June.

All subscribers can access Pick Your Own flower fields regardless of purchasing a flower bouquet add-on.

Fresh From Our Kitchen

Amber Waves: Enjoy a delicious selection of hummus, pesto, dressings, soup, seasonal loaves, and more straight from our Amber Waves Kitchen. These house-made specialties change with the seasons and complement your weekly box.

What's in Your Box?

Amber Waves grows over 300 varieties of 60 crops, and all of your boxes will be different throughout the season. Being in our CSA gives you an authentic experience in the flavor of seasonality, from crisp greens in the cool spring to juicy tomatoes in the height of summer and, finally, sweet root vegetables and winter squash in the fall. Despite the limitations of the growing season here in the Northeast, we aim to give you an enjoyable variety of produce to choose from each week. Apart from the first few weeks of the season when we are truly limited by cold, we will try to include a mix of salad greens, cooking greens, herbs, root vegetables, alliums, cucumbers or zucchini, eggplant or peppers, and tomatoes in your box each week. We encourage you to try new and unfamiliar things throughout the season; some of our favorite crops may seem unusual because they aren't typically available in the grocery store. So embrace that novelty with us and dig in!

SEASONALITY WHEEL



Baby Greens

Baby greens are one of the fastest crops we grow, ready in weeks from when we sow seeds directly into the soil, depending on the time of year. More tender than full-sized greens, baby greens are perfect to use raw in a salad. Many of these crops don't like the heat, making it difficult to grow in the hot summer months. Despite this challenge, we do our best to get baby greens into your boxes as often as possible. These greens are a great source of folate, vitamin K, and vitamin A.

Storage: The bagged baby greens in your box have been pre-washed. Store fresh baby greens in either a plastic bag or container surrounded by damp paper towels in the refrigerator, lasting up to 5 days.

- **Spinach:** Spinach is a versatile and nutritious green with a smooth, almost succulent texture and rich flavor. We love spinach salad with goat cheese and beets!
- **Arugula:** Arugula, also known as rocket, has a spicy bite that makes salads more exciting. In the heat of the summer, it gets even more peppery. Try adding raw arugula to the top of a pizza while still hot!
- **Baby Kale:** Our favorite baby kale variety is called Red Russian. Its tender yet sturdy leaves are perfect for quickly adding to a raw salad or sauteing. Look for its signature blue-green leaves and light purple stems in your box this year.
- **Salad Mixes:** We grow a few different greens mixes at the farm! Each mix has a variety of colors, flavors, and textures to add to a salad. Our signature "spicy salad" mix is a mixture of Asian greens, such as mizuna and bok choy, along with burgundy mustards that give the mix a flavorful, spicy bite! Our other mixes aim to please with different varieties of greens, colors, textures and flavors.

Bunched Cooking Greens

Leafy greens are some of the most nutritious vegetables we grow, high in B vitamins, iron, vitamin K, folate, and magnesium. The flavor of some greens (especially chard and broccoli rabe) can be strong, so while they can be eaten raw, these greens are most commonly cooked. Taking between 40 and 70 days to reach full size, our bunched cooking greens are available from spring to late fall (May-November). Many of these greens are "cut and come again," meaning they produce over a long period, producing new growth throughout the season (as opposed to head lettuce, a "one-hit wonder" that does not grow back).

Storage: Store cooking greens in a perforated plastic bag with a damp paper towel in the refrigerator. The greens will last between four days and a week.

- **Chard:** Chard is a different cultivar of the same species as beets and shares a plant family (the goosefoot family) with spinach. We recommend cooking chard rather than eating it raw. Add the vibrant stems to the pan before the greens to ensure they cook through. We love sauteed chard with lots of garlic and lemon.

- **Kale:** Our favorite kale for salad is Tuscan, also known as Dinosaur or Lacinato Kale. It is the mildest and turns a glistening dark green color when dressed. When making a raw salad, massage the leaves with olive oil and salt to make them even more tender. The curly varieties can also be eaten raw, sautéed, or roasted to make kale chips. Russian Kale has purple veins and is the tenderest of all the varieties we grow. De-stem mature leaves before use.
- **Collard Greens:** Collards are a milder member of the brassica family and can be used raw as a wrap instead of a tortilla or cooked the traditional southern way, low and slow, with smoked meat, onions, and garlic to render them tender and flavorful.
- **Broccoli Rabe:** More closely related to turnips than broccoli, broccoli rabe has small broccoli-like shoots. This green, also known as rapini, is especially popular in Italy and is often prepared with sausage, white beans, and lots of red pepper flakes. To mellow out the bitterness, blanch before adding it to a dish.
- **Mustard Greens:** The mustard plant's frilly purple and green leaves pack quite a punch. The mustard flavor comes from compounds known as glucosinolates, which the plants produce to defend themselves against pests and disease. Use them raw in a salad to add flavor and color, or mellow them by sautéing them.
- **Bok Choy:** Unlike its cut-and-come-again friends listed above, bok choy is a one-and-done crop, technically a type of Chinese cabbage. Bok Choy is one of our favorite greens, with tender leaves and succulent, crunchy stems. It can be eaten raw in a salad or stir-fried with flavors such as sesame oil, soy sauce, ginger, and garlic.

Salad Greens & Chicories

The classic salad green lettuce has over 100% of your daily vitamin K value, along with B vitamins and vitamin C. Chicories, lettuce's slightly bitter, assertive cousins, such as escarole, endive, and radicchio, are popular in European cuisine. Try cooking them or soaking the leaves in water to reduce their bitterness. These varieties prefer the cooler weather, but we do our best to have lettuce and chicories throughout the growing season (May to November). We only have pea shoots for a couple of weeks in the spring, so enjoy them while you can!

Storage: To prevent rotting, don't wash chicories or lettuce until before using them. Wrap whole heads in a moist dish towel or a plastic bag and store them in the fridge. They will last several days to a week. Store pea shoots in a perforated plastic bag and use them within a day or two - the delicate greens won't last much longer than a few days.

- **Pea Shoots:** Spring has sprung! With sweet peas' mild taste and beautiful purple flowers, pea shoots are among the first greens we have in the spring. They are a different variety than the peas we grow for pods but are simply the pea plant's green, tender leaves and tendrils. We love adding delicate greens to a salad or making a pea shoot pesto!
- **Endive:** There are many types of endive. We grow a frisée variety that beautifully mixes into salad greens and adds some body and assertiveness.

- **Escarole:** With thicker leaves than lettuce, escarole's outer leaves are best braised or sautéed, while the inner, more tender light green leaves can be used in a salad. Try braised with olive oil, fennel, cannellini beans, and veggie/chicken stock for a warming and easy midweek dinner.
- **Radicchio:** Often used in Italian kitchens, radicchio can be chopped and added to salads for a burst of color, or try it cut in half and grilled or seared in a hot pan.
- **Lettuces:** Romaine lettuce has crisp, long, upright leaves that can withstand a heavier dressing and even be grilled. Butterhead lettuces have soft, buttery leaves that form a tight head in the center, creating a wonderful contrast of color between the inner and outer leaves. Loose leaf lettuces are a little more open and include Oakleaf (lobed leaves) and Lollo lettuces (frilly leaves). We, of course, love lettuce in a salad or using the leaves as a wrap or bowl as an alternative to bread.

Woody Herbs

All the 'woody herbs' we grow in the herb garden are perennials that go dormant in the winter and send up new growth in the spring. Herbs are an easy way to add depth of flavor to any dish! They are available from spring until the first deep freeze in late fall.

Storage: 'Woody herbs' are hardier than 'leafy herbs' and can last two to three weeks. To extend their life, wrap woody herbs in a damp paper towel and wrap them in plastic wrap or put them in a plastic bag in the fridge. When ready to use, strip the leaves off the stem by running your thumb and forefinger from the top of the stem to the bottom.

- **Oregano:** A little spicy, oregano is the perfect pizza seasoning! It is used frequently in Mediterranean dishes and goes great with tomatoes, white beans, and poultry.
- **Thyme:** Thyme is essential to Middle Eastern and French cooking and a popular medicinal herb for killing infections and preventing illness.
- **Sage:** Sage is the perfect seasoning for fall and winter dishes like roasted squash or Thanksgiving turkey. Try making sage brown butter by gently cooking butter until golden brown, then add chopped sage for a delectable pasta sauce.
- **Rosemary:** Rosemary's fragrance is reminiscent of pine. Our favorite way to use it is roasted with potatoes and garlic!
- **Savory:** Amber Waves grow both winter and summer savory. The two have a similar grassy, peppery flavor, but the winter variety is slightly aromatic. We like to add it to our soups and stews for a flavorful broth.
- **Marjoram:** Marjoram looks similar to oregano but has a less peppery and more lemony flavor. Try adding it to tomato sauces and vinaigrettes.
- **Lavender:** An exceptionally fragrant and beautiful herb, lavender has many uses. It only blooms briefly, but you can have the calming scent year-round by drying a bunch - just hang

it upside down in a dry place. Remove the dried blossoms and use them in a lavender shortbread or steep them in hot water for a soothing tea.

Leafy Herbs

The leafy herbs grown in the herb garden and our fields are available between late spring and fall. Some herbs, like basil and cilantro, are more challenging to grow in summer due to disease and heat intolerance. Leafy herbs are flavorful and can transform a dish by providing freshness and vibrant green color.

Storage: Putting basil in the fridge when it's wet causes it to turn black - so don't wash it before you put it away! To prolong its freshness, cut the bottom off the stems and place them in a shallow cup of water outside the fridge or keep (unwashed) basil in plastic in the fridge. Store other fresh leafy herbs in the fridge in a glass of shallow water with a plastic bag covering the top. Change the water every day or two. Leafy herbs will last up to two weeks if stored properly.

- **Basil:** A classic summer herb, basil is most commonly used for pesto. Combine basil, garlic, olive oil, and a nut or seed in the food processor, toss with your favorite pasta, or enjoy with fresh tomatoes and mozzarella. To have basil year-round, try freezing pesto in ice cube trays and transferring it to a plastic bag. When using fresh basil, cut it into ribbons rather than small pieces to avoid bruising.
- **Parsley:** Rich in iron and vitamin C, parsley is an assertive herb that can be used as a garnish or the star of a sauce. Try making tabbouleh, a refreshing Middle Eastern salad with lots of parsley and lemon. Freshly chopped parsley also adds a zingy brightness to any dish.
- **Cilantro:** A necessary flavor for any Mexican-inspired dish, cilantro adds color and brightness. Make chimichurri by blending cilantro, parsley, oregano, garlic, olive oil, and vinegar or lemon for a vibrant sauce. Use cilantro on everything from vegetables to grains to meats.
- **Dill:** Dill is the classic pickle flavor and goes well with fresh cucumbers, potatoes and fish. Try chopping the feathery leaves and adding them to dairy-focused dishes to cut through some of the richness.
- **Thai Basil:** A basil variety from Southeast Asia, Thai basil has a similar flavor to Italian basil. Thai basil is slightly sturdier than Italian basil and holds up better when cooked. Try using it in or as a garnish for curry dishes.
- **Chives:** A member of the allium family along with onions, garlic, and scallions, this grass-like-looking herb has a mild onion flavor. The best way to cut up chives is to snip them with scissors to avoid bruising. We like to use them as a garnish for potato dishes or blended in salad dressing. The beautiful magenta blossoms are edible, but beware; they also taste oniony!
- **Mint:** We have many varieties of mint, including apple mint, peppermint, and spearmint, each with a slightly different appearance and flavor. Our favorite thing to do in the summer is make sun tea with a mixture of varieties for a cooling drink.

- **Celery:** Compared to celery from the supermarket, our celery is much more flavorful and is best used as a base for stock or soup. You can also use the leaves as an herb. It is delicious mixed with parsley.
- **Fennel:** The fennel bulb is crisp, sweet, and reminiscent of anise or licorice. Use it raw, thinly sliced in a salad, or mellow the anise flavor by roasting the bulbs until caramelized. You can also eat the stalks and the leaves, known as fronds.
- **Shiso:** A favorite of farmers Isabel and Allie, this Japanese herb has a beautiful dark purple leaf with a green underside. In the mint family, shiso (also called Perilla) makes an earthy and bright addition to any dish. Try drying the leaves for a spice mix or tossing them in with cucumber, scallion, and summer watermelon salad. For ferment lovers, try them pickled in soy sauce

Cucumbers and Zucchini

In the cucurbit family, cucumbers and zucchini are both summer crops, available between June and late summer. They take between 50 and 60 days to reach maturity. Both crops are particularly susceptible to disease, making them difficult to grow, especially organically. Both essentials for many summer dishes, zucchini is a good source of vitamins C and B-6, while cucumbers are a great way to stay hydrated.

Storage: Zucchini will last about five days in the fridge. They bruise easily, so treat them gently and avoid nicking the skin. Store cucumbers in your refrigerator's crisper drawer, and they will last about a week.

- **Cucumbers:** Originally from India, cucumbers are popular worldwide, either fresh or pickled. Crunchy and refreshing, cucumbers are great in a summer salad or cold soup. Tasty Jade cucumbers are a seedless Asian variety with thinner, less bitter skin. Classic slicing cucumbers have thicker, slightly bumpy skin, allowing them a longer shelf life. Gherkins are smaller varieties generally used for pickling because they stay crunchy but are also delicious raw.
- **Zucchini:** We use “zucchini” and “summer squash” interchangeably at the farm, with zucchini referring to green and squash to yellow varieties. A summer staple, zucchini is fantastic on the grill. Our favorite type is an Italian heirloom variety called Costata Romanesco, which has incredibly tender flesh with a slightly nutty flavor. Try shredding to make zucchini pancakes or using a spiralizer to make “zoodles.”

Root Vegetables

Root vegetables are a great way to add color and texture to your salads, are delicious roasted together as a medley, and contain a wide range of nutrients. For example, one serving of carrots provides over 200% of your daily recommended consumption of vitamin A, while beets are high in potassium, and turnips and rutabagas are high in vitamin C and magnesium. Radishes and

turnips only take 21 days to grow and are ready early in the spring through late fall. Carrots and beets take weeks or months longer to mature and are available between July and November.

Storage: Remove the green tops from the root vegetables to prevent them from drawing moisture from the roots. Keep the roots washed and in an open container with a moist towel on top for up to two weeks. Store the greens separately like you would a cooking green (in a perforated plastic bag with a damp paper towel in the fridge), and they will last up to 5 days.

- **Radishes:** Crunchy, spicy, and colorful radishes are a spring favorite for salads. The classic round radishes can be pink, red, or purple, while French Breakfast radishes are oblong and milder than other varieties. Daikon radishes, a popular Asian radish, are most commonly used in kimchi. Watermelon radishes, a fall favorite, have a green rind and bright reddish pink inside. If the spiciness is too intense, try slicing the radishes and soaking them in ice water before eating. Spicy radishes will also mellow if sliced and left out exposed to the air for 20-30 minutes before serving. One of our favorite ways to enjoy radishes is the French way: slice thinly and serve with softened butter and salt for dipping. Like most roots in the brassica family, the greens are also edible and are best when sauteed.
- **Hakurei Turnip:** Hakurei turnips, a Japanese salad turnip, are crunchy and sweet. They're great as crudité or in a salad. Try them caramelized in a hot pan or the oven with a drizzle of sesame oil or butter. Don't forget to cook the greens!
- **Purple Top Turnip:** This beautiful heirloom turnip is a classic for a reason. Their tender flavor and 4" size make them perfect for slicing in a gratin or cubing for an oven-roasted or miso-glazed side.
- **Carrots:** Surprisingly, carrots were originally purple but were bred to be orange in the 16th century. Carrots are loaded with beta-carotene, an antioxidant your body converts into vitamin A. You can also eat the carrot tops - try making pesto or using them as a garnish for a carrot-based dish.
- **Beets:** Deep maroon red beets add stunning color and earthy flavor to any dish. Golden beets are slightly milder, while the sweeter Chioggia beets are an Italian heirloom with gorgeous candy cane red and white rings. Our beets are small to medium-sized with thin skin, making them perfect for roasting without the hassle of peeling. Try cooking the greens like spinach - they are very nutritious and high in iron.

Alliums

Crops in the allium family are high in sulfur compounds that have been shown to be anti-carcinogenic and anti-inflammatory. This plant family is also the flavor anchor of most meals in many of our kitchens.

Storage: Store spring onions and green garlic (with green tops) in the fridge for up to a week. Store cured whole onions, shallots, and garlic in a cool, dry place, lasting up to 3 months. Don't store onions with potatoes, as both will go bad faster. Store leeks in the refrigerator, where they should keep for two weeks. Store scallions, unwashed, in a plastic bag with a moist paper towel

in the refrigerator's crisper drawer for up to a week. Store garlic scapes in the fridge in the crisper drawer or with the cut end in a shallow glass of water.

- **Garlic:** Garlic is one of our favorite crops because it is available in slightly different forms all year round. We get green garlic throughout the spring, garlic scapes in June, fresh garlic heads in July, and mature cured garlic beginning in late summer that lasts until next spring if we're lucky. Green garlic is just a young garlic plant; much of the stem and leaves are edible and slightly milder in flavor than cured garlic. Garlic resembles a leek at this early stage and can be treated similarly. Once the garlic has developed into a full bulb, in early to mid-July, we mass harvest this crop and cure it, a process that dries the papery skin of the bulbs so they can be stored through the winter. Garlic is essential in almost every recipe!
- **Garlic Scapes:** Amber Waves grows hardneck varieties of garlic compared to the softneck varieties you may see at the supermarket. The softneck varieties are easier to grow and store longer but less flavorful. Hardneck garlic has fewer and larger cloves than its softneck cousin and produces a stalk in the spring that turns into a flower bud called a scape. We harvest the scapes to redirect the plant's energy to developing cloves, which means you get to enjoy them! The beautifully curled scapes are milder than garlic but still pack a strong punch. Use them in place of garlic in any recipe or add them raw to salad dressings or pesto - just don't use the tapered end, which can be a little tough and fibrous. Our favorite way to eat scapes is roasted or grilled whole, which considerably mellows their spiciness.
- **Scallions:** Scallions or green onions, are simply an onion variety that doesn't form a bulb. Some prefer only to use the white or purple portion, but you can use most of the green part, although the very top may be a little tougher. With their milder flavor, scallions are more commonly eaten raw than regular onions. We like to use them as a garnish to add brightness to a dish, especially those with Asian flavors.
- **Onions:** Amber Waves grows mostly storage onions, but you can still eat them before they have been cured. In the summer, fresh onions still have edible green tops with a mild and delicious flavor. These fresh, shiny onions are a bit stronger than cured onions. The curing process allows the skin to dry out and protect the juicy onion underneath, which can then last much longer.
- **Shallots:** Shallots have copper skin and a light purple flesh with a more delicate and mild flavor than a regular onion. They are often used in French cooking, notably for vinaigrettes, and in many Asian dishes such as curries.
- **Leeks:** Leeks are the onion's delicate cousin. They can be used in place of onions or cooked and used as the star of a dish. Make sure to wash them well, as there can be soil between the thin outer layers of skin; cut them in half lengthwise and rinse between the layers. For cozy winter comfort food, try making potato leek soup.

Tomatoes, Tomatillos, and Husk Cherries

Fresh, ripe tomatoes are a summer staple (July-October) and are full of flavor and the cancer-fighting antioxidant lycopene. There are more than 10,000 tomato varieties worldwide and this year, Amber Waves is growing over 60 varieties! Tomatoes are one of the more labor-intensive crops on our farm, requiring trellising, pruning, and up to 100 days to mature. Tomatillos and husk cherries are cousins of tomatoes but grow more like a bush and don't require trellising. They both have a paper lantern-like husk and are high in vitamin C.

Storage: Store beefsteak, heirloom, and plum tomatoes at room temperature or only slightly chilled but not cold (above 50 degrees to maintain good flavor and texture). Store them in a single layer, upside down; the shoulders are the strongest part of the tomato and will last longer that way! Expect tomatoes to last up to a week, depending on their ripeness. For maximum flavor, store cherry tomatoes outside of the fridge. Tomatillos and husk cherries will last weeks on the counter at room temperature.

- **Cherry Tomatoes:** Cherry tomatoes are a great snack or addition to a salad. Sungolds are a farm favorite but are unavailable commercially because their thin skin makes them prone to bruising and damage. Amber Waves also grows many other cherry tomato varieties, each with a distinct, complex flavor profile and in many colors.
- **Plum Tomatoes:** 'Plum,' 'paste,' or 'Roma' tomatoes are lower in moisture than slicing tomatoes, reducing cooking time and making them great for sauces and soups. Their meaty texture and intense flavor make decadent sauces, but they aren't known as the best tomatoes for fresh eating. They're often sturdier than slicing tomatoes because of their thick walls but they should still be handled carefully.
- **Heirloom Tomatoes:** 'Heirloom' indicates an open-pollinated variety (saved seed produces identical offspring to the parent plant) that has existed since before 1942. Heirlooms have not been bred for productivity or long shelf life, unlike hybrid crops. They have been kept and passed around farming and gardening communities because of their exceptional taste and beauty. Heirlooms' flavor is best appreciated when sliced and eaten raw with a sprinkle of salt and a drizzle of olive oil. When cooked, heirlooms produce a beautiful sauce with a deeply complex and unique flavor. (An important note: hybrid does not mean genetically modified/GMO. A hybrid variety is a cross-pollination of two different varieties, producing a seed that has the genetic material of both. We grow many hybrid varieties. We do not grow GMO varieties).
- **Beefsteak Tomatoes:** The classic beefsteak tomatoes are round and red, but there are also orange, pink, and yellow beefsteak varieties. Beefsteaks are perfect for sandwiches or fresh salsas. Our favorite way to use beefsteaks is BLTs, baby!
- **Tomatillos:** Not quite a tomato, but in the same plant family (the nightshade or solanaceous family), tomatillos are especially popular in Mexico and Central America. They are the primary ingredient in the mild "salsa verde." The fruits enclosed in an inedible papery husk can be chopped and added to fresh salsa and pico de gallo for a tangy flare or roasted and pureed with garlic, salt and pepper to make outstanding salsa verde.

- **Husk Cherries:** Husk cherries, also known as ground cherries, are one of the oldest relatives of the tomato and have a sweet, unique flavor. They have a papery husk that you should remove before enjoying, like tomatillos. Add them to your cheese board, cut them in half, and add them to a salad or enjoy them as a fresh, sweet snack.

Peppers

In the same plant family as tomatoes and eggplant, peppers are another crop that we start early in the spring and wait to harvest until the summer. We have peppers from July until late fall. It takes about 60 days for green peppers to be ready and another 20 for those to ripen into sweeter, colorful peppers. Peppers are a great addition to your diet and are incredibly high in vitamins C and A!

Storage: Peppers can keep for over a week if stored properly. Place them in a plastic bag in the vegetable drawer of the refrigerator. Do not wash them, and make sure they are dry for storage.

- **Cooking Peppers:** Poblanos are a semi-spicy pepper most known for their use in the dish chiles Rellenos. They are milder than jalapeños but can still make you sweat! Our favorite pepper, the Shishito, is a Japanese frying pepper. The tried and true way to prepare it is to saute them whole until the peppers begin to char and blister and then sprinkle them with coarse sea salt. Beware - one in 20 is spicy! Another favorite, Jimmy Nardello peppers, are an Italian heirloom with a rich, fruity flavor and are best sautéed or stuffed with cheese. Don't let their red, cayenne-like appearance threaten you. Jimmy Nardellos may be the sweetest pepper we grow.
- **Sweet Peppers:** Sweet peppers include Bell peppers and Cubanelles, both delicious raw or cooked. Bell peppers are the classic pepper - crunchy and juicy. All peppers start green (or purple) and have an earthier and more bitter flavor when harvested green. Depending on the variety, green peppers turn several colors when left to ripen on the plant for several weeks, significantly increasing their sweetness. Cubanelle peppers come in all colors but start green before ripening to yellow, orange, or red. Also called Italian frying peppers, they have thinner skin and less water than a bell pepper. Our favorite peppers for snacking are the colorful mini Lunchbox peppers.
- **Hot Peppers:** Hot peppers have a similar flavor to sweet or cooking peppers, but the addition of capsaicin makes them spicy. Jalapeños are the mildest hot pepper we grow and are a great addition to tacos or any dish that could use a little spice. We also have a variety of other colorful and spicier peppers, such as Habaneros, Thai Chilies, and Cayennes.

Eggplant

Eggplants take about 60 days to mature, and like the summer heat, their season runs between July and November. They have a wide variety of nutrients, including copper and manganese. We love eggplants in the summer, especially on top of pizza or in ratatouille.

Storage: Store whole eggplant in a cool, dry place, not in the refrigerator, for many days.

- **Italian:** We grow a variety of eggplants, including the classic Italian heirloom Black Beauty and the stunning purple and white Italian variety Nubia. Char these eggplants on the grill, stove, or oven and blend with tahini and garlic for baba ganoush!
- **Sicilian:** Sicilian eggplants are rounder in shape than the classic Italians and come in different shades of violet. The skin is a little thinner and less bitter than other varieties and their round shape makes them perfect for some cheesy eggplant parm!
- **Japanese:** Hands-down, our favorite eggplant, Japanese eggplants have thinner skin than Italian eggplant and creamy flesh. We love these cut in half and grilled with olive oil and salt.
- **Mini:** Our favorite miniature eggplant is Fairytale, with delicate purple and white stripes. We love this eggplant grilled whole or glazed with miso.

“Heading” Brassicas

Most ‘heading’ brassicas take a long time to mature (up to 100 days) and don’t like the heat, so they are only available from September to November. One exception is napa cabbage, which only takes about 50 days to reach maturity and is available from June through November. Vegetables in the brassica family are very nutritious, all containing high concentrations of sulforaphane, a disease fighting compound, and vitamin B-6, vitamin C, and magnesium.

Storage: Store broccoli and cauliflower in a perforated plastic bag in the fridge for five days. Cabbage, brussels sprouts, and kohlrabi will last up to two weeks in the fridge. Store napa cabbage in a perforated plastic bag with a damp paper towel in the fridge for up to five days.

- **Broccoli:** The crowns of the broccoli, the part we eat, are the buds of the flowers. Chop up florets and steam with garlic and lemon or roast with olive oil. Don’t throw out the stems! Peel off the outer, tough layer and enjoy raw as crudité; cook with the broccoli crown, or set them aside to add to soup or vegetable stock.
- **Broccolini:** Broccoli’s smaller and more tender cousin. We harvest our broccolini when their florets just begin to open. The tender stems make it the perfect choice for sauteing or roasting whole. Try sauteed in sesame oil and added to soba noodles with tahini or peanut sauce.
- **Cauliflower:** The mildest of all the brassicas, cauliflower’s delicate flavor works well with cheese or rich sauces. Try slicing the cauliflower into ‘steaks’ or roasting it whole to celebrate its beautiful shape.
- **Brussels Sprouts:** Another member of the brassica family, Brussels sprouts are like mini cabbages. The quintessential fall vegetable, Brussels sprouts, are often underrated. Thinly sliced Brussels sprouts can be used in a slaw or salad, or try roasting or sautéing to bring out their sweetness.

- **Cabbage:** Cabbage is excellent for a crunchy slaw but is equally delicious cooked. We like to sauté or roast cabbage with curry powder and coconut oil. Try making sauerkraut to preserve cabbage - all you need is salt and cabbage!
- **Napa Cabbage:** Napa cabbage, also referred to as Chinese cabbage, is traditionally used for kimchi, but tender leaves can also be added to salads. Do you love napa cabbage and want it year round? Make kimchi for a spicy condiment that you can put on anything!
- **Kohlrabi:** This alien-looking vegetable is quite mild in flavor and has the texture of a tender broccoli stem. Often eaten sliced raw in crudites, kohlrabi can also be roasted. As with other vegetables, a larger size coincides with thicker skin, so while baby kohlrabis are tender all the way through, very mature heads are better peeled. Like all other brassicas, the leaves are edible, and you can treat them like kale or any other cooking green.

Sweet Potatoes and Potatoes

Regular “Irish” potatoes and sweet potatoes are not related at all! Potatoes, peppers, eggplants, and tomatoes are in the nightshade family, while sweet potatoes are in the morning glory family. The season's first potatoes are available beginning in June and can be harvested until October or November. Sweet potatoes take over 100 days to mature underground and aren't ready until late summer or early fall. If properly cured and stored, sweet potatoes and potatoes can last through the entire winter.

Storage: Eat new potatoes within a few days. Keep mature potatoes in a dark, dry place in a brown paper bag, lasting up to 3 months. Keep them in a different location than onions, as they will both spoil faster. Sweet potatoes can also be stored in a cool, dark place for up to two months.

- **Potatoes:** Amber Waves does not grow potatoes; luckily, many of our neighboring farms grow fantastic potato crops each season. Earthy and starchy, potatoes are a staple food in many countries, especially in the Andes, where they are indigenous. Boil potatoes for potato salad, roast them with lots of garlic, and top them with fresh green herbs, such as parsley.
- **Sweet Potatoes:** Sweet potatoes are known for their high beta-carotene (which your body converts to vitamin A), which gives them their orange hue. Despite their sweetness, sweet potatoes have a low glycemic index, meaning that your body digests them more slowly, so your blood sugar does not rise as fast or high. If you saw the sprawling sweet potato vines with purple and white flowers, you might recognize them as members of the Morning Glory family. The orange-fleshed varieties have sweet, soft and moist skin, while white-fleshed varieties have a similar creamy taste and texture but are slightly drier. Japanese varieties have a drier, starchier, denser texture and a flavor similar to chestnuts.

Winter Squash

Squash is native to North America and, along with beans and corn, makes up the Three Sisters planting method used by Native Americans. Each winter squash variety has a distinctly different taste and texture. It takes over 100 days to mature and isn't ready until late September. Winter

squash is high in vitamin B-6, vitamin A, and potassium. The seeds are also nutritious - try roasting the seeds of any winter squash variety! You can soak them in salty water to help remove the bits of squash flesh, toss them with oil, and roast them in a 400°F oven for about 15 minutes.

Storage: Store in a cool (50-60°F), dry place (not in the fridge!). Expect winter squash to last two weeks to a month; some varieties will store longer.

- **Butternut:** We love butternut roasted with red onions and spices. Have a spiralizer? Try making butternut squash noodles! Butternut's creamy flesh is also perfect for making a comforting fall soup.
- **Kabocha:** Kabocha is a variety from Japan with dense, starchier flesh than other squash. Roast the whole squash and then purée the golden flesh with coconut milk for a silky, rich side dish.
- **Delicata:** Delicata has a delicate flavor with pale-colored flesh and edible skin. Cut in half, take out the seeds, and cut the squash into half-moon slices. Roast until golden brown. As its name suggests, delicata has delicate, thin skin that does not need to be removed before cooking or eating. Much of the nutrition in winter squash is found in the skin, so there is no need to peel these, yet another reason they are our favorite.
- **Hubbard:** Amber Waves grows Red Kuri, a Japanese variety of Hubbard squash with a teardrop shape. Similar to kabocha, it has starchier flesh but is also sweet and nutty. This squash is amazing roasted in the oven and drizzled with a sriracha-yogurt sauce and plenty of fresh cilantro.
- **Acorn:** A beautiful 1-2 lb squash with dark green ribbed skin and bright orange-yellow flesh. For an easy midweek dinner, scoop out the seeds, score the inside, and roast the squash in a sage and brown butter sauce. Make roasted squash ravioli with goat cheese and top it with the sage brown butter sauce for a more involved preparation. Finish with plenty of freshly ground pepper.
- **Long Island Cheese Pumpkin:** A local heirloom variety popularized in the 1800s, this squash has a mild and sweet flavor. Don't let the name fool you. This pumpkin tastes nothing like cheese but is shaped like a wheel of cheese and is well suited for pie-baking. Our favorite recipe from last season was a pumpkin and ginger pie with a graham cracker crust. Freshly grated ginger adds a spicy complement to the custard-like filling.
- **Spaghetti:** Spaghetti squash, named for its noodle-like strands, is a healthy replacement for pasta in any meal. To get the longest noodles, lay the squash on its side and cut it into rounds before roasting. Use a fork to twirl the noodles out when the squash is cooked!
- **Koginut:** A newcomer to the winter squash scene, Koginut is the best of both worlds, with edible skin and a velvety smooth texture. The taste is somewhere between a kabocha squash and butternut. Try Koginut roasted with vegetables and herbs, then blended with chicken or veggie stock for a delicious, easy soup.

- **Honeynut:** A chef favorite, these petite squash boast a buttery, sweet flavor with edible skin. Row 7 Seeds created them, collaborating with chefs and farmers to create the ideal winter squash. For a flavorful punch, replace butternut squash with honeynut when called for.
- **Mashed Potato:** A unique acorn squash with beautiful white skin and flesh, these are ideal for making a healthy version of mashed potatoes. Cut them in half, roast them with olive oil and salt, discard the seeds, and scoop out the flesh. When ready to serve, mash the squash with a potato masher or fork and mix with butter!