



**Tips and Pointers for Storing Veggies of the week:**

**Basil** : Fresh basil leaves should be layered in damp paper towels inside a plastic bag and refrigerated up to 4 days. For basil with stalks attached, place in a glass of water and cover with a plastic bag secured to the glass keep at room temperature, changing the water daily, and use within a week. Do not wash the leaves until you are ready to use them. Great herb in variety of dishes or use to make pesto.

**Blackberries:** Keep in fruit drawer of your refrigerator in original container. Do not wash until ready to eat.

**Buttercrunch Living Lettuce, Red Oak Leaf Lettuce and Mini Romaine** : Will wilt if refrigerated. To keep place root ball in small shallow glass/bowl of water (do not submerge entire root ball in water, let top get some air) tear off leaves by hand to use starting at outside and working inward. Change water daily. Sometimes a new smaller head will grow from stub in a sunny window.

**Cabbage:** Wrapping the head in a damp paper towel and placing the cabbage in a ventilated plastic bag will retain hydration when cabbage is stored in the refrigerator. Cabbage can keep in refrigerator for 1-2 months. Cabbage can also be frozen or canned for long term storage. We like to slice cabbage into “steaks” and cook on Blackstone or roast in the oven with a little olive oil drizzled on top and salt and pepper.

**Cantelope:** Store in refrigerator for up to 5 days

**Carrots** :Place carrots in the coolest place in your refrigerator. Remove the tops, which can be also used for salads or as an herb component to other dishes, but only last up to a week similar to arugula. Once you have cleaned the carrots, wrap them in damp paper towels. Storing fresh carrots this way can last for a month

**Cherry Tomatoes/Tomatoes:** Keep tomatoes at room temperature for the best flavor and to avoid the mealy texture that can result from putting them in the refrigerator. You can keep them in a bowl on the counter for super easy, healthful snacking. At room temperature, they will keep for up to three days.

**Cilantro** : As soon as you arrive home with fresh cilantro, place the stems in a glass of water and cover the top loosely with a plastic bag. Refrigerate. Snip off leaves as you need them and re-cover. The water should be changed every 2 to 3 days. Do not wash the herb until you are ready to use it since excess moisture will turn the leaves to green slime during storage. Great in salsa or as Mexican dish garnish or just to add to salad for flavor.

**Corn:** Store unhusked ears of corn loose in the refrigerator – don't bunch them together in a plastic bag. For best flavor, use corn within two days. Keep husked corn refrigerated, in plastic bags, and use within two days. If you don't plan on eating your corn within two days of purchase, you can freeze it.

**Cucumber:** Fresh cucumbers, once they are brought home should be washed off and dried first and foremost. Once they are totally dry, wrap them in paper towels or a tea towel and then place them in a bag. The towel will help absorb any excess outside moisture while storing them. Do not seal the bag though, keep it open a little bit and place in refrigerator. Cucumbers need to stay dry and that requires some air circulation

**Eggplant** : If you don't intend to eat the eggplant within 2 days, it should be refrigerated. To refrigerate, wrap in a paper towel and place in a reusable container or perforated plastic bag in the crisper section of your refrigerator for use within 5 - 7 days

**Eggs:** Eggs are unwashed and can be **safely stored at room temperature** for a few weeks. If you plan on refrigerating eggs, you will need to wash them first.

**Jalapeños:** Store whole peppers at room temperature if using them within two to three days. Stored properly, whole jalapeños will keep for up to one week in the fridge. To store in refrigerator, rinse, dry and place in plastic bag in crisper drawer

**Kohlrabi:** The best way to store this vegetable is to remove any leaves (and reserve them for later but use within a few days – they are quite tasty as well) and keep the bulb in the fridge, wrapped in a moist kitchen towel or in a plastic bag in the vegetable drawer. This will keep your kohlrabi crunchy for about a week. Wrap leaves in a paper towel and keep in plastic bag in crisper drawer. Use leaves within 2-3 days. Leaves can be cooked as collard greens and has a similar flavor.

**Micro-greens:** Micro-greens are the first leaves of a sprouted seed, they have five times the nutrients of adult plants concentrated into a small bite. Store refrigerated. Great as a garnish, addition to salad, edible garnish or included on a wrap or sandwich.

**Onions:** store in cool dark place at room temperature. Onions will keep for months store this way.

**Oregano :** Fresh oregano must be used quickly. Store it in a plastic bag in the refrigerator for up to three days. If you place a slightly damp paper towel in the bag with the oregano and leave some air in the bag, it may extend the life up to one week. You may also extend the shelf life of fresh oregano by storing whole stems with leaves in a glass of water with a plastic bag loosely tented over the glass. Fresh oregano can also be frozen. Before doing so, though, wash and dry the fresh oregano sprigs. Strip whole leaves from stems and place in plastic bag loosely without crushing, but remove all air. Freeze and keep in a location where it will not get crushed. No need to thaw before using. You can also mix chopped leaves with a small amount of water or puree them and freeze in ice cube trays. Once frozen, pop out the cubes into a plastic bag and seal tightly. Use frozen oregano within one year.

**Parsley:** Treating the parsley much like a bunch of flowers will keep it fresh longer. Trim the stems slightly, and without washing place the bundle in a container filled with about 1 inch of water. Cover the container loosely with a plastic bag and store in the refrigerator. Change the water every couple of days or when it looks murky. Rinse the stems and leaves as needed and pat dry in paper towels. You can also freeze parsley leaves by washing and drying leaves and placing in ice cube trays, covering gently with water or olive oil. Once it's frozen store in freezer containers. Parsley is great for use in soups or sauces but not suitable for garnish as the leaves will turn limp. The washed and dried leaves can also be placed flat on a tray, frozen and then stored in a freezer container

**Scallions:** Place bottoms in a glass jar with 1 inch of water in the bottom and set in a sunny window. If you don't have a jar, you can wrap bulbs in a damp paper towel and place inside an open plastic bag. It is not best to store onions or scallions in the refrigerator but if you must, you can use either of the the above methods and cover tops loosely with a plastic bag

**Swiss Chard :** For the best storage results, separate the leaves and stems, storing the two separately for up to one week in the refrigerator. For the leaves, lay them out on paper towels, then roll them into a bundle before sealing in a plastic bag. The stems can also be wrapped in plastic. Left whole, chard can be refrigerated loosely wrapped in plastic for a couple of days. You can wash chard before storing, just make sure it's completely dry first. Otherwise, rinse it before use. Great chopped in salad or can be sautéed/ cooked as a side dish of greens.

**Thyme:** Store fresh thyme loosely wrapped in a damp paper towel, inside a sealed plastic bag in the refrigerator, for up to two weeks. Discard once the leaves begin to turn brown. Once removed from the stem, thyme leaves will stay fresh in a small sealed container in the refrigerator for up to three days. Dried thyme will retain its potency tightly sealed in a glass or plastic container in a cool, dark place for up to three years. While it does not technically expire, the dried herb's essential oils will degrade and rapidly lose their flavor beyond that time.

**Yellow squash:** Store yellow squash by gently wiping the fruit clean with a damp cloth and then placing it in a perforated plastic bag (to maintain humidity) in the vegetable crisper of the refrigerator. Do not store summer squash in the refrigerator for more than 4 days. Avoid storing summer squash at temperatures below 50°F (10°C); the fruit is susceptible to chilling injury at temperatures below 50°F; chilling injury symptoms include surface pitting, water loss, yellowing, and decay

**Zucchini:** To store zucchini in the fridge, keep the squash whole, dry and unwashed. Store them in a plastic or paper bag with one end open to encourage air circulation, and pop them in the refrigerator crisper drawer. They'll keep there for 1 to 2 weeks, though you'll probably see the skin start to shrivel over time. We make zucchini spiral noodles, zucchini fritters and bread and also like to roast them in the oven.