

Storage tips, recipes ideas, and other helpful hints!

Avocados: To speed up the ripening process, place the avocados in a brown paper bag with a ripe tomato, banana, or apple for 2-3 days until ripe.

Beets: Separate greens from root. (greens will take the moisture and dry out root). Root will store raw for about a week in fridge in sealed bag. To cook, boil roots in water for about 30-40 mins until tender. Rinse skins under cold water and they'll fall right off after being boiled. Or roast in oven by wrapping beets in foil, place on baking sheet, and cook for 40-50 mins at around 400 degrees. Cooked beets will store for 3-5 days in fridge. Mix beets with little vinegar, olive oil, red onion, and feta cheese for an easy salad! Cook beet greens as you would the chards, collards or kales.

Berries: Don't wash your berries until you're ready to eat them. Store in a bowl with a lid in fridge (leave slight opening for air circulation)

Broccoli: Store in fridge unwashed wrapped in damp paper towel. Use within 2-3 days.

Carrots: Separate roots from greens (greens draw moisture away from root). Store carrot roots in a sealed container in fridge. Carrots can stay crunchy when sealed for 1-2 weeks! Try roasting them with coconut oil and brown sugar!

Cauliflower: Store in loosely sealed plastic bag with a paper towel to absorb moisture. Store for 5-7 days.

Celery: Cut off base and leaves of celery, storing the stalks in a sealed bag or container in fridge for up to a week.

Cabbage: Store in a sealed bag or container in fridge. Can stay fresh for a few weeks.

Cilantro/Parsley: Store in a sealed bag in fridge. Can crisp up by placing in cup of water if needed. Make a big batch of parsley pesto or a cilantro-lime dressing! This will use up almost the entire bunch! You can sprinkle these herbs into almost any recipe. Or make 'herb cubes' but mixing chopped herbs with water in an ice tray and freezing-use as needed hot recipes! When kept in fridge, best used within 5-6 days.

Citrus: Can be stored at room temp, but kept longer if stored in fridge.

Collard Greens: Store in sealed plastic bag for 4-5 days. When preparing, wash and dry leaves and stems. Stems can be eaten in addition to leaves, they'll just take a little longer to cook. Like kale, collard greens can be enjoyed many ways, from being steamed to sautéed and more. Greens are wonderful simply sautéed with lemon juice, olive oil, red pepper flakes and garlic.

Fennel: To store, separate greens and bulbs and keep, unwashed, in plastic in the refrigerator for up to three days. Wash before using

Green Beans/peas: Store in fridge in sealed bag for 3-5 days. Do not wash until ready to prepare

Kale: Lemon is kale's best friend-it helps bring out kale's phyto-nutrients, the organic compounds naturally found in plants. Sauté with lemon, garlic, olive oil, red pepper flakes, and garlic. Revive wilted kale by placing bunch in a cup of water, much like flowers. Once revived, store leaves in a sealed bag/container in fridge for up to a week.

Lettuce Fill the sink with cold water, cut end off lettuce, separate the leaves and place into the sink. Swirl around the water for a few minutes. Add leaves to spinner and spin until dry. If you don't have a salad spinner, it will just take a little longer to dry the lettuce off with towel. Wrap the dry lettuce in a few paper towels, and put into gallon Ziploc bag, removing all the air from bag. The lettuce should store fresh and crisp in your fridge for a couple weeks.

Potatoes: Store in cool, well ventilated place-a bowl on counter top works well. Do not wash until ready to eat.

Spinach: Refrigerate in plastic bag lined with a paper towel to absorb excess moisture. Don't wash until ready to eat. Can last 1-2 weeks.