**Vegetable Storage Tips**

This section will help our CSA customers and others to prolong the life of their vegetables - that is, if they last long enough to require storage!

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| **Produce** | **Storage Recommendations** |
| **Salad Mix, Spinach, Baby Leaf Swiss Chard** | These leafy greens come prewashed and ready to eat. Best practice is to keep them in the bag in which they are sold in the crisper drawer of your refrigerator. |
| **Beets, Turnips, Kohlrabi, Radishes** | Separate the greens from their roots and store in separate bags or containers. Vented produce bags are great for this task, but a simple grocery bag or plastic container will do. |
| **Carrots** | Store well in a dry plastic bag or container with greens removed |
| **Onions & Garlic** | Short term, these do well in a cool dark place such as a cupboard, as long as they are away from other vegetables such as potatoes. For the longer term, place them inside of a brown paper bag in a refrigerator drawer. |
| **Cabbages** | These can be stored loose in the refrigerator drawer just fine, but wrapped in a plastic grocery bag, they may last several weeks longer. |
| **Sugar Snap Peas** | Best eaten as fresh as possible, however, to add some storage life, you can blanch them, shock them in ice water, and store them in an airtight container in the refrigerator for up to a week. They can also be frozen in this blanched state. |
| **Fresh Herbs** | Typically, I do not wash the fine herbs as they quickly deteriorate with moisture on them in the fridge. They store well in an airtight container for up to a week. Just give them a rinse before use. |
| **Tomatoes** | Best stored at room temperature for the fullest flavor, however, the ripening process of tomatoes can be slowed or ripe fruits can be saved from spoilage by refrigerating. To restore the depth of flavor, allow the tomato to return to room temperature before cutting and eating it. |