



## FIVE TIPS FOR KEEPING YOUR PRODUCE FRESHER, FOR LONGER

Our local farmers' number one priority is growing and making food that is good for the environment, good for your health, and is loaded with flavor and nutrients. They don't rely on pesticides or preservatives, and in order to help keep their produce as fresh for as long as possible, their harvests go straight from their farm into our cooler. Today, we want to give you a few tips on how you can make the most of your basket once it's entered your kitchen.



### 1. DRY YOUR PRODUCE

After you receive your delivery, you'll want to remove any condensation as soon as possible. First remove your produce from any packaging, gently dry off the exteriors, and allow to finish air-drying before packing it away. (Bonus tip: Store berries and greens loosely wrapped in paper towels inside air-tight containers to help absorb excess liquid.)



### 2. WAIT TO WASH OR CUT

You want to keep moisture off the outside of your produce, so don't wash or cut produce until you're ready to use it. Store your produce in the fridge or in a cool place, depending on the item. Here's a post on how to store produce (#10 in list): [www.blog.seasonalroots.com/how-to-store-fresh-vegetables/](http://www.blog.seasonalroots.com/how-to-store-fresh-vegetables/)

### 3. TRIM ROOT VEGGIES

One thing you can trim ahead of time is the greens on root vegetables, such as beets, carrots, and turnips. Root vegetables keep sending nutrients to their leaves; when you trim the greens, they maintain the peak nutrients they were harvested with. (Bonus tip: Save the greens for veggie stock, or add them to salads, soups, or stir-fries.)



### 4. RE-HYDRATE VEGGIES WHEN NEEDED

All plants dehydrate over time; but if your greens look a little wilted by the time you're ready to use them, simply soak them in cold water for a few minutes, and they'll perk right up. To rehydrate celery, asparagus, carrots, and similar veggies, cut off the ends, and then place them in a glass of cold water.

### 5. STORE THESE SEPARATELY

Many people store potatoes and onions in the same place, but they should actually be stored separately! Potatoes do better in dry environments, and onions tend to release moisture. They both can be stored in a cool, dark corner of the pantry or countertop, or in the fridge - just be sure to keep them separated from each other.

