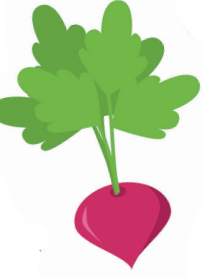


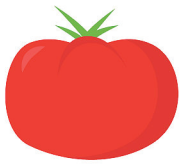
Produce Storage Guide



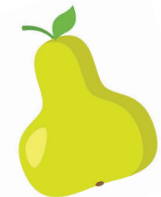
Easy tips to help your organic produce last longer



Vegetables



Fruits



Produce	store in	wrapped w/	and don't forget these important tips:
Artichokes	fridge	plastic**	
Avocados	counter		Let ripen on counter 3-10 days. Refrigerate once ripe
Beets	fridge	plastic	Separate greens from roots
Broccoli	fridge	plastic	Same is true for Cauliflower
Carrots	fridge	plastic	Remove tops before storing
Celery	fridge	foil	Wrap completely in foil
Chard	fridge	plastic	For 1 or 2 days you can store on counter with stems in water
Corn	fridge	plastic	Remove husks/bugs before storing
Eggplant	fridge	plastic	
Fennel	fridge	plastic	
Garlic	pantry		
Green Bean	fridge	plastic	
Greens	fridge	plastic	Put stems in glass of water. Or add a moist towel to bag.
Herbs	fridge	plastic	Delicate herbs -wrap in moist towel store in tupperware
Kale	fridge	plastic	Same as above
Leek	fridge	plastic	Can remove leafy tops before storing to save space
Lettuce	fridge	plastic	Moist paper towel in plastic bag
Onion	pantry	plastic	
Peas	fridge	plastic	
Pepper	fridge	plastic	
Potato	fridge		
Tomato	counter	paper bag	
Winter Squash	pantry		
Zucchini	fridge		

**Plastic can be a ventilated plastic bag, a "green bag", tupperware, or your preferred alternative to keep your fresh veggies from losing water

Did you know?

Organic produce has 33% more antioxidants than conventional

Bonus Fresh Tips!

- * Don't stack foods too much to prevent bruising
- * Keep produce where you can see it so you are more likely to use it
- * Invest in products that slow the ripening of foods like the Blu Apple or the Green Bag
- * Refer to your weekly newsletter for more storage and prep tips!

Dipping slices in water will keep them from turning brown
 Eat quickly!
 Even when the peel is dry, the fruit is still juicy on the inside
 Let ripen til soft
 Or keep them in the freezer for a healthy dessert!
 Texture is best when stored at room temperature
 Let ripen til soft
 Eat just like an apple
 Transfer seeds to tupperware, store in fridge
 Only store on counter what you plan to eat within in 48 hrs