

STORING SUMMER PRODUCE

If you've been buying fresh produce at supermarkets or farmers markets this summer, then these storage tips are for you! Many people struggle with purchasing fresh produce but not having enough time to prepare or eat it before it starts to go bad. This can leave your trash full of spoiled produce and your wallet feeling empty. Thankfully, there are some ways we can extend the life of our fruits and vegetables by prepping and storing them the right way.

Storing Fresh Greens/Herbs

When buying greens/herbs: look for **bright, green** leaves with **no yellow/brown** on the tips or stems. Once home, you can store them as follows:

Lettuce & Salad Greens: Wrap in paper towel and place in sealed plastic bag.

Bunched greens w/ stems (kale & collard greens): Chop off stem. Wrap *just the end* in damp paper towel & place in sealed plastic bag.

Herbs (cilantro, parsley, basil, dill, mint, thyme): **DO NOT RINSE**. Wrap bunch in barely damp paper towel & place in sealed plastic bag.

When ready to eat, always wash greens/leaves (soak in cold water, shake greens to loosen dirt, remove leaves from bowl and discard dirty water).

Recipe of the Month: Raw Corn Salad



Ingredients:

- 4 ears of corn
- 1 chopped red onion
- 2 chopped tomatoes
- 2 grated carrots
- 2 TBSP vegetable oil
- 1/4 C vinegar
- 1 C chopped fresh cilantro
- Salt and pepper to taste

Directions

1. Remove husks from corn and cut kernels off the cob.
2. Combine corn, onion, tomatoes, and carrots in a large bowl.
3. In a small bowl, combine oil, vinegar, cilantro, salt and pepper. Mix well.
4. Pour dressing on the salad and toss.
5. Serve and enjoy!
6. Refrigerate leftovers.

Recipe Source: jsyfruitveggies.org

Store these items in the refrigerator (lasts 3-14 days):

- Asparagus (in plastic bag)
- Berries
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Celery (in plastic bag)
- Corn
- Cucumbers
- Eggplant
- Green Beans
- Mushrooms (in paper bag)
- Okra (in paper bag)
- Peas
- Peppers
- Radishes
- Summer squash
- Zucchini



Let these ripen on the counter, then eat OR move to the refrigerator (lasts 3-10 days):

- Apples
- Cherries
- Grapes
- Melons
- Plums
- Peaches
- Pears
- Tomatoes



Store these in a dark, dry place (lasts 1-3 months):

- Potatoes
- Sweet potatoes
- Winter squash
- Garlic
- Onions
- Rutabaga
- Pumpkin



Material from this article is sourced from *Just Say Yes to Fruit and Vegetables* curriculum: Lesson 13, Storing Fruits & Vegetables



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