



## Storage and Use Tips Page

To keep your Farm Fresh To You produce at its best, follow these easy storage and handling instructions. We've also included quick cooking tips, to help when slow cooking isn't on the menu.

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### Fresh Vegetables



#### **Artichokes**

Keep artichokes refrigerated (32-36°F), storing in a perforated plastic bag to retain moisture. Steam and serve with browned butter and vinaigrette for dipping.



#### **Arugula**

Keep arugula refrigerated (32-36°F), stored in a perforated plastic bag, away from fruits to avoid deterioration. Arugula is good raw in a salad or cooked with other leafy greens.



#### **Asparagus**

Cut an inch off the bottom of asparagus spears. Submerge ends in water and refrigerate (32-36°F). Steam or sauté until just tender – do not overcook!



#### **Beets**

Keep beets refrigerated (32-36°F). The stems can be removed and they do not need to be in a plastic bag. Roasted beets are one way to prep beets for mixed salads. Preheat the oven to 475°F. Tightly wrap beets in double layers of foil and roast until tender, about 1 hour.



#### **Bok Choy**

Keep bok choy refrigerated (32-36°F), storing in a perforated plastic bag. Wash and chop bok choy. Stir-fry with ginger and garlic, adding soy sauce to the pan just before serving.



#### **Broccoli, Broccolini, Broccoli Rabe**

Keep broccoli refrigerated (32-36°F), storing in a perforated plastic bag to retain moisture. Steam or sauté.



#### **Cabbage & Brussel Sprouts**

Store cabbage and brussels sprouts in the refrigerator (32-36°F), in a perforated plastic bag. Chop cabbage or trim brussels sprouts and blanch for 12 minutes in boiling salted water, or until they are tender.



### **Carrots**

Keep carrots refrigerated (32-36°F). Remove tops and store in a perforated plastic bag. Eat raw as a snack or sauté with olive oil and garlic.



### **Cauliflower & Romanesco**

Keep cauliflower refrigerated (32-36°F). Chop and eat raw as a snack or in a salad, or steam and serve with salt and pepper. You can also place the cauliflower on a baking sheet, top with olive oil, sea salt and freshly ground pepper, and bake at 400°F for 20 minutes.



### **Celery**

Keep celery refrigerated (32-36°F), stored in a perforated plastic bag. Chop and use in salads or in a stir-fry.



### **Corn**

Keep corn refrigerated (32-36°F), storing in a perforated plastic bag. Boil in salted water for two minutes and serve with butter or olive oil and cracked pepper.



### **Cucumbers**

Keep cucumbers refrigerated (32-36°F). Slice them thinly and mix with yogurt, salt and pepper for a quick salad that's cool for summertime.



### **Eggplant**

Keep refrigerated (32-36°F), storing in a perforated plastic bag. Prepare barbecue (medium-high heat). Place eggplant rounds on rimmed baking sheet; brush with olive oil, then sprinkle with salt and pepper. Place rounds on grill and cook until tender and golden, about 4 minutes per side.



### **Fava Beans**

Keep fava beans refrigerated (32-36°F), in a perforated plastic bag. Take the beans out of the pod and sauté with olive oil, garlic and onions.



### **Fennel**

Keep fennel refrigerated (32-36°F). You can use the green fronds with meats or fish when roasting. Trim the white bulb and slice into ½ inch thick slices. Place on baking sheet and drizzle with olive oil and sea salt. Bake at 375°F for 20 minutes. This gives the fennel a sweet, caramelized flavor.



### **Garlic**

Store whole heads of garlic in a cool, dry, dark place (45-50°F) with good ventilation, but do not refrigerate. However, always refrigerate peeled or cut garlic in a sealed container. Use in dressings, marinades and stir-frying for flavor.



### **Greens: Kale, Collard Greens, Chard, Mustard Greens**

Keep refrigerated (32-36°F), storing in a perforated plastic bag. Discard stems or put aside for stock. Chop leafy part and wash thoroughly. Strain – greens are now ready to sauté with onions and garlic or steam and serve with a wedge of lemon.



### **Green Beans**

Keep refrigerated (32-36°F), in a perforated plastic bag. Trim green beans and boil in salted water for 4 minutes. Strain and toss with a bit of extra-virgin olive oil.

### **Green Onions**

Keep refrigerated (32-36°F) in a sealed plastic bag. Use fresh in salads or marinades, or sauté with vegetables.



### **Kohlrabi**

Keep refrigerated (32-36°F), storing in a perforated plastic bag to retain moisture. Slice the kohlrabi and eat plain, or grate it into a savory salad.



### **Leeks**

Keep leeks refrigerated (32-36°F). Trim white part, discard greens. Slice the white part into ½ inch rounds. Place in glass dish and drizzle with olive oil; bake at 350°F for 30 minutes.



### **Lettuce**

Keep lettuce refrigerated (32-36°F), stored in a perforated plastic bag, away from fruits to avoid deterioration. Lettuce is good in sandwiches or simply tossed with vinegar and olive oil.



### **Onions**

Store whole onions in a cool, dry, dark place (55-65°F) with good ventilation, away from potatoes (which absorb the onions' moisture). Always refrigerate cut onions. Heat a pan over medium-high heat, add butter or olive oil, and then add the cut onions. Cook until caramelized and add to any dish for a deep, rich taste!



### **Parsnips**

Keep refrigerated (32-36°F), storing in a perforated plastic bag to retain moisture. Use a mixture of parsnips and potatoes the next time you make mashed potatoes – you will get a much richer, complex taste!



### **Peppers**

Store whole peppers in a cool, dry place (45-50°F), away from fruits to avoid over-ripening. Always refrigerate cut peppers. Gypsy and bell peppers can be eaten raw as a snack or in a salad. Sweet peppers are also great stir-fried.



### **Potatoes**

Store whole potatoes in a cool, dry, dark place (45-50°F) with good ventilation, but do not refrigerate. Boil potatoes on stovetop or bake small potatoes on a baking sheet at 400°F for 30 minutes.



### **Radishes**

Keep refrigerated (32-36°F), storing in a perforated plastic bag to retain moisture. Wash radishes and serve alongside carrots with dip for an aperitif.



### **Snap Peas**

Keep snap peas refrigerated (32-36°F), in a perforated plastic bag. Take the snap peas out of the pod and sauté with olive oil and sea salt.



### **Spinach**

Keep spinach refrigerated (32-36°F), stored in a perforated plastic bag, away from fruits to avoid deterioration. Wash spinach and remove stems. Sauté onions in olive oil over medium heat; when browned, add the spinach. Once it is completely wilted, add salt and pepper to taste. Toss with pasta or use as a crêpe filling with Gruyère cheese.



### **Summer Squash**

Keep refrigerated (32-36°F), storing in a perforated plastic bag. Fir up the barbecue. Cut squash in half lengthwise. Place on rimmed baking sheet; brush with olive oil, then sprinkle with salt and pepper. Place squash on grill and cook until tender and golden, about 4 minutes per side.



### **Sweet Potatoes**

Store whole sweet potatoes in a cool, dry, dark place (45-50°F) with good ventilation, but do not refrigerate. Cut in half lengthwise and place on a baking sheet; top with olive oil, sea salt and freshly ground pepper, and bake at 400°F for 30 minutes. You can also top the sweet potatoes with butter and brown sugar and bake in the same manner.



### Tomatoes

Keep tomatoes at room temperature (55-70°F). Do not refrigerate, as it will make the tomatoes mealy and flavorless. Cut tomatoes and mix with a balsamic dressing or slice tomatoes and serve with fresh mozzarella.



### Turnips & Rutabaga

Keep refrigerated (32-36°F), storing in a perforated plastic bag to retain moisture. Peel 1 lb turnips or rutabagas and cut into 1-inch-thick wedges. Melt butter in a heavy skillet over medium heat, then add turnips or rutabagas, ½ cup water, ½ tablespoon lemon juice, and ½ teaspoon salt and bring to a boil. Reduce heat to low and simmer, covered, 30 minutes. Increase heat to medium and stir turnips, then briskly simmer, uncovered, until all of liquid has evaporated and turnips are glazed and just tender, 20 to 35 minutes (they should be cooked through but still retain their shape).



### Winter Squash

Store winter squash in a cool, dry place (45-50°F). Cut into cubes and place on a baking dish. Roast at 375°F for 30 minutes.

## Fresh Fruits



### Apples

Keep apples refrigerated (32-36°F), storing them away from vegetables, as apples produce ethylene, a ripening agent. Eat raw as a snack, or slice into a green salad with walnuts or pecans. Apples are also delicious when thinly sliced and incorporated into a sandwich with soft-ripened cheese.



### Avocadoes

Ripen avocadoes in a paper bag on your countertop; when fully ripe, store whole avocadoes in a cool, dry place (45-50°F). Mash the avocadoes and add a bit of lemon juice, salt and pepper for a simple guacamole.



### Bananas

Store at room temperature (55-70°F). Eat plain or added to cereal or fruit salad.



### Cranberries

Keep refrigerated (32-36°F), storing in a perforated plastic bag. Cranberries can also be frozen for later use. They are wonderful in chutneys and when boiled down with mandarin juice and served with roasts.



### Figs

Keep figs refrigerated (32-36°F). They are perfect plain and also drizzled with honey for dessert.



### Grapes

Keep grapes refrigerated (32-36°F), in a perforated plastic bag. Do not wash until ready to use. Grapes are a wonderful accompaniment to a cheese course and are tasty in fruit salad.



### Kiwis

Keep kiwis refrigerated (32-36°F), away from other fruit to prevent over-ripening. Eat plain or sliced into a fruit salad. Sliced kiwis are wonderful with yogurt!

### Lemons & Limes

Store in a cool, dry place (45-50°F), away from other fruits to avoid absorption of off-flavors. Wash before using. Lemons and limes are good in salad dressing, iced tea and simply squeezed into a pitcher of water for a kick of flavor.



### **Mangoes**

Keep mangoes refrigerated (32-36°F). Mangoes are good plain and are a great addition to fruit salad.



### **Melons**

Store whole melons in a cool, dry place (45-50°F), away from other fruits. Always store cut melons in the refrigerator. Eat plain or cut into small pieces in a fruit salad.



### **Oranges, Grapefruit & Mandarins**

Store in a cool, dry place (45-50°F). Always refrigerate cut citrus. Oranges, grapefruit & mandarins are a seasonal pleasure – they're great eaten plain or make for delicious fresh squeezed juice.



### **Pears**

Store whole pears in the refrigerator (32-36°F). Pears are tasty plain, but can also make for an elegant dessert. Cut in half lengthwise and lay on a baking dish; top with butter and brown sugar and bake at 350°F for 25 minutes. Serve with vanilla bean ice cream.



### **Persimmons**

When ripe, store them in the refrigerator (32-36°F). There are two varieties of persimmons – Fuyu and Hachiya. The Fuyu variety can be eaten plain, biting into the persimmon like you would an apple. Cook the Hachiya variety in stews or in apple pie. Cook the Hachiya variety in stews or in apple pie or wait until they are so ripe they are soft and mushy, then they can be eaten fresh. Freezing the Hachiya also removes the surprising texture they possess when eaten firm and uncooked.



### **Pomegranates**

Keep pomegranates refrigerated (32-36°F). To remove the seeds: Cut out the blossom end, remove some of the white pith, but do not break the red pulp around the seeds. Score the skin into quarters. Break the pomegranate into halves and then halve again following score lines. Bend back the rind and pull out the seeds. Eat seeds whole or juice into mixed drinks.



### **Rhubarb**

Keep refrigerated (32-36°F), storing in a perforated plastic bag. Chop and place in a pot with ½ cup of water. Let the rhubarb cook down into compote, adding sugar to taste.



### **Stone Fruit: Nectarines, Apricots, Peaches, Plums, Pluots, Apriums**

Store whole stone fruit in the refrigerator (32-36°F). Eat plain as a snack or in a fruit salad.



### **Strawberries & Bush Berries**

Fresh berries are highly perishable. Store them in the coldest part of the refrigerator (32-36°F), loosely covered with plastic wrap. Do not wash until ready to use. Serve plain or in a fruit salad.

## **Others**



### **Herbs**

Remove band or tie; wash and dry. Snip off the ends and submerge them in a glass of water. Cover with a plastic bag and leave in the refrigerator. Add herbs to sauces, such as tomato sauces and béchamels for flavor.

### **Lavender**

Great for decoration or the lavender florets can be used for seasoning and baking. This is most likely Provence lavender which is not as mild as preferred culinary lavenders but is great for decoration or aromatherapy uses.

### **Mushrooms**

Store mushrooms in a paper bag in the refrigerator (32-36°F). Sauté with butter or olive oil and garlic.



## A Trick to Revive Your Wilted Greens or Lettuce



Wilted Greens



Cold Water Overnight



Greens Revived

### **Wilted Greens**

Wilted greens and lettuce are often just dried out which can still occur even if the greens remain in constant refrigeration.

### **Cold Water Overnight**

Submerge the wilted greens in cold water by placing them in a dish, filling it with water, and putting it in the refrigerator overnight.

### **Greens Revived**

This is what these chard greens looked like after 12 hours in the refrigerated water. Now you never need to compost your wilted greens or lettuce.