



# Vegetable Storage & Care



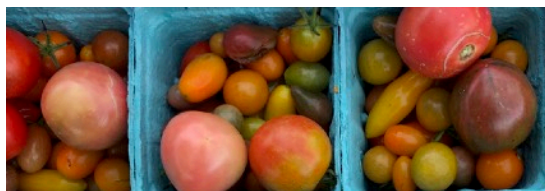
## Leafy Greens

Leafy greens want to be moist and dry all at the same time! General rule of thumb is to wash, dry and store in an airtight bag. Heartier greens like kale, spinach, romaine and chard will last the longest. We always try to eat the salad mix, arugula and head lettuces earlier in the week.



## Herbs

Herbs are best treated like flower bouquets. Store cilantro, dill and parsley in a jar with an inch or two of water in the refrigerator. Do the same with basil, but leave on the counter top.

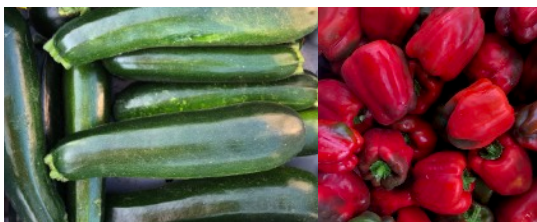


**TOMATOES** like to be left out of the refrigerator. For juicy, flavorful fruit, leave your tomatoes out on the counter or on the windowsill and enjoy!



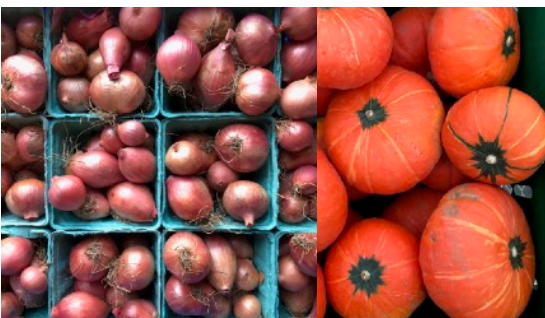
## Hardy Vegetables

Hardy vegetables like cabbage, beets, leeks, fennel, kohlrabi, broccoli, bok choy, carrots, radishes, and turnips will last up to 2 weeks if you keep them in a sealable plastic bag. Carrots, radishes, beets, and turnips will last longer when removed from their greens. Although the greens draw out moisture, they are edible too, wash and store like you would other leafy greens.



## Less Hardy Vegetables

Zucchini, bell pepper, summer squash, and snap peas like an air tight bag in the fridge. This will keep them from wilting and wrinkling up on you!



## Outside the Refrigerator

Vegetables like onions, potatoes, garlic, sweet potatoes, and winter squash all want a cool, dry and dark place. I know houses in our modern age are not built with cellars, but creating a cellar like atmosphere is perfect for these veggies.