

Storage tips for your CSA

It is best to refrigerate your produce as soon as possible. A good general rule is to store your produce in the container it came in, refrigerated and unwashed. Items not delivered in a plastic container can generally be stored loosely in plastic and refrigerated in your vegetable crisper. Most items will last between 5 -7 days. Here are some good basic tips!

- Greens should be loosely wrapped in a paper towel, stored in a partially sealed plastic container, the bag they came in is best.
- Root vegetables, if they have green tops attached, should be separated - treat the green tops like you would any other greens and store the root portion sealed in plastic.
- If your produce is bundled in a rubber band, removing it prior to storing to allow better air flow. Most root vegetables will last 5 days or more.
- Berries should always be picked through prior to refrigerating - remove any bruised berries to avoid ruining the whole batch. Most berries will last 3 days in the refrigerator.
- Herbs can be stored in a plastic bag in the crisper drawer of your refrigerator for 3-5 days. Some recommend making fresh cut to the herb stems and submerging the ends in water - like a floral bouquet. Leave lots of room for the leaves to breath and store at room temperature.
- Freezing: while preparing your vegetables for use, you can keep scraps, and ends, herb stems, onion and garlic peels etc to make delicious vegetable stock. Wash well and store plastic container in the freezer. When your ready, throw them in a stock pot, cover with water and bring to a gentle boil. Reduce the heat and simmer very very low for an hour or more. Strain and store your savory broth for a week in the refrigerator and for up to 6 months in the freezer. If you've never made your own stock, give it a try, each one is unique. Here's a great reference to get started on vegetable stocks: <https://www.splendidtable.org/recipes/basic-soup-improvisation>
- When the much anticipated tomato season arrives, please do not store your tomatoes in the refrigerator. Tomatoes should be stored at room temperature for best texture and flavor. Your tomatoes will be vine-ripened and ready to eat when you get them. Avoid over-ripening, by keep them on a flat platter, cut side down, without overcrowding.