

Produce Storage Tips

- Please rinse all produce with cold water before using.
- **Tomatoes.** Do not refrigerate as it robs the tomato of their flavor and texture. Keep in cool temperature.
- **Squash.** Do not wash squash before storing. Prior to cooking, you do not need to peel or remove seeds expect for large squash which have larger seeds. Store in refrigerator.
- **Eggplant.** Do not wash before storing. Place in a plastic bag and store in the refrigerator.
- **Basil.** You may plant the potted basil in the garden or a larger pot. Do not allow the plant to flower. Pinch off all blossoms and it will continue to grow all summer. Fresh basil can be dried or stored in a plastic bag with the stems wrapped with damp paper towel.
- **Corn.** Store in the refrigerator with husks left on. Consume as soon as possible as corn loses its sweetness if stored too long.
- **Carrots.** Wrap in damp paper towels and store in a plastic bag in the refrigerator.
- **Leaf Lettuce.** Rinse and dry the leaves. Wrap it in a paper towel. Place it in a plastic bag and put it in the refrigerator.
- **Scallions and Green Onions.** Scallions can be harvested any time they look tall enough to use. Gently pull or dig well below the slender white portion when the leaves are 8 to 10 inches high. True scallions have no bulb. Select healthy bright green tops that look crisp. Green onions or spring onions are a step above scallions although the terms are often used interchangeably. They have a 1-2 inch bulb with green tops. The smaller bulbs are sweet while the larger ones are more pungent. Left in the ground longer, the bulb will develop and become larger. Scallions and green onions are best harvested as you use them. For longer storage, rinse soil from bulbs and dry, peeling away the first layer if necessary, trim roots and store in the refrigerator for up to a week in perforated plastic bags. To keep eyes dry when chopping onions, try chilling peeled onions in the refrigerator before chopping. To get the onion smell off your hands, rub with lemon juice or vinegar. There is no successful way to preserve scallions and green onions for more than a few days. However, mature onions can be dried and hung in mesh bags or braided together and stored in a cool (50 to 60 degrees) for several months.
- **Kale.** The first young tender kale can be prepared with your salad. Remove the fibrous vein in the center of the leaf and cut in one inch strips. Kale can be added to soup like you would use spinach. Two easy ways to cook kale are by boiling and sautéing. Bake kale with seasonings for kale chips, a new favorite.
- **Radishes.** No need to cook radishes, unless you are making soup. Wash and use for salads, which are best raw and sliced thin.
- **Kohlrabi.** Kohlrabi belongs to the cabbage family, but it has a bulbous stem and leaves, which resemble a turnip's leaves. The stalk has a crisp texture and mild flavor. Young small kohlrabi leaves may be microwaved like spinach leaves. The round globes should be firm and not more than 3 inches in diameter. Do not wash

until ready to cook. Store in plastic bag on the refrigerator shelf and use within a few days. If tops are attached, remove and store in a covered container in the crisper. Use as soon as possible.

- **Cabbage.** Look for cabbage with crisp looking leaves and stems. Place cabbage in a paper bag and keep in the refrigerator vegetable crisper. Green and red cabbage will keep for 2 weeks. Wash the cabbage then slice or cut wedges. Cabbage can be braised, boiled, sautéed, steamed, stir-fried or microwaved.
- **Green Peppers.** The different shades of color indicate the ripeness of the fruit and its harvesting conditions. Green peppers are the least ripe. Store in refrigerator. Peppers can be washed, seeds removed and frozen. Slice or chop peppers (even whole) as you would like to use them. Place in freezer bags and use as needed.