

STORAGE TIPS FOR YOUR FRESH ORGANIC PRODUCE

If possible, try to store things upright in the refrigerator, as in the way they would grow in the field, i.e. stand up the broccoli, asparagus, and lettuce. Cauliflower, on the other hand, should be stored upside down.

Wrap damp produce (especially green onions, leeks, broccoli, lettuce, and bunch spinach) in paper towels and store in an air tight bag. This absorbs moisture, maintains humidity, and keeps outer leaves from getting soggy.

Keep potatoes, onions, and garlic in the refrigerator. Our produce is not treated with antifungal poison, it needs to stay cool. Also, it will begin to sprout at room temp. Potatoes actually do best at about 45-50 degrees, (their starches turn into sugar at cooler temps) so if you have a warmer spot in your fridge, put them there. Root cellars are optimal in this case.

Hang bananas on a banana hanger rather than placing in a bowl or on the counter, this allows air to circulate around them better so they will not over ripen as fast. Bananas ripen quicker in warm weather. To prevent any further ripening, they may be kept in the refrigerator. They will turn brown on the outside, but the inside will remain at the desired freshness.

Any fruit that is ripening up too fast can be peeled or cut up and put in ziploc bags in the freezer for future use in shakes and smoothies, (i.e. strawberries, pineapple, bananas). Just add some ice, protein powder, yogurt, etc. and you'll have an instant breakfast or afternoon snack. Call me if you need recipes.

Once ripened to your liking, keep fruit in a crisper drawer in the refrigerator, it will last longer.

Keep apples in the refrigerator. While attractive and handy in a fruit bowl, they will continue to ripen and eventually break down (get mushy, mealy, spotted) at room temperature. If necessary, just leave out enough for one day.

For corn on the cob, it helps if you trim the top and pull out the silk that sticks out (it can get soggy). Store refrigerated in a paper bag to retain maximum freshness.

Note: there is a certain worm that thrives on corn. It happens that from time to time, you will find one of these critters in your corn. They eat fast! Before I put my corn away, I peel back a bit of the top of each ear and look for a worm. If present, it will be at the top end of the corn. No big deal, (remember, no pesticides here) simply trim off this portion and you will not have to share your corn with the worm!

Wait to wash/rinse berries until you are ready to eat or serve them.

Never leave your fresh produce in a hot car! In warmer weather it is ideal to bring a cooler or insulated bag with you. Severe temperature changes will cause water condensation. These water droplets promote soggy breakdown of plant material.