

# STORAGE TIPS



## GREENS:

Greens like lettuce, chard, spinach and beet greens require hydration in order to remain crisp. Adding a bit of water to dampen your greens and storing them in a glass or plastic container (or better yet a salad spinner) keeps them fresher, longer. Wilted greens often spring back to life after being submerged in an ice water bath.

## ROOT VEGGIES:

Root veggies need to be kept dry for storage and separating the greens from the roots upon delivery is crucial. Start by cutting off the tops, then follow the above instructions for storage. Next, place your unwashed root veggies in a refrigerator drawer, setting humidity control to low. Wash roots thoroughly during meal prep.

## CARROTS:

Contrary to the root veggies listed above, carrots need moisture to stay firm. Start by separating the tops from the roots, followed by placing in a glass or plastic container. Do not dry carrots before storing. If carrots look limp from losing moisture, submerge in an ice water bath and refrigerate for a couple of hours before storing.

## TOMATOES:

Store tomatoes upside down at room temperature to prevent air from entering the stem area. Tomatoes on the vine or tomatoes with a small stem should be stored stem-up. Avoid placing in direct sunlight.

## FRUIT:

As berries and melons are often picked when ripe, they should be immediately refrigerated upon delivery. Remove melons from the refrigerator the day before you plan to eat. Most other fruit, however, will do fine on your countertop out of direct sunlight.

