

HOW TO GET THE MOST OUT OF **LOVE!**

In the fridge:

<u>fruits</u>	<u>wash?</u>	<u>wrap?</u>	<u>note!</u>	<u>how long?</u>
All Apples and Pears	Not necessary, wipe off	nope	Keep loose, they need to breathe	Good for about a month
All Berries and Cherries	Just before use	breathable vegetable bags are great for berries	If not spoiled, cut, add sugar and a little water, make sauce	2-3 days, 5-7 days in sauce
Apricots, Peaches, Pears, Plums and Nectarines	Not necessary, but wouldn't hurt	Only if cut, wrap to seal	If starting to brown, cut, add water and sugar, make sauce	3-5 days fresh, 8-10 days in sauce
Grapes	yes	nope	Leave on stem	10-12 days in fridge, 5-7 days out
Kiwis	Not necessary	If cut	Chill when ripe	14 days in fridge, 7-10 out
Lemons, Limes	Only if rinding	nope	Good for juice even after rind is dry	10-14 days fresh, more days for juice
Melons	Only Cantaloupe	Only if cut	Refrigerator after ripe	As soon as ripe

<u>vegetables</u>	<u>wash?</u>	<u>wrap?</u>	<u>note!</u>	<u>how long?</u>
Asparagus	Not necessary but wouldn't hurt	Nope, or breathable vegetable bags	Don't trim til you use	Best within 3-5 days
Bell Peppers	Just rinse	Only after cutting	If starting to dry or brown cut off bad part	Up to about a week
Broccoli, Scallions and Summer Squash	Not necessary but wouldn't hurt	In breathable vegetable bags	If over ripe just cut off the off color	4-7 days
Cabbages, Cauliflower and Brussels sprouts	Just peel off top leaves	nope	If starting to dry or brown cut off bad part	2-4 weeks
Carrots, Radishes, Turnips, Beets and Celery	Only if dirty, and/ or you don't peel	After removing greens in breathable vegetable bags	When they get soft...make juice	2 weeks fresh
Snap Peas and Green Beans	Just rinse	No, but leave in crisper	Celery can juice when soft	Up to a week
Corn	Not necessary	No, but leave in husk	Eat ASAP. Starts to lose flavor quickly	Best flavor within 2 – 3 days
Lettuce, Chinese Greens, Salad Greens and Arugula	Just before eating, unless pre-washed (still inspect)	Wrap in paper towel, in a breathable bag	Always dress your salad just before eating	Up to 5 or 7 good days
Mushrooms	No...	In a brown paper bag	Eventually mushrooms will dehydrate, if this happens without mold re-hydration is ok	About a week
Peas, and Beans	Not necessary	If in pods...nope	Peas and beans will sprout after a certain time as long as they're not spoiled they're good	5-7 days fresh, conditions in your fridge will dictate how long sprouts are good
Spinach, Kales, Chards and Collards	Yes, before preparing, thoroughly, then dry	Remove band or tie, loosen, Seal in breathable vegetable bags	If starting to go bad, just pick out the bad leaves	5-7 days
Sprouts	No	Leave open to air	Sprouts are temperamental	3-5 days
Tomatoes	Why Not?	Only if cut	When soft make sauce	3-5 days

EVERYTHING ELSE CAN BE KEPT IN A DARK, COOL CABINET OR PANTRY... TIL CUT.

ALERT;

What follows is a list of what I would consider “special care”, or, “sometimes trouble” fruits and vegetables. A little extra attention to these particular items, and we’ll both be a lot happier in the end.

Fruits:

Bananas- Bananas are picked very green and cooled down at 1 degree per hour. This is a very precise operation. Any deviation from this formula and you get what we have all seen- grey bananas. Or, even worse, you get a rock hard green banana with no sign that it will ever change colors. When this happens, there is nothing that either of us can do. Simply let the office know and we will take care of it.

Mangos, Avocados- The process with mangos and avocados is similar to bananas, but much less demanding. Every once in a while you will receive a mango or avocado that appears to never ripen. When this happens, try putting the offending piece of fruit in a paper bag with a ripening apple or onion. The gas that the ripening fruit gives off may just kick the stubborn fruit back into step.

Berries- Berries just demand immediate attention. Most fruits and vegetables can sit at room temperature for longer than you may imagine. Not berries. The high sugar content, the lack of a protective skin and the fact that most berries have to be “vine ripened” leave them very vulnerable to mold and breakdown. Every one of you out there knows that the best berries that you have ever eaten are those that are picked on the last day before they are over ripe. As such, the berries that you receive from us are, as close to possible, picked at that time when they are just short of their peak as close as possible to their maximum sweetness. This means that they are purposely pulled with just a few days left. With a little attention (always inspect your berries right when you get them. If you happen to see a berry that is softening, or worse molding, remove it immediately and cut off the bad part and eat it right away. This simple act of sorting will keep your berries usable for a surprisingly long time. You know the old adage, “One bad apple (berry) will spoil the whole bunch”.

Peaches, Nectarines (and, to a lesser degree Apricots)- These are just quick ripening fruit. These great fall tree fruits are some of my favorite fruits of the year. But, they are finicky. It has almost become a game with me each fall: How many peaches or nectarines can I eat, before they go bad, this season? Peaches and nectarines have to ripen at room temperature, and then must quickly be put in the refrigerator to stall further ripening. My history tells me that I have one – two days to eat it before I am cutting off brown parts and making a sauce with the fruit. If this attention to detail scares you, best to not receive these beautiful fruits. I would rather you choose conventional than be disappointed by the short shelf life of these amazing, un-manipulated beauties.

Vegetables:

Bunched Greens (Chard, Collard, Kale, Mustard, Spinach, Arugula, Beet, Turnip, etc.) - All greens like to sweat, and breakdown. Some, obviously, more than others. With large bunches of greens (including the cook able root greens, removed from the root), loosen the bunch, shake of any excess liquid and pack the leaves, loosely, with a piece or two of paper towel in a plastic bag. If it is a hardy green (Collard, Kale) you can leave the end of the bag open. If it is a “softer” green, I would untie the bunch, turn the bunch inside out (split the bunch in half and turn it inside out) and wrap the entire bunch in paper towel. Softer greens require that the plastic bag they are kept in to be closed to maintain proper humidity.

Salad Mix or pre-washed Baby Greens- There is nothing better than fresh, PRE-WASHED, throw it right into a bowl salad. Baby greens, especially because they have been “pre-washed”, can often be the most fragile. A little bit too much heat or condensation and breakdown starts. I’ll tell you what I do. As soon as I get my salad mix home I pour it out of my bag. Any leaf that sticks to the bag, stays... it’s already too late for him. A quick inspection of the contents of the bag, I turn the original bag inside out, wipe off any leaves, shove a paper towel in the bottom of the bag and throw the salad right back in. This simple act will in one swoop discard anything that may have sweat to the bag, thus starting to go, give you the chance to make sure everything else looks good, the paper towel will maintain appropriate humidity, thus preventing any further breakdown of the cellulose in the leaves and, you’ve given the leaves fresh air thus dissipating any standing pockets of ethylene (the gas that is the catalyst for ripening) further lengthening the time that your salad will be good.

Mushrooms-Mushrooms are a fungus. Fungus’s have a tremendous amount of water. Anything with this much water, by the rules of entropy, will attempt to equalize to its environment. The problem is if you seal a mushroom completely it will, from it’s own moisture content, break itself down. The best bet with mushrooms is a paper bag that is completely sealed until just before use. If dirty wash just before use. A little browning, breakdown or dryout is normal with almost mushrooms. Cut off the brown or mush (mushroom, get it?) and use. If they’ve dried out, most mushrooms can be rehydrated.

Potatoes- A quick word about potatoes. Though, I am not suggesting that you keep potatoes until they sprout, this is a natural occurrence. If your potatoes are sprouting eyes quickly, this means that you are keeping them in too much light or heat. Try moving them to a cooler, darker cabinet. If this doesn’t work, contrary to others, I say, go ahead and put them in the fridge. They will keep for over a month in a refrigerator. And, if it has sprouted eyes... YOU CAN STILL EAT YOUR POTATO. Just dig out the eyes with your fingernail and cook them as you would. There is too much food wasted on this planet to give up on a bag of potatoes because they’re still alive and letting you know it.