

Food Storage Tips

1. LETTUCES AND GREENS: Wrap lettuce and greens in a dry paper towel and place in plastic bag in the fridge. The paper towel will absorb any excess moisture that makes the lettuce rot and will keep it fresher for much longer.

2. BERRIES: Place in a shallow, airtight container with a paper towel in the bottom to absorb excess moisture. Store in the fridge for up to a week.

3. HERBS: Put in a glass of water, like a bouquet, and cover the top with plastic. All herbs can also be dried: simply separate the stems, lay them out on a dry surface and turn every few days until crisp.

4. GREEN ONIONS: Place your green onions in a jar, and fill with an inch or two of water (just enough to cover the roots). Then, place the jar on the windowsill in your kitchen. Your onions will not only stay fresh, but continue to grow. Change or add water every couple days, as needed.

5. TOMATOES: They are best when NOT refrigerated unless, they have been cooked, cut or fully ripe. Store on the counter stems down for 2 or 3 days, then refrigerate the ripe tomatoes to keep from spoiling. To hasten ripeness place in a paper bag with an apple or banana.

6. AVOCADOS: Place in a paper bag (to speed up ripening, stick in apple) at room temp.

7. CUCUMBERS: Wrap in a moist towel in the fridge.

8. MUSHROOMS: Store in the refrigerator in a loosely closed paper bag. Fresh for about one week. Dried mushrooms should be stored in a tightly sealed container in either the refrigerator or freezer where they will stay fresh for six months to one year.

9. ONIONS: Dry bulb onions should be kept in a cool, dry, well ventilated place. Do not store whole onions in plastic bags. Lack of air movement will reduce their storage life. Sweet onions (spring/summer) have a higher water content than fall / winter onions making them more susceptible to bruising, and a shorter shelf life than storage varieties. Wrap sweet onions in paper towels or newspaper and place them in the refrigerator to keep them cool and dry.

10. CARROTS: The key to long-lasting carrots is storing them in a sealed container covered with a water bath (it really does work!) Will keep in the fridge this way for 1 - 2 weeks and maintain crispness.

