



Prairie Harvest News

tips & info for CSA subscribers

A program of THE WALLACE CENTERS OF IOWA

Enriching Community through Sustainable Food and Civility Initiatives

STORAGE TIP CHART TO KEEP THE FRESHNESS AND FLAVOR OF YOUR VEGGIES

<i>Asparagus</i>	In the refrigerator, place asparagus upright with the base of the stalks in cool fresh water.
<i>Basil</i>	Should be stored dry. Wrap with a paper towel and place in a sealed container at about 50 degrees, or in a glass of water at room temperature.
<i>Beets</i>	Store roots in a crisper drawer or plastic bag.
<i>Broccoli & Romanesco</i>	Wrap loosely in a plastic bag (not airtight) and store in vegetable drawer.
<i>Brussel Sprouts</i>	Store in a closed plastic bag in the refrigerator.
<i>Cabbage</i>	Keep in refrigerator. Remove outer, old leaves and remaining cabbage will be fresh and crisp.
<i>Carrots</i>	Place carrots in plastic bag in vegetable drawer.
<i>Cauliflower</i>	Wrap loosely with plastic and store in refrigerator.
<i>Celeriac</i>	Store dry in a plastic bag in your vegetable drawer.
<i>Cucumbers</i>	To avoid dehydration, store cucumbers in a warm part of refrigerator. Avoid storing them by produce that gives off ethylene gas such as tomatoes, apples and citrus.
<i>Currants</i>	Place berries on a paper towel in a single layer dish or freeze.
<i>Edamame</i>	Blanch and freeze or store in a cooler part of the refrigerator in a paper bag and fluff them everyday to redistribute moisture.
<i>Eggplant</i>	Keep in a paper bag with temperatures between 38 and 50 degrees.
<i>Fennel</i>	Cut stalks (edible as well, place in a plastic bag wrapped with a moist paper towel) from the top of bulb and place bulb in a plastic bag in refrigerator.
<i>Green Garlic & Scapes</i>	Place in a paper bag in your vegetable drawer.
<i>Green Beans</i>	Blanch and freeze or keep in a plastic bag in your refrigerator.
<i>Greens (Kale, Chard, Bok Choy)</i>	Wrap in a damp towel, put in a plastic bag, and place in salad crisper drawer.
<i>Herbs (Cilantro, Parsley, etc.)</i>	Roll fresh herbs into a damp paper towel and place in your refrigerator.
<i>Kohlrabi</i>	Remove greens (edible as well, place in a plastic bag with a moist paper towel) from bulb and place bulb in a plastic bag in your refrigerator.
<i>Leaf Lettuces</i>	Place in a plastic bag with a damp towel in your refrigerator crisper drawer.
<i>Leeks & Ramps</i>	Wrap in a damp paper towel, place in plastic, and store them in your vegetable drawer.

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STORAGE TIP CHART, *cont.*

<i>Melons</i>	If your melon seems under-ripe, leave out at room temperature. Once the melon seems ripe, place gently in refrigerator. After melon has been cut, place in air tight container and eat within a day or two.
<i>Onions</i>	Find a cool, dark, and dry area with plenty of air circulation and onions will last months. Keep onions and potatoes separate due to the moisture potatoes give off.
<i>Parsnips</i>	Place in a loosely wrapped plastic bag in the crisper drawer of your refrigerator.
<i>Peas in the shell</i>	Store peas in a perforated plastic bag in your vegetable drawer.
<i>Peppers</i>	Store peppers in a plastic bag and avoid extra moisture that can cause spoiling. Keep peppers in a warmer part of your refrigerator.
<i>Potatoes</i>	Keep potatoes in a cool, dry, and dark place in an ideal temperature zone of 40 to 50 degrees. Moisture will spoil them, light will turn them green, and onions will cause them to sprout.
<i>Radishes</i>	Store radishes in a plastic bag. If you notice signs of dehydration (spongy or wrinkly) try soaking the radish in water to prolong its freshness.
<i>Raspberries</i>	Spread a single layer on a paper towel, place on a shallow plate, and cover with plastic. You may also choose to freeze berries. Wash berries just before you use them.
<i>Rhubarb</i>	Wrap in a ventilated plastic bag in the coolest part of your refrigerator. If the rhubarb starts to become rubbery soak in water until the stalks becomes crisp.
<i>Rutabaga</i>	Place in a plastic bag in your vegetable drawer. A rutabaga should hold up for a long time if kept cool and dry.
<i>Salad, Arugula & Spinach Bags</i>	Keep mixes in a sealed bag in your refrigerator and avoid exposure to air, warm temperatures, and moisture.
<i>Strawberries</i>	Spread a single layer on a paper towel, place on a shallow plate, and cover with plastic. You may also freeze berries. Do not wash berries until you are ready to use them.
<i>Sunchokes</i>	Wrap sunchokes in paper and place in a plastic bag. If tubers start to get spongy or wrinkly, try soaking them in water.
<i>Sweet Corn</i>	Leave the husks on and place in a plastic bag in your crisper drawer. You can also blanch and freeze sweet corn after cutting it off the cob.
<i>Sweet Potatoes</i>	Place sweet potatoes in a closed paper bag and store in a warm, dry, and dark area. The ideal storage temperature is 60°F.
<i>Tomatoes</i>	Keep ripe tomatoes at room temperature out of sunlight on your kitchen counter. If tomatoes are under-ripe, direct sunlight or a paper bag can speed up the process.
<i>Turnips</i>	Store turnips in a plastic bag. If you notice signs of dehydration (spongy or wrinkly) try soaking the turnip in water to prolong its freshness.
<i>Winter Squash</i>	Store in a cool, dry, and dark area with good ventilation. If the squash has been cut, cover the unused portion with plastic and place in your vegetable drawer. The ideal temperature is 50°F.
<i>Zucchini & Summer Squash</i>	Refrigerate ASAP in a perforated plastic bag in your vegetable drawer.