

## Quick Guide

- Remove roots from tops
- Pre-cut / prep as much as possible
- Store all produce in plastic or glass
- Store top to bottom most to least perishable
- Store prepped food in clear stackable containers

## Cooking 101, Fridge Storage

### MOST PERISHABLE

Micro greens, shoots, edible flowers-store in very front/top

Herbs-store chopped and ready to use in sealed glass jar

Baby Greens-store washed and ready to use in lidded pyrex bowl

Soft/watery crops peeled and chopped:

cucumbers, peppers, radish, bulb fennel

Soft fruits-strawberries, raspberries

### STORE IT PREPPED

Cooked bitter greens in stackable clear containers

Sauted/Roasted/Cooked roots in stackable clear containers

Bundled raw greens each in it's own clear plastic container

### CRISPER

Put things that last the longest at the bottom of the crisper:

root veggies; beets, turnips, and carrots

heading kohlrabi crops: cabbage, kohlrabi, romanesco, and cauliflower

REMOVE TOPS FROM ROOTS BEFORE PUTTING IN CRISPER

KEEP EACH VEGETABLE IN SEPERATE PLASTIC BAGS



1-3 days



3-7 days

a week or more



## Quick Guide

- Basil doesn't go in the fridge
- All other herbs do go in the fridge
- Store according to when you'll be using it
- Stored correctly herbs keep freakishly long
- Preserve by freezing in oil or butter

## Cooking 101, Storing Fresh Herbs

### BASIL

Basil leaves can turn black when stored in the fridge below 45 degrees. To store for a few days: leave basil in a plastic bag on the counter until using.

To store for a full week; store basil with stems in a small glass jar and cover with a plastic bag on the kitchen counter.

### STORAGE

1-3 days

Want to use your herbs right away? Chop them up and keep them in a clear airtight stackable container in the fridge.

1-7 days

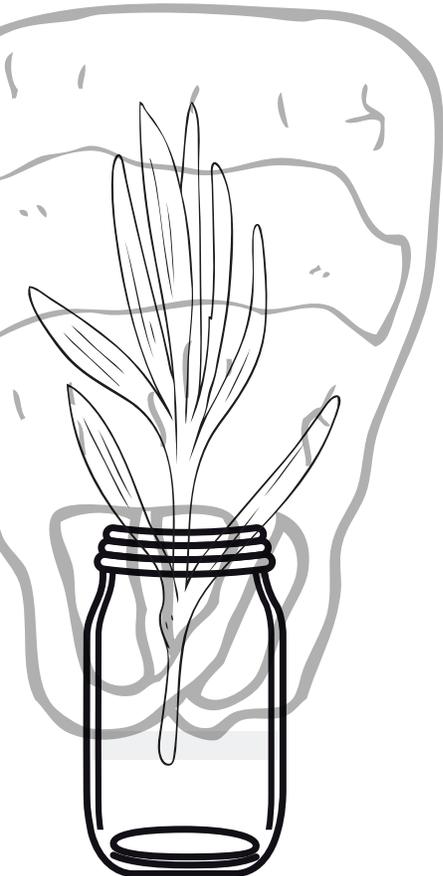
Store fresh herbs up to one week in a plastic bag or sealed container in the fridge.

1-2 weeks (or longer?!)

Store your herbs with their stems in a glass jar of water with a plastic bag on top. You can keep them this way in either the fridge or the counter top. Keep them there long enough and they may even start to make new roots!

### FREEZER STORAGE

Zap in the blender or food processor with oil or room temperature butter and freeze in ice cube trays for a taste of summer on cool fall and winter days.



Recipe Archive, LVFarm Academy

[www.lowervalleyfarm.com](http://www.lowervalleyfarm.com)