

TEN TIPS TO KEEP FOOD FRESH

1. **Apples, berries, grapes, stone fruit, pears, carrots, broccoli, greens, & mushrooms-** Don't wash until ready to use.
2. **Greens-** Revive by cutting off browned parts and soaking in cold water for 20 minutes.
3. **Herbs-** Remove from original container then rinse, wrap in a kitchen towel, and store in the fridge.
4. **Onions & potatoes** - Onions emit a gas that causes potatoes to sprout faster. Keep them separate.
5. **Asparagus & green onion-** Place stem-end or root-end down in an inch of water.
6. **Onions, garlic, hard squash, & potatoes-** Store in a dark cool place.
7. **Stone fruit & citrus-** Store in the fridge to slow down the ripening process.
8. **Mushrooms-** Store in paper bag.
9. **Greens-** Store with a few clean damp kitchen towels.
10. Frequently check your produce and dispose of what goes bad so it doesn't spoil the rest.

