





This guide provides tips on how to use and preserve your share in order to get the most out of it. All produce should be consumed during its shelf life to ensure quality and freshness. Past the shelf life, use freezing methods to safely store the produce.

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| <p>Arugula</p>  | <ul style="list-style-type: none"> • Eat quick (use within 3-4 days of purchase - arugula is highly perishable!) Wash and drain leaves, pat dry on a layer of paper towels and blot away any excess moisture. • Storage: Wrap a damp paper towel around the roots and store in the fridge in a holed plastic bag. Alternatively, add to a glass with water covering the roots, and store covered (upright) with a bag in the fridge. • Food prep: Can be blended into smoothies or pesto, mixed in a salad, or sautéed to add to pizza or squash. |
| <p>Apples</p>  | <ul style="list-style-type: none"> • Take your time (2 weeks-1 month). Can last up to 6 weeks if stored in the refrigerator. Wash, slice and remove core with seeds before using. • Storage: Wrap in damp paper towel and place in crisper drawer of the refrigerator. Apples go bad much quicker when left out on the counter. • Food prep: enjoy with peanut butter as an easy snack, stir into oatmeal, bake into a pie, or dry slices of apple in the oven to make apple chips. • To freeze: place whole in Ziploc bag or slice and dip into a water lemon juice mixture to prevent browning prior to freezing. |
| <p>Basil</p>  | <ul style="list-style-type: none"> • Eat within 2 weeks: Remove leaves from stems before using. Wash and drain leaves, pat dry on a layer of paper towels and blot away any excess moisture. Best if used raw or at the end of cooking. • Storage: snip bases of stems and store in a jar with 1-2 inches of water at the bottom at room temperature in a light area but out of direct sunlight. • To freeze: strip and chop leaves as if you were using them fresh. Freeze in ice tray (1 tbsp. herb per section) half way full of water, add additional water to fully cover and freeze herbs. Store frozen cubes in a freezer bag until needed. OR blanch leaves for 2 seconds, cool them in ice water, pat dry, and place in an airtight bag to go in the freezer. • Blend basil, nuts, Parmesan, garlic, and oil to create a tasty pesto. Slice leaves into ribbons to toss into a salad or pizza, or add to stir-fry for flavor depth. • Use with: bell peppers, eggplant, potatoes, tomatoes, zucchini • Pairs well with: garlic powder, rosemary, thyme, marjoram, oregano |
| <p>Beets</p>  | <ul style="list-style-type: none"> • Take your time (2 weeks-1 month) Remove tops leaving 1 inch stems. Cook until tender, (reheat 9-10 min; bake 90 min. at 325°F) chill, peel and slice. Boil greens for 1-2 min. • Storage: (Root) refrigerate in airtight bag for up to 1-2 weeks or freeze uncooked or cooked. (Greens) trim and keep in plastic bag in fridge (up to 3 days) or blanch and freeze. Thaw for 30 min. • Beet greens can be raw, steamed or sautéed; the bulb can be pickled, roasted in the oven with other root vegetables, pureed into soups, pasta sauces, or even enjoyed with fruit citrus fruits to compliment the earthy flavor of beets. • Season with: allspice, cloves, ginger |
| <p>Bell peppers</p> | <ul style="list-style-type: none"> • Eat within 1 week: wash and cut to remove top, membranes and seeds. • Storage: keep in crisper drawer/cold location in fridge for up to a week. Look for skin to remain firm and smooth. |







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| | <ul style="list-style-type: none"> • To freeze: Deseed the pepper and slice into quarters; Spread pieces on a baking sheet and let them become completely frozen before placing in a Ziploc bag to remain in the freezer. • Delicious as a raw snack paired with hummus, simmered into soups, or mixed with grains to add flavor and texture. • Season with: basil, cayenne pepper, coriander, oregano, paprika |
| <p>Blueberries</p> | <ul style="list-style-type: none"> • Take your time (up to 2 weeks). Rinse and drain before using. • To store: loosely place berries in a shallow container, cover with plastic wrap and refrigerate. Do not wash berries until ready to eat-unwashed berries will keep longer. • To freeze: wash berries, drain and pat dry. Place on a baking sheet in the freezer and once berries are frozen transfer to an airtight plastic bag. • Enjoy raw for a simple snack, blend into a fruit smoothie, add to cereal, oatmeal or yogurt or bake into pies or crisps. |
| <p>Bok Choy</p> | <ul style="list-style-type: none"> • Eat quickly (3-5 days) – highly perishable! Slice off bottom root end. Remove stems from leafy greens and add to pan before leafy greens (stems take longer to cook than leaves). • Store unwashed in dry plastic bags loosely sealed in fridge. For longer storage the stalks can either be cleaned with a moist cloth and placed uncooked in an airtight bag; or blanch the stalks and let them completely cool before placing in the bag. • Use raw, sauté, braise or steam with Asian flavors such as ginger, garlic, sesame and soy sauce. It can also be added to soups, used on sandwiches, or incorporated into stir-fry. |
| <p>Broccoli</p> | <ul style="list-style-type: none"> • Eat soon (within 1 week) only wash when ready to use. Remove woody stems and cut into 1 ½ inch pieces. Boil 3-5 min. • Store in dry plastic bags loosely sealed, or perforated in fridge. • To freeze: wash/trim pieces, blanch for 3-4 min. Cool and freeze in airtight container. • Toss cooked broccoli into a vegetable medley to serve over pasta, or steam florets to have as a quick and easy side dish to any meal. Broccoli salads are also perfect for summer barbecues, and may be grated into slaws as well. • Season with: nutmeg, paprika |
| <p>Brussels sprouts</p> | <ul style="list-style-type: none"> • Eat soon (within 1 week) Trim stems and outer leaves. Cook whole, halved or thinly sliced. Roast, sauté or simmer 4-6 min. • Store unwashed Brussels sprouts in a perforated plastic bag for up to 5 days in the fridge (keep in mind their flavor gets stronger over time!) • To freeze: Remove stems and outer leaves. Blanch for 3-5 minutes (depending on size) and then cool/dry the Brussels sprouts. Store them in an airtight container. • Oven-roast with a combination of garlic/olive oil/salt/pepper. Steam Brussels sprout halves and spritz with freshly squeezed lemon; combine shredded sprouts with winter squash, garlic, and Parmesan on a flatbread crust and place on the grill until crisp. |



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| <p>Cabbage</p>  | <ul style="list-style-type: none"> • Take your time (2 weeks-1 month) However, once cut, cabbage should be used within a few days. Trim outer leaves and remove core. Cut into wedges or shred coarsely. Boil wedges 9-10 min and boil shreds 4-5 min. • Store whole head in plastic bag for 1-2 weeks in refrigerator. Store halved or exposed cabbage in tightly wrapped plastic (add some moisture to exposed areas to prevent drying). • To freeze: slice into shreds and blanch for 2-3 minutes, cool, dry, and store in the freezer in a closed container or plastic bag. Thaw wedges for 20-30 min/ thaw shreds for 2 hours. • Braise steam or boil and add to soups; fresh leaves can be rolled into a casserole, shredded into coleslaw, or eaten as a raw snack drizzled with lemon and a touch of salt. • Season with: allspice, garlic powder, nutmeg, turmeric |
| <p>Cantaloupe</p>  | <ul style="list-style-type: none"> • Eat soon (within 1 week) Cut open and remove seeds and outer rind. • Whole cantaloupe can be stored on a countertop for 2-4 days until ripe. Once ripe, cut and store in fridge for up to 1 week. • To freeze: cut into halves, remove seeds and separate the fruit from the rind to dice into pieces. Spread chunks on a baking sheet and allow to completely freeze before storing in a plastic bag. • Pairs well with salty prosciutto; balled and skewered onto kebabs for a summer snack, blended into gazpacho, or frozen and served as an icy granita. |
| <p>Carrots</p>  | <ul style="list-style-type: none"> • Take your time (2 weeks-1 month). Remove tops, wash before use, trim and scrape or peel. Cut larger carrots into 1/2 inch cubes, slices or stripes. Boil whole carrots for 6-8 min or pieces for 5-7 min. Or bake 75 min. at 325 °F. • For shorter storage, trim the greens/tops of the carrots to prevent moisture loss. Place in a plastic bag and keep in the coolest section of the fridge (will last many weeks). • To freeze: cut carrots into pieces to blanch for 3-5 min, dry and seal in a plastic bag. • Eat raw as a snack with dip, roasted in the oven with thyme/rosemary/olive oil/sea salt, or cooked into sauces, casseroles, stews, stir-fry, or soups for added veggies and color. • Season with: allspice, cardamom, cinnamon, cloves, cumin, garlic powder, ginger, marjoram, nutmeg, rosemary, sage, thyme |
| <p>Cauliflower</p>  | <ul style="list-style-type: none"> • Eat soon (up to 1 week) Cut into 1 inch pieces, boil for 3-5 min. • Store unwashed in dry plastic bags loosely sealed in fridge crisper section for 4-5 days. • To freeze: wash and cut into florets. Blanch for 3 min then cool and dry. Store in bag. • Roast in the oven until crispy; add to a vegetarian curry for a nice texture, or chop florets in a food processor to mix into mashed potatoes or use as a rice substitute. • Season with: nutmeg, paprika, thyme, turmeric |








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| <p>Celeriac</p>  | <ul style="list-style-type: none"> • Store it for several weeks. Remove stalks and thick skin. Rinse peeled celeriac. Cut into 1 inch pieces. Follow same cooking guidelines as carrots. • Store unpeeled and unwashed in a plastic bag in the refrigerator. • To freeze: remove outer rind of the root and slice the smooth inner white part, then blanch for 2 min, cool and dry. Store in a plastic bag. • Enjoy it grated in a salad for celery-related flavor, steamed, mashed, pureed, or tossed frozen into a soup. |
| <p>Celery</p>  | <ul style="list-style-type: none"> • Take your time (2 weeks-1 month) Trim away leaves and bottom core. Cut into 1 inch pieces. • Store the entire stalk wrapped loosely in plastic or aluminum foil in the refrigerator. • To freeze: cut stalks into smaller pieces, blanch for 3 min, cool and dry. Store in plastic bag. Frozen celery is best cooked to maintain crunchiness. • Use leaves to add flavor to soups and stocks, or to use as a garnish. Slice up stalk and add to salads, soups or stir-fry. |
| <p>Cherries</p>  | <ul style="list-style-type: none"> • Eat quickly (3-5 days) Remove stems, slice and remove pits. • Refrigerate unwashed in a plastic bag. Do not wash until ready to eat. • To freeze: wash, stem and pit cherries. Add ¾ cup of sugar to each quart of cherries, stir until sugar is dissolved and store in freezer bags or airtight container. • Eat raw for a sweet snack, make into a cherry jam, bake into a pie or crisp, or add a hint of sweetness to your favorite entrée. |
| <p>Cilantro</p>  | <ul style="list-style-type: none"> • Take your time (~ 3 weeks) Wash and drain in a salad spinner. Pat dry on paper towel to blot away excess moisture. Separate leaves and discard stems and any discolored or wilted leaves. Chop when ready to use. • For short-term storage, snip off the bases of the stems and remove discolored or wilted leaves. Transfer stems to a large jar with an inch of water at the bottom. Seal jar with lid or cover top of the jar with a plastic bag sealed with a rubber band. Refrigerate. Replace water every few days. • To freeze: strip and chop leaves as if you were using them fresh. Freeze in ice tray (1 tbsp. herb per section) half way full of water, add additional water to fully cover and freeze herbs. Store frozen cubes in a freezer bag until needed. • Use as a garnish for dishes such as stir-fry or chili for a uniquely fresh taste. Can also be used to brighten up grains and salsas. |
| <p>Collards</p>  | <ul style="list-style-type: none"> • Eat quick (3-5 days) Wash with several batches of cold water and remove stems when ready to use. Chop leaves based on cooking method. • Store unwashed in a dry plastic bag loosely sealed in the fridge. Soak in cold water to refresh them, as collards dry out quickly. • To freeze: blanch whole leaves for 3 min, cool and dry. Store layered in an airtight bag. • Sautee, braise, steam or boil. Layer in wraps, or as part of a salad base. If eating raw, dress the greens with lemon and vinegar to soften and reduce the bitterness. |



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| <p>Corn</p>  | <ul style="list-style-type: none"> • Eat quick (within 48 hours) Remove husks and silk. Trim whole cobs to even lengths. Boil whole cobs for 3-5 min or kernels for 4-5 min. • Refrigerate un-husked corn in a plastic bag for up to 3 days. • To freeze: blanch cob for 7-11 min depending on size and freeze in plastic bag. Or after blanching, cut kernels from cob, freeze on a tray and then pack and freeze in a plastic bag. Thaw for 2 hours. • Grill or mix into a bean salad, or use for cornbread. Frozen kernels can be easily mixed into soups and sautéed with other vegetables for a quick side. • Season with: cardamom, cayenne pepper, cumin, curry powder, onion, paprika, parsley |
| <p>Cucumbers</p>  | <ul style="list-style-type: none"> • Eat soon (up to 1 week) Wash and cut away ends. Peel or keep skin and cut into thin slices. • Consume soon to prevent water pitting or store in dry plastic bags loosely sealed in the warmest part of the fridge. • Freeze in a brine solution: combine 2 qts. sliced cucumber with chopped onion and 2 tbs. salt. Let stand for 2 hours then rinse with cold water, drain and transfer to a clean bowl. Combine with 2/3 c. each of oil, vinegar, sugar, and 1 tsp. celery seed. Mix and store covered in the fridge overnight. Transfer mixture to glass jars or plastic containers, leaving one inch between the cover, place in freezer. Defrost for 1 week in the fridge. Eat raw, pickled, in gazpacho, or even combined with watermelon and feta for a refreshing summer salad. |
| <p>Daikon Radishes</p>  | <ul style="list-style-type: none"> • Eat soon (up to 1 week) Scrub, prepare and use the same way you would use carrots. • Fresh radishes can be refrigerated and stored in dry loosely sealed plastic bags for 3 days to 1 week. Removing the greens will help them last slightly longer. • To freeze: scrub the radishes and either grate or cut into small pieces. Blanch for 2-3 minutes, then cool and dry well. Place in a plastic bag in the freezer. • Roast the vegetable in the oven; pop them in the slow cooker with carrots/onions/seasonings for a warm side dish, or boil in soups. |
| <p>Dill</p>  | <ul style="list-style-type: none"> • Take your time (~ 2 weeks) Wash and drain in a salad spinner. Pat dry on paper towel to blot away excess moisture. Separate leaves and discard stems and any discolored or wilted leaves. Chop when ready to use. • For short-term storage, snip off the bases of the stems and remove discolored or wilted leaves. Transfer stems to a large jar with an inch of water at the bottom. Seal jar with lid or cover top of the jar with a plastic bag sealed with a rubber band. Refrigerate. Replace water every few days. • To freeze: strip and chop leaves as if you were using them fresh. Freeze in ice tray (1 tbsp. herb per section) half way full of water, add additional water to fully cover and freeze herbs. Store frozen cubes in a freezer bag until needed. • Pair with fish and potato dishes, can be mixed into aioli or into yogurt as a dressing, and also adds flavor when pickling vegetables. |








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| <p>Edamame</p>  | <ul style="list-style-type: none"> • Take your time (2 weeks – 1 month) best if used fresh. Shell and boil 3-5 min. • Store with pods attached to stem in a cool, dry place or refrigerated in a plastic bag. • To freeze, blanch the edamame in the pods for 2-3 minutes, cool in ice water, and dry. The beans can be kept in the shell or removed. Place in an airtight plastic container or plastic bag • Serve shelled beans with a light drizzle of olive oil and sea salt, add to salads for a boost of protein and other nutrients, or toss into a stir-fry. |
| <p>Eggplant</p>  | <ul style="list-style-type: none"> • Eat soon (up to 1 week) Wash and remove stem, slice or cube. For eggplants that have sat a while: Sprinkle with sea salt and let sit until water forms on surface (~ 15 min.) Rinse and dry. • Store in a cool, dry place temporarily or in crisper drawer for 5-7 days. Eggplant becomes bitter as time increases from when it was harvested • To freeze: blanch in cubes or discs for 4 minutes, cool, dry and freeze. • As a versatile vegetable, it can be used in curries, grilled, roasted or cooked and mixed with pasta and sauce, soups or stir fry, cubed and grilled on kabobs, or even sliced on top of a pizza. • Season with: basil, cayenne pepper, cumin |
| <p>Escarole</p>  | <ul style="list-style-type: none"> • Eat quick (3-5 days) Wash in a salad spinner, dry and chop. • Store in a dry plastic bag loosely sealed in the fridge crisper section. • To freeze: blanch leaves for 2 minutes, cool, dry and pack in a sealed bag. • Holds up well when mixed into soups; can also be used as a salad base mixed with lettuce or other greens, placed on sandwiches, or grilled. |
| <p>Fennel</p>  | <ul style="list-style-type: none"> • Eat soon (1 week) Cut off stems. Trim off bad spots on bulb or remove outer layer if needed. Slice bulb lengthwise into small pieces or dice. Trim the fronds off the stem and store in a glass of water to use as an herb. • Store unwashed bulb in a plastic bag and keep in the fridge for up to 1 week. • To freeze: Wash bulbs and chop into small pieces, placing a tablespoon or two into an ice cube tray. Fill up the wells with enough water to cover the fennel and freeze. Once frozen, place cubes in a plastic bag. When ready to use, toss cubes into dish. • Use the fronds to enhance fish and poultry dishes, and in salads as well. For the bulb, shave it on top of greens, roast with root vegetables, or serve it grilled. |
| <p>Garlic</p>  | <ul style="list-style-type: none"> • Store it for several weeks. Peel outer skin. Chop into small pieces. • Store unpeeled garlic in a cool, dry and dark area in a mesh or paper bag. Will last for 4-6 months when stored in a pantry or cool room. Individual unpeeled cloves can be refrigerated for up to 10 days before losing flavor. • Store garlic for even longer by taking bulbs from the garden (unpeeled, leaves still attached) and letting them dry in the sun. After a few days, trim off the leaves, saving about one inch of space at the top of the bulb. Store in a paper bag in a cool, dry, and dark area. Will keep for several months. • To freeze: freeze on tray before packing. Do not blanch. Thaw for 20 min. |







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| | <ul style="list-style-type: none"> • Add to almost anything. Sauté with olive oil and onion or shallots to use as a base for adding other ingredients. Mince then blend into hummus, or bake a few cloves until soft and add to dressings or spreads. • Pairs well with: oregano, cumin, coriander, turmeric |
| <p>Garlic Scapes</p>  | <ul style="list-style-type: none"> • Take your time (2-3 weeks). Trim the ends and discard the flowery blossom. • Store in the refrigerator in a paper bag. • To freeze: blanch 60 seconds, cool, and dry. Transfer to an airtight container or plastic bag and freeze. • Sauté and add to fried rice, omelets, stir-fries, add to a pizza, or blend into a pesto for a garlicky twist. |
| <p>Green Beans</p>  | <ul style="list-style-type: none"> • Eat soon (up to 1 week) Wash and cut off ends. • Refrigerate unwashed beans for up to 1 week in a plastic bag. • For long term storage, wash the beans and cut the ends off. It is fine to keep them whole, or cut into pieces. If left whole, blanch for 4 minutes, if cut, blanch for 3 minutes. Cool in ice water, dry, and store in a sealed container. • Green beans can be enjoyed hot or cold. Chop up pieces for a potato salad, steam and sauté with orange zest, ginger, almonds, and a drizzle of olive oil. Mix into a minestrone soup for variety and crunch. • Season with: cumin, curry powder, dill, lemon juice, marjoram, oregano, tarragon, thyme |
| <p>Ground Cherries</p>  | <ul style="list-style-type: none"> • Store it for several weeks. • If left in their husk, ground cherries can last in a cool area (including the refrigerator) for several weeks. • To freeze: remove the husk, rinse and drain them. Spread the ground cherries on a baking sheet and allow them to freeze completely. Transfer to an airtight plastic bag. • Can be used to make a salsa, pies, tarts, and even jams or preserves thanks to their sweet taste. They can also be served with sliced tomatoes as a snack. |
| <p>Hakurei Turnips</p>  | <ul style="list-style-type: none"> • Take your time (2 weeks-1 month) Rinse leaves in cold water several times. Separate stems from roots and wash roots. Chop leaves into small pieces and cut roots into halves, cubes, or slices. • Store unwashed turnips in a plastic bag in the crisper drawer of the fridge for 1-2 weeks. Remove the greens and keep them wrapped in a damp paper towel or bag to use as soon as possible. • Freeze the bulb by washing, peeling, cubing, and blanching it for 2 minutes. Cool and let dry, then store in a container. • Eat raw slices, pickled, boiled, mashed or pan roasted with sweet potatoes and apples. When cooked, the greens' natural sweetness is highlighted. |








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| <p>Heirloom Tomatoes</p>  | <ul style="list-style-type: none"> • Eat soon (up to 1 week) Wash and remove stem. • Store tomatoes on counter-top, away from sunlight. Only store in the fridge once the tomato has been cut. • To freeze, slice into desired size and seal in a container, leaving a ½ inch of space. Tomatoes can also be pureed and then frozen. • Heirlooms make a great base for a summer vegetable gazpacho; dice them up for a quick salsa or combine with garlic/olive oil/basil/oregano for a bruschetta appetizer. |
| <p>Hot Peppers</p>  | <ul style="list-style-type: none"> • Eat soon (up to 1 week) Remove stem then slice in half to remove membrane. Include the seeds for a hotter dish; remove them for a milder taste. Mince or slice. • Store whole peppers at room temperature or in the refrigerator where they can remain fresh for a few weeks. • To freeze: peppers can be frozen whole. They can also be dried. To do so, single-layer them on a plate and keep in a warm, sunny ventilated room, turning often. The plate may even be kept outside, weather dependent. • Hot peppers can be used to give a kick to chili, added to stir-fry, or chopped up in pico-de-gallo with garlic/tomatoes/red onion/cilantro/lime juice. |
| <p>Italian Dandelion</p>  | <ul style="list-style-type: none"> • Eat quick (3-5 days) Wash and remove tough stems. • Store unwashed greens in a plastic bag in the refrigerator for up to 5 days. • To freeze, trim dandelion greens from their stem and blanch for 2 minutes, cool, and dry. Layer in a sealable bag, which may be kept in the freezer for several months. • Use this leafy vegetable mixed with others for a salad base; braised or sautéed and served warm, or wilted into soup. |
| <p>Jalapeños</p>  | <ul style="list-style-type: none"> • Eat soon (up to 1 week) Rinse and remove stem. Slice pepper in half and remove seeds carefully as they contain the most spice. • Store in a paper bag in the crisper drawer in the fridge. • To freeze, slice or chop peppers and place into freezer bags. • Use to add a spicy flavor to salsa or guacamole, roast and add to sandwiches, soups, or sauces. |
| <p>Kale</p>  | <ul style="list-style-type: none"> • Eat quick (3-5 days) Wash thoroughly using a salad spinner. Remove tough stems and imperfect leaves. If cooking the stem, slice thin and begin to cook before leaves (stem will take longer to cook). To cut leaves: stack flat on top of each other, roll into a bundle and chop. Boil 1-2 min. • Store in a plastic bag in the coldest part of the fridge. • May be stored longer by removing leaves from stem, blanching for 1-2 minutes, cooling, and placing in an airtight bag in the freezer. • Kale can be used as a substitute for spinach and collard greens. Boil, sauté, steam or braise with garlic, chicken stock, and cannelloni beans for a hearty dinner. Chop up and add to soups; puree into a pesto to serve with pasta or as a spread. Using a vinegar or lemon will help to lighten bitterness. |



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| <p>Kohlrabi</p>  | <ul style="list-style-type: none"> • Take your time (2 weeks-1 month) Remove tops and roots; wash, peel using a peeler or sharp knife, and leave whole or dice, shred, julienne, or chop into ½-inch cubes. • Remove the leaves & store the bulb wrapped in plastic in the fridge or cool area. • To freeze: peel the kohlrabi bulb and cube it into inch-size pieces. Blanch for 2-3 minutes, cool in ice water and let dry. Place chunks on a baking sheet and let freeze before transferring to a plastic bag. • This vegetable can be eaten raw, roasted, steamed, stir-fried, added to soups, sautéed with garlic and olive oil, grated and cooked into a fritter, or even pickled (similar to turnips) |
| <p>Leeks</p>  | <ul style="list-style-type: none"> • Eat soon (up to 1 week) Remove green top, slice in halves and rinse with running water. Hold the layers open or swish around in a bowl of cool water to remove any excess dirt that may be hidden. Use as you would onions. • For short-term storage, remove the green portion of the leeks and keep the white part in a plastic bag for up to a week. The green part may be kept in the fridge to be used for stocks. • Leeks do not have to be blanched to freeze, but doing so will preserve them longer. Wash the stalks and slice them into rounds. Blanch for 1 minute, cool, and dry. Place in a plastic bag to freeze. • Roast them with other vegetables, use in place of green onions to add flavor to a quiche, mix sautéed leeks into soups and stews, or use as a garnish. |
| <p>Lettuce</p>  | <ul style="list-style-type: none"> • Eat quickly (3-5 days) Rinse leaves thoroughly or use a salad spinner to remove dirt. Chop or tear into small pieces and finely chop stems. • Store unwashed lettuce in a plastic bag, refrigerate. If lettuce has been washed and dried, wrap loosely in a paper towel and place in a bag before refrigerating. Consume as soon as possible (wet lettuce spoils quickly). • It is not recommended to freeze lettuce. It perishes quickly so it should ideally be used as close to harvesting as possible • Lettuce commonly used as a salad base, and can be mixed with other greens for taste and texture variety. Chop up leaves to use as toppings for dishes and on sandwiches, layer a few pieces to use as a base for a grain-free wrap. |
| <p>Microgreens</p>  | <ul style="list-style-type: none"> • Eat soon (up to 1 week) Rinse leaves and chop to desired size. • Store between damp paper towels, making sure greens are cold and covered in a re-sealable bag or container in the fridge. Keep greens covered until just before serving to ensure they do not dry or wilt. • Freeze with water in ice cube trays and store cubes in a plastic bag. • Use to top any dish to add texture and flavor. Eat as a salad; add to wraps, pizza, and sandwiches. |
| <p>Mint</p> | <ul style="list-style-type: none"> • Take your time (2 weeks – 1 month) • For short-term storage, snip off the bases of the stems and remove discolored or wilted leaves. Transfer stems to a large jar with an inch of water at the bottom. Seal jar with lid or cover top of the jar with a plastic bag sealed with a rubber band. Refrigerate. Replace water every few days. • To freeze: (only up to 3 months) strip and chop leaves as if you were using them fresh. Freeze in ice tray (1 tbsp. herb per section) half way full of water, add |








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|  | <p>additional water to fully cover and freeze herbs. Store frozen cubes in a freezer bag until needed</p> <ul style="list-style-type: none"> • Add mint leaves to tea when steaming, chop into stir-fry or pasta, pair with fresh berries and a drizzle of balsamic. |
| <p>Mizuna</p>  | <ul style="list-style-type: none"> • Eat quick (3-5 days) Wash thoroughly and dry. Use similarly to lettuce, but also in hot dishes. • Wrap in plastic and store in the refrigerator crisper for up to 5 days. • Options for long-term storage include pickling or fermenting the leaves. To do so place a leaf on the bottom of a dish and sprinkle with a layer of salt. Add another leaf/salt layer, alternating until done. Place in the fridge, with a weight on top, for 24 hours. Wring out excess water and freeze or keep in fridge. • Eat raw in salads, stirred into risotto, or sauté in olive oil with garlic and toss over pasta, mix with Parmesan. |
| <p>Mustard Greens</p>  | <ul style="list-style-type: none"> • Eat quick (3-5 days) Wash thoroughly and remove any tough stems. Tear or chop into bite-sized pieces. • Store loosely wrapped in a plastic bag in the fridge. • To freeze: wash and chop the leaves (remove stems if desired), blanch for 2-3 minutes, cool, dry, and store in an airtight container. • Use the peppery leaves to add flavor to dishes and to give a hint of spice. Can be used in a variety of ways including raw, braised, sautéed, and steamed. |
| <p>Onions (con't on next page)</p>  <p>Onions (continued)</p> | <ul style="list-style-type: none"> • Store it for several weeks. Remove both ends, slice in half and peel outer layer of skin. Slice, dice or chop into thick wedges. • Keep onions in a cool, dry place; can be stored loose or in a mesh bag for up to a month. • Onions do not need to be blanched. Instead, remove the papery layer and cut off the root and stems. Dice into pieces and spread out on a baking sheet to freeze. Once frozen, transfer the onion into a plastic bag. • This vegetable is extremely versatile and can be used to add flavor and texture to almost any dish imaginable. Chop and sauté with olive oil and garlic for a classic base or addition. • Season with: coriander, garlic, rosemary |
| <p>Oregano</p>  | <ul style="list-style-type: none"> • Take your time (2 weeks-1 month) Wash and drain in a salad spinner. Pat dry on paper towel to blot away excess moisture. Separate leaves and discard stems and any discolored or wilted leaves. Chop when ready to use. • For short-term storage, arrange washed and dried herbs lengthwise in a single layer on a slightly damp paper towel, rolling them up like a jelly roll. Transfer the bundle to a plastic Ziploc bag or wrap it in plastic wrap. Refrigerate. • To freeze: strip and chop leaves as if you were using them fresh. Freeze in ice tray (1 tbsp. herb per section) half way full of water, add additional water to fully cover and freeze herbs. Store frozen cubes in a freezer bag until needed. • Use oregano leaves in a marinade for poultry or fish, baked into dough, sprinkled into a pot of beans, or blended into pesto. • Use with: artichokes, tomatoes, bell peppers, potatoes, mushrooms, zucchini |

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| | <ul style="list-style-type: none"> • Pairs well with: chili powder, bay leaves, thyme |
| <p>Parsley</p>  | <ul style="list-style-type: none"> • Take your time (3 weeks- 1 month) Wash and dry. Remove leaves from stems and chop or leave whole. • For short-term storage, snip off the bases of the stems and remove discolored or wilted leaves. Transfer stems to a large jar with an inch of water at the bottom. Seal jar with lid or cover top of the jar with a plastic bag sealed with a rubber band. Refrigerate. Replace water every few days. • To freeze: strip and chop leaves as if you were using them fresh. Freeze in ice tray (1 tbsp. herb per section) half way full of water, add additional water to fully cover and freeze herbs. Store frozen cubes in a freezer bag until needed. • Parsley is a mild herb that can be added to most recipes. Chop the leaves into a vinaigrette for color, sprinkle into marinara sauce, or incorporate into spreads. |
| <p>Parsnips</p>  | <ul style="list-style-type: none"> • Take your time (2 weeks -1 month) Scrub away dirt. Remove stem and root ends, peel, and shred, dice or cut into 1 inch fingers or ½ inch slices. Boil 7-8 min. or bake 45-55 min at 325°F. • Store unwashed in a plastic bag in the refrigerator. • To freeze: peel the vegetable and cut into ½ inch cubes. Steam or parboil for 3-5 minutes, let cool. Pieces can either be frozen in a sealed container as is, or pureed and frozen that way as well. • Enjoy parsnips in the way that you would use a carrot. Cut french-fry style and bake, char on the grill with a touch of sea salt and olive oil, or slice into thin disks and layer them with Gruyere cheese to create a gratin. |
| <p>Peaches (con't on next page)</p> <p>Peaches (continued)</p>  | <ul style="list-style-type: none"> • Eat quick (3-5 days) Wash and remove pit • Until ripe, peaches can be stored at room temperature for 1-3 days. Once ripeness occurs, move peaches to the refrigerator for 3-5 days. • To freeze, first wash the peach (skin can be left on but if you would like to remove it, blanch for 40 seconds, cool in ice water, and skin the will peel right off), then remove the pit and cut into desired size pieces. Mix the slices in a 1:4 ratio of lemon juice and water (to prevent browning). Without drying, place the peaches on a baking sheet to completely freeze; transfer to a sealed container after 2 hours. • Grill fresh peaches and serve with ricotta and mint for summertime dessert, bake with pork chops, mix together a fruit salsa, or can slices to preserve. |
| <p>Peas</p>  | <ul style="list-style-type: none"> • Eat soon (1 week) Shell (regular peas) or pinch off tips and remove strings (edible pods). Boil 3-5 min. • Refrigerate fresh peas in a bag for 3-5 days, remaining in their pod until ready to use. • To freeze: remove them from the pod and rinse. Blanch for 1-2 min, cool in ice water and dry. Store in container. • Peas are a great way to add color and sweetness to a dish. Stir into soups, stews, and casseroles. Sauté peas with onions and mushrooms to serve over pasta, or |






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| | <p>mash with avocado and spread on toast sprinkled with sea salt and rep pepper flakes.</p> <ul style="list-style-type: none"> Season with: cardamom, ginger, marjoram, onion, parsley, rosemary, sage, thyme |
| <p>Potatoes</p>  | <ul style="list-style-type: none"> Store for several weeks. Scrub and peel, if desired. Roast with skin on or boil chunks in salted water to mash. Store in a cool, dark and dry place such as a kitchen drawer or paper bag. May also be stored in vegetable crisper. Avoid storing near onions. To freeze: potatoes are best frozen when mashed. Peel, wash, and quarter the potato. Boil until tender, drain, then mash. Once cool, place mounds on baking sheet. Freeze 1 hour and pack in containers. Thaw for 30 min. Reheat 15-20 min. Potatoes are a good way to add heartiness to any meal. Cube and add to soups and stews, roast or mash with herbs and other vegetables such as parsnips, shred and use for a hash or fritter. Season with: basil, bay leaves, cayenne pepper, coriander, dill, garlic, onion, oregano, paprika, parsley, rosemary, sage, turmeric |
| <p>Pumpkin (con't on next page)</p>  <p>Pumpkin (continued)</p> | <ul style="list-style-type: none"> Store for several weeks. Scrub the outside, cut in half and scrape out the pulp and seeds using a spoon. Cut the halves into smaller pieces and place skin side up in a shallow baking dish. Add water to just cover the bottom of the dish and cover tightly. Bake at 325°F until flesh is tender. Or boil cubes of flesh until tender, 15-30 min depending on size. Store whole pumpkin in a cool and dry area. Avoid refrigeration to avoid alterations to taste and texture. For longer storage, cut the pumpkin and remove the seeds. Slice into sections and bake until the pulp is soft. Remove the insides from the rind, then mash and let cool. Store contents in an airtight container to freeze. Puree the pumpkin flesh to add creaminess to soups; bake the pumpkin whole (with seeds removed) and stuff with a lentil or rice mixture. Serve oven-roasted with steamed greens or a maple glaze. Spice and roast the seeds. |
| <p>Radicchio</p>  | <ul style="list-style-type: none"> Eat quick (3-5 days) Remove outer leaves and finely shred, tear or chop. Store the whole head (unwashed) in a loose plastic bag in the refrigerator. It is not recommended to freeze radicchio, however it can be pickled or fermented. Brush wedges of radicchio with olive oil and grill for 3-4 minutes; pair the bitter/spicy vegetable with sweeter/saltier/acidic ingredients such as oranges, prosciutto and balsamic vinegar. Shred and toss with a mixture of other greens. |
| <p>Radishes</p> | <ul style="list-style-type: none"> Take your time (2 weeks-1 month) Scrub to remove dirt then slice or chop. Remove and wash leaves several times and chop to use. Store unwashed radishes in a plastic bag in the refrigerator. Store leaves in vegetable crisper. |








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|  | <ul style="list-style-type: none"> • Avoid freezing and canning radishes. Instead, pack them in wet sand inside of a jar and place in a cool and dry location. They should last for several months. • Radishes are delicious when roasted in the oven, slow cooked with other vegetables, grated into a slaw, and can even be eaten as a raw crunchy snack. |
| <p>Raspberries</p>  | <ul style="list-style-type: none"> • Eat quickly! (2-3 days) Rinse, drain and pat dry before using. • Store in a shallow container loosely packed and covered with plastic wrap in the fridge. Do not wash until ready to eat-moisture will shorten shelf life. • To freeze: wash in cold water, pat dry and place in a single layer on a baking pan for a few hours. Transfer to freezer bags and use within 1 year. • Add to oatmeal, cereal or yogurt, blend into a fruit smoothie, make a raspberry jam, or bake into your favorite dessert. |
| <p>Rhubarb</p>  | <ul style="list-style-type: none"> • Take your time (2 weeks-1 month) Cut away ends and remove any remaining leaves (eating leaves is not recommended). Peel or cut into smaller pieces and cook or bake. • Seal in a plastic bag and store in a cool, dry place or the refrigerator. Or pickle with vinegar/sugar brine and store in the fridge for 2 weeks. • To freeze: blanch inch-size prepared pieces, cool and dry. Freeze on baking pan for a few hours. Transfer to freezer bags to store. Use within a year. • Due to its tartness, rhubarb is often paired with sweeteners such as fruit, sugar/syrup, and fruit juices. Create compotes, pies, and sauces with the vegetable. |
| <p>Sage</p>  | <ul style="list-style-type: none"> • Take your time (2 weeks-1 month) Wash and drain in a salad spinner. Pat dry on paper towel to blot away excess moisture. Separate leaves and discard stems and any discolored or wilted leaves. Chop when ready to use. • For short-term storage, arrange washed and dried herbs lengthwise in a single layer on a slightly damp paper towel, rolling them up like a jelly roll. Transfer the bundle to a plastic Ziploc bag or wrap it in plastic wrap. Refrigerate. • To freeze: strip and chop leaves as if you were using them fresh. Freeze in ice tray (1 tbsp. herb per section) half way full of water, add additional water to fully cover and freeze herbs. Store frozen cubes in a freezer bag until needed. • Thinly slice leaves and mix with butter for an herb spread; dry the sage to steep with tea, add warmth to pasta. |
| <p>Scallions</p>  | <ul style="list-style-type: none"> • Eat soon (1 week). Rinse carefully and mince or cut into 1-inch pieces to add to dishes or leave whole and roast or grill. Slice off bottom roots from lower white portion and use as you would an onion. • Refrigerate unwashed scallions in a loose plastic bag. • To freeze: wash and completely dry the scallions. Store in an airtight container, whole or chopped. • Finely chop the green part and use in a vinaigrette, stew, or as a topping. The white end can be used similarly to an onion. Additionally, the whole scallion can be grilled and enjoyed as a side to a meal. |







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| <p>Spinach</p>  | <ul style="list-style-type: none"> • Eat soon (1 week) Wash leaves using a salad spinner and remove any tough stems. Chop or tear into smaller pieces. • Store unwashed spinach in the vegetable crisper in a plastic bag. Store washed and dried spinach wrapped loosely in a paper towel and place in a bag or container. Wet spinach spoils quickly. • To freeze: wash whole leaves, blanch for 2 minutes, cool, and let dry. Store in a sealed bag or container. • Add to a salad. Sauté with pine nuts, garlic, and olive oil to toss over pasta. Serve on top of a veggie pizza; add leaves to a stir-fry or quiche along with chopped veggies and cheddar. |
| <p>Strawberries</p>  | <ul style="list-style-type: none"> • Eat quick (48 hours) Wash thoroughly and remove stems. Eat whole or sliced. • Very perishable. Store unwashed with stem in tact in a colander or perforated container, wash just before eating. Store leftover slices covered and sprinkled in sugar. • To freeze: In a plastic bag, store whole, sliced, crushed, or in a sugar/syrup solution. • Slice up fresh strawberries to have as a refreshing snack; add to salad, toss frozen ones into a smoothie, macerate in sugar for an hour or so to use as a topping for dessert or as part of a filling. |
| <p>Summer Squash</p>  | <ul style="list-style-type: none"> • Eat soon (1 week). Wash, trim and cut into ½ inch slices, dice or shred. Boil 6-8 min, roast, sauté, or grill. • Store loosely wrapped in plastic in the refrigerator (shorter shelf life than winter squash) • To freeze: wash and slice the squash, peel if desired. Steam or blanch for 2-3 minutes, then puree for best results. Store in an airtight container. Thaw 5 min. • Slice squash into strips and grill with garlic and olive oil. Cut in half and stuff with grains or herbs. Spiralize strands into a fun and light pasta dish, shred into fritters, or bake into breads or cakes. For spaghetti squash: cook and pull a fork lengthwise through to separate into long strands. • Season with: allspice, cardamom, cinnamon, cloves, curry powder, ginger, marjoram, nutmeg, paprika, rosemary, sage |
| <p>Swiss chard</p>  | <ul style="list-style-type: none"> • Eat quick (3-5 days) Rinse and separate leaves and stems. Chop leaves into small pieces and finely chop stems. • Very perishable. Store unwashed in loose and perforated plastic bag in the crisper drawer of refrigerator • To freeze: The stem can be kept or removed; wash the leaves and chop them. Blanch for 2-3 minutes, cool, dry, then store in a freezer bag. • Puree the leaves and add to béchamel with sautéed onions for a comforting cream sauce. Braise, grill, or shred to add more leafy nutrients to cooked grains or proteins. |
| <p>Tatsoi</p> | <ul style="list-style-type: none"> • Eat quickly (3-5 days) Rinse leaves in cool water and remove stems. • Store unwashed in a loose plastic bag in the refrigerator. Wash right before using. • To freeze: wash leaves and remove stems. Blanch for 2 min, cool, dry and store in a plastic bag. |









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|  | <ul style="list-style-type: none"> • Tatsoi can be prepared in ways similar to spinach; serve raw, cooked into stir-fry, blended into a smoothie, or add to a soup just before serving. |
| <p>Thyme</p>  | <ul style="list-style-type: none"> • Take your time (10-14 days) Remove woody stem and strip leaves off to use. • Wrap in a damp paper towel and place in a plastic bag in the refrigerator. • To freeze: chop and freeze with water in ice cube trays. When frozen, remove cubes and store in plastic freezer bags. • Add to soups or stews or use to create a marinade for meat or veggies. Pairs well with oregano, rosemary, and lemon. |
| <p>Tomatillos</p>  | <ul style="list-style-type: none"> • Store it for several weeks. Wash and remove core. Slice or chop. • Store in a paper bag in the refrigerator. • To freeze: remove the outer husk and wash/dry the tomatillos. Place them on a baking sheet and allow them to completely freeze. Transfer them to an airtight bag or container. • Chop up and blend to create a classic salsa verde which can be used a variety of ways. Chop up tomatillos to create a relish, braise with chicken and spices for a warm meal, or mix things up by adding to guacamole. |
| <p>Tomatoes</p>  | <ul style="list-style-type: none"> • Rinse in cool water and remove core. • Store at room temperature and use within a few days. Once ripe, store in the refrigerator. • To freeze: Cut an X on the bottom and submerge in boiling water for 1 minute, (skin will slip off) freeze whole or diced. Or blanch whole tomato for 30 seconds, cool, cut in half crosswise and remove seeds, freeze. Or just place whole tomato in a bag. • Roast tomatoes on a baking sheet for a savory sweet flavor. They are delicious when fresh and served raw with basil and olive oil, or even stuffed. Bake a variety of tomatoes into a tart to serve for breakfast or as a summertime side. Add to sandwiches, sauces, soups, pastas, or salsas. • Season with: basil, bay leaves, cayenne pepper, cloves, coriander, cumin, dill, garlic powder, marjoram, onion, oregano, parsley, pepper, thyme |
| <p>Turnips</p>  | <ul style="list-style-type: none"> • Store it for several weeks. Rinse in cool water. Remove roots and stems. Peel or leave skin. Cube, slice or shred. • Store loosely wrapped in a plastic bag in the refrigerator. • To freeze: cube washed turnips and blanch for 2 minutes. Cool, drain and pack into sealed containers. • Lightly cook for best taste. Roast with other vegetables, shred for salads and slaws. |
| <p>Watermelon</p>  | <ul style="list-style-type: none"> • Take your time eating. Watermelon is good for 7-10 days out on the counter and 2-3 weeks in the fridge when it is uncut. • Freezing not recommended, as the fruit does not hold up well. • Make into a salad topped with prosciutto, mint or lime, combine with other fruit for a fun summer fruit salad or eat alone as a sweet snack. |





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| <p>Winter squash</p>  | <ul style="list-style-type: none"> • Store it for several weeks. Wash and cut in half, remove fibers and seeds. Cut into pieces. Boil 7-8 min or bake until tender (60-75 min), cool and remove rind. • Store acorn, sweet dumpling and delicate squash in a cool, dark and dry area. Butternut and kabocha squash can be stored at warmer temperatures for 10-20 days before being moved to a cool place. • Winter squash can be kept for up to a year. To do so, peel the skin, remove the seeds, and cut into small chunks. Blanch for 2 min. or cook until soft, then mash or puree and let the squash cool. Store in a freezer friendly container. • Lightly brush slices with olive oil, then roast until soft. Sprinkle squash with cinnamon or nutmeg for a sweet combination, or try garlic and rosemary for something savory. Squash are a perfect canvas for trying new mixtures to stuff them with. • Season with: cinnamon, ginger, nutmeg, onion |
| <p>Zucchini</p>  | <ul style="list-style-type: none"> • Eat soon (1 week) Wash, trim and cut into ½ inch slices, dice or shred. Boil 6-8 min, roast, sauté, or grill. • Refrigerate unwashed zucchini in a plastic bag. • Freeze for up to a year: Wash the vegetable, then slice into half-inch pieces. Blanch for 3 minutes, cool, and let dry completely. Store in a plastic bag. • This summer squash can be enjoyed sliced and grilled, tossed into stir-fry, pasta, turned into noodles, or even layered into a gratin or frittata. Use a vegetable grater to shred and turn into latkes or muffins. • Season with: basil, cayenne pepper, cumin, garlic powder, oregano, thyme |