

How to Care for Your VINES Farm Share

Remember to separate your share and store it properly!
Follow these guidelines so your produce stays fresh:

Eat Quick (48 hours)

Corn, Strawberries, Raspberries

Store: in plastic bags in fridge

Eat Quick (3 -5days)

Bok choy, Collards, Cherries, Kale,
Peaches, Salad greens*, Swiss
chard, Tatsoi

Store: in dry plastic bags loosely
sealed in fridge

Eat Soon (up to 1 week)

Broccoli, Brussels sprouts,
Cauliflower, Cucumbers, Daikon
Radishes, Fennel, Green beans,
Jalapenos, Leeks, Microgreens,
Pears, Peas, Peppers, Scallions,
Spinach, Summer squash, Zucchini

Store: in dry plastic bags loosely
sealed in fridge

Eat Soon (up to 1 week)

Cantaloupe^, Peaches^, Tomatoes

Store: At room temperature

Eggplant

Store: in a cool, dry place

^Once ripe store in fridge

Take your Time

(2 weeks to a month)

Apples, Blueberries, Beets,
Cabbage, Carrots, Celery,
Edamame, Garlic Scapes, Herbs,
Kohlrabi, Parsnips, Radishes,
Rhubarb, Turnips, Watermelon

Store: remove greens from roots &
keep in cool, dry storage or fridge

Store it (for several weeks)

Celeriac, Garlic, Ground Cherries,
Onions, Potatoes, Pumpkin,
Thyme, Tomatillos, Winter squash,
Store: in a cool, well ventilated
area out of direct sunlight

*Exception: celeriac anshould be
refrigerated in a loose plastic bag*

**Salad greens include: arugula, lettuce, mizuna, mustard greens, radicchio, and Italian dandelion greens*

Contact Binghamton Farm Share: 607-238-3522, farmshare@vinesgardens.org,
www.vinesgardens.org/farmshare or find us on Facebook/BinghamtonFarmShare

