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*A few ways to keep your
seasonal produce fresh.*

SPRING

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		Storage Tips	Shelf Life	Freezer Safe?
	Arugula	Wrap with cloth or paper towels and store in a breathable bag in the high humidity drawer of the fridge.	3-4 days	Blanch first
	Asian Greens Bok Choy Komatsuna Tatsoi	Store in a breathable bag in the high humidity drawer of the fridge with a cloth or paper towel.	3-5 days	
	Beans & Peas Green Beans Snap Peas	Don't wash until use. Store flat in airtight bag lined with a dry paper towel in the crisper drawer.	Fresh: 4-6 days Frozen: 8 months	Blanch first
	Berries Blueberries Raspberries Strawberries	Separate overripe berries, if any, and store unwashed in original container in the warmest area of the fridge.	3-5 days	
	Broccoli	Wrap with cloth or paper towels and store in a breathable bag in the high humidity drawer of the fridge.	3-5 days	Blanch first
	Cucumbers	Store in a breathable bag with a dry cloth or paper towel in the warmest area of the fridge (usually the front).	5-7 days	
	Hardy Greens Kale Dandelion Romaine Spinach	Store in airtight container in the high humidity drawer of the fridge with a cloth or paper towel.	5-7 days	Blanch first
	Herbs: Tender Cilantro Parsley Basil Mint Dill	Trim the base of each stem, place in jar with 1" water & cover with plastic bag.	Fresh: 2-4 days Frozen: 6 months	Chop & freeze in ice cube trays with olive oil
	Spring Onions & Green Garlic	Store in airtight container with a cloth or paper towel in the crisper drawer.	3-5 days	
	Radishes with Tops	Wrap roots in damp towel, store in breathable bag in high humidity drawer; trim tops, leaving 1" to retain moisture.	Roots: 1-2 weeks Greens: 2-3 days	Blanch first