Ways to Store, Prep & Cook Your Veggies

Store, Prep, and Serve

Saute:
Spinach, Kale, Chard, Collard Greens, Mustard Greens, Bok Choy, Tatsoi, Broccoli Raab, Cabbages, Cauliflower, Zucchini
- Wrap leaves in damp paper towels & store unwashed in the fridge for 3-5 days.
- Tear or cut the greens into small pieces and remove tough stems.
- Heat a few tablespoons of cooking oil in a pan over medium heat. Add veggies and season to taste. Cook, tossing until greens wilt or veggies are tender. Add onion, garlic, or ginger for flavor.

Roast:
Potatoes, Beets, Carrots, Parsnips, Turnips, Rutabagas, Sweet Potatoes, Winter Squash, Broccoli, Cauliflower
- Turnips, potatoes, and squash should be stored in a cool, dark place out of the refrigerator. All other root vegetables keep in the refrigerator for at least a week.
- Cut vegetables into 1-inch pieces.
- Heat oven to 400 F. Toss the vegetables with cooking oil and season to taste. Roast for 45-50 mins stirring every 15 mins. Finish with a sprinkling of fresh chopped herbs or a splash of vinegar for flavor.

Eat Raw:
Romaine Lettuce, Arugula, Leafy Lettuce, Baby Spinach, Radishes, Sprouts
- Wrap salad greens in a damp paper towel and refrigerate for up to 3 days.
- Remove any wilted leaves. Wash salad greens and dry well.
- Dice or grate other raw veggies and add to your salad. Some of our favorites are carrots, radishes, celery, and cucumbers. For dressing, just mix 3 parts oil to 1 part vinegar or lemon juice. Add mustard, honey, or herbs for pizazz.

**Produce is sometimes rescued from supermarkets and farms, meaning they may be very ripe and ready to eat within the next day.