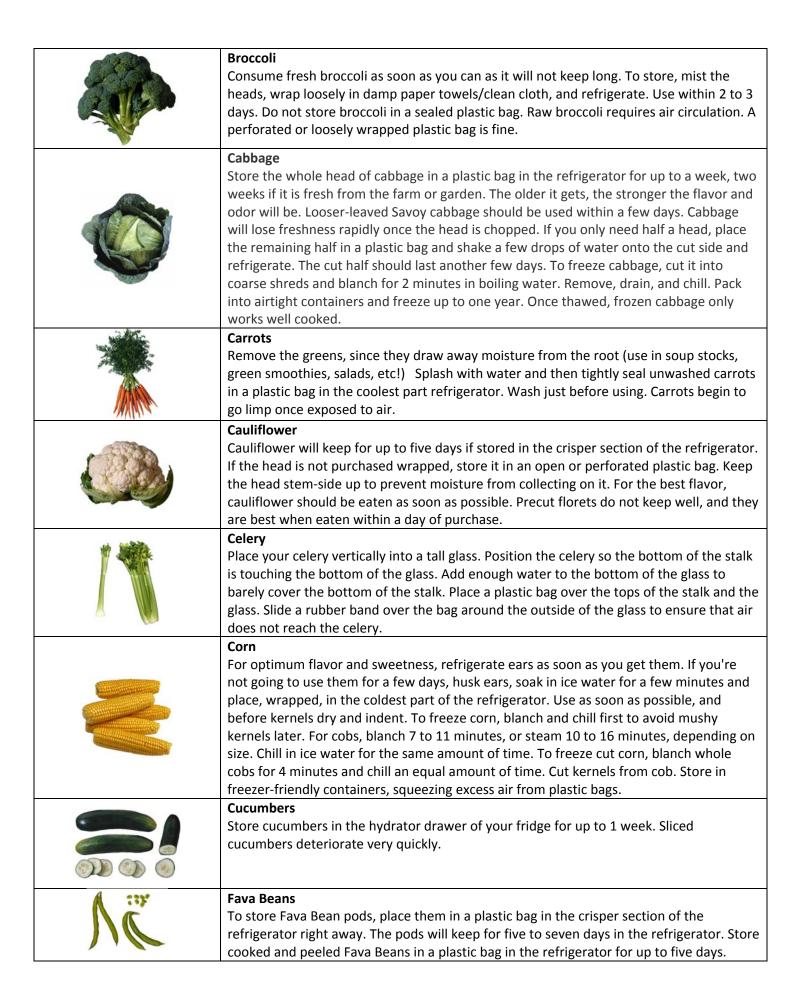
VEGGIE STORAGE TIPS

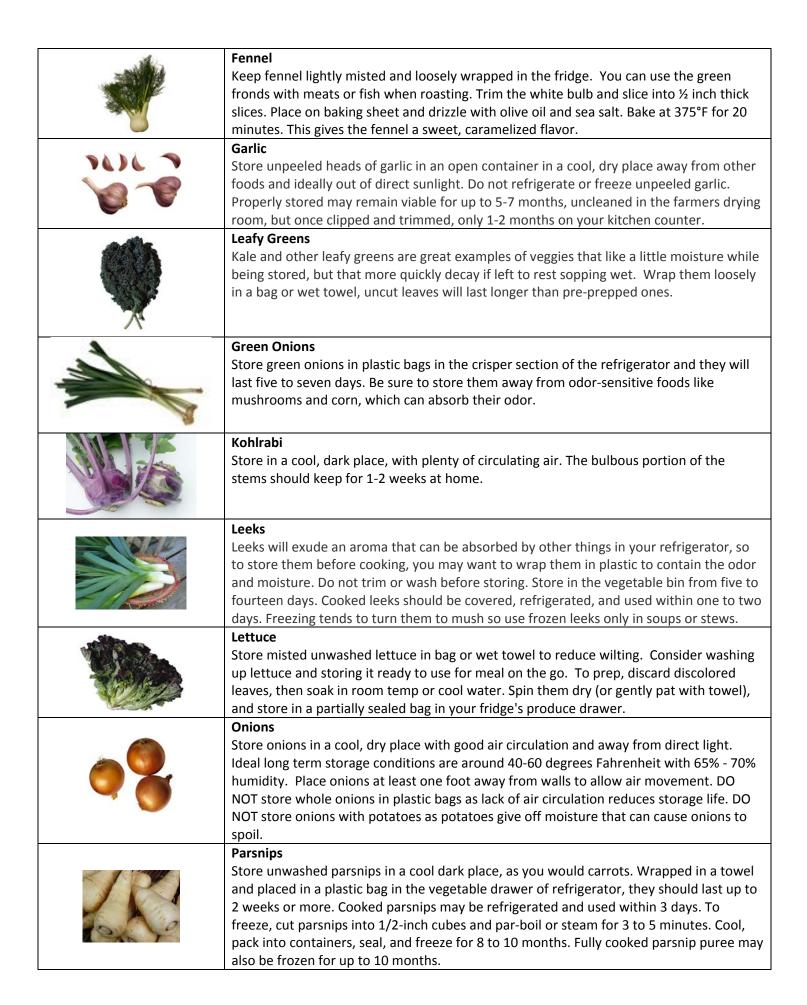
Note: Almost anything that is advised to be wrapped in a plastic bag or wet paper towels, can be gently wrapped in a clean wet dishcloth. Although you may have to rewet the dishcloth every two days or so, this method reduces kitchen waste and protects food from plastics that may leach. Veggies can also be stored in glass, ceramic or stainless steel bowls/dishes, instead of in plastic bags or containers. Use a pot lid to cover the bowl, or a plate.

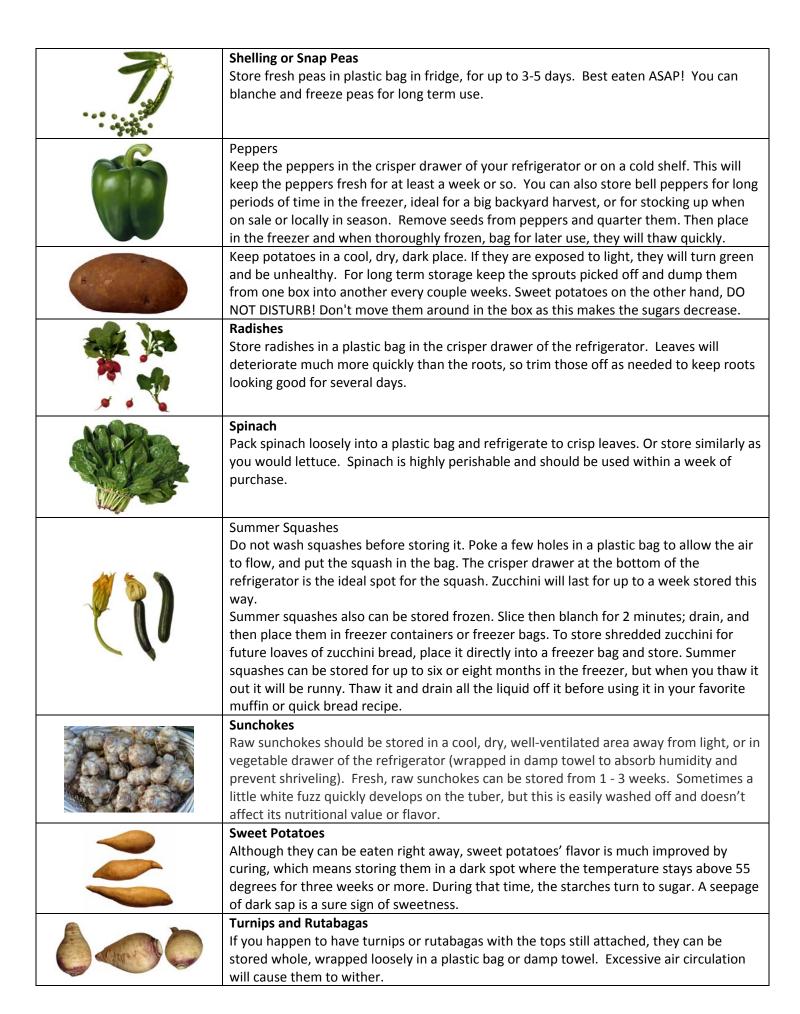
The key in general to storing fresh veggies is

- 1. keep them moist (as needed) and
- 2. reduce the amount of air that flows around them in the fridge, which wicks away moisture and wilts the plant.

Artichokes Store artichokes unwashed in a plastic bag in the refrigerator for up to a week. It's best to use fresh artichokes on the day of purchase. Cooked leftovers can be refrigerated up to four days. To freeze whole cooked 'chokes for later use, drain completely, wrap tightly in foil and pack in plastic freezer bags or other airtight container for 6 to 8 months.
Arugula Arugula is highly perishable and does not keep well if not properly stored. Before putting in the refrigerator, wrap a damp paper towel around the roots and place the bunch in a perforated plastic bag; or gently wrap the whole thing in a wet clean tea towel. With proper storage, fresh arugula will keep for 3-4 days but should be consumed ASAP! It can also be preserved by standing up in a glass of water in the fridge, and wrapping a plastic baggie loosely around the "bouquet" to reduce moisture loss from the cold fridge air.
Asparagus Asparagus may be stored by placing bundled stalks upright in a bowl or dish with an inch of water (or just enough to keep the stalks moist). You can also wrap the cut ends in a moist paper towel. Or cut about a 1/4 inch from the stem and wash in warm water several times. Pat dry and place in moisture-proof wrapping like plastic wrap. Refrigerate and use within 2 or 3 days for best quality.
Beans, Green Store unwashed in a perforated plastic bag in the refrigerator Best when eaten within a 5-7 days.
Beets To store beets, trim the leaves 2 inches from the root as soon as you get them home as they will sap the moisture from the root. Do not trim the tail. Store the leaves in a separate plastic bag and use within two days. The root bulbs should also be bagged and can be stored in the refrigerator crisper drawer 7 to 10 days. Fresh cooked beets may also be frozen up to ten months. Be sure to peel before freezing in airtight containers. They may be frozen whole or in cut pieces.
Bok Choy Place unwashed heads of bok choy in a loosely closed plastic bag and refrigerate. Bok choy is more perishable than other forms of cabbages, so be sure to use it ASAP.









Tomatoes

Wash and dry tomatoes before storing. Unless you're planning to store them for over a week, a windowsill, counter-top or bowl works fine. If you know you won't use them in the next few days, then lower temperatures (a cool entryway, out of direct sunlight) will help preserve the fruit. Tomatoes lose their flavor quickly and become mealy when refrigerated. Most green tomatoes will eventually ripen if left on the counter with good air circulation. Especially in the NW, if all your tomatoes don't ripen on the vine, bring the green ones inside and be patient...they will rosy-up!



Winter Squash

When properly cured, most varieties of winter squash will last 6-8 months or longer. After harvesting, set squash in a sunny, dry place for 7 to 10 days just after harvest, the temp must stay above 65-70 degrees day and night to get a good cure. If you are buying them locally, ask if they have already been cured for storage. For short term storage, keep around 50 degree in a dark place. This could be a cool and dark shelf, cabinet, or drawer in the kitchen, pantry, or closet. They also store well in a warmer section of the root cellar such as on the top shelf. Turning them when you do your regular check on storage crops can keep them from bruising.