

# **PRODUCE** *PREP TIPS*

## **HOW TO STORE LEAFY GREENS:**

1. You do not have to wash greens for storing.
2. Before eating, wash greens with cold water.
3. Gently pat dry or lay out on a towel to dry.
4. Unused greens stay fresh longer if they are whole and not cut up.
5. To store, wrap the greens in a towel and put into a sealed storage bag or container.
6. To refresh greens, soak in cold water until leaves are full again.

## **FRUIT:**

1. Firm fruits can be stored on a counter until they ripen in a protected container or bag.
2. Once fruits are ripe- they are softer, and/or you can smell the fruit, then they should be stored in the fridge.
3. Many fruits can be frozen, just cut up and lay out on a baking sheet with space between each piece of fruit so it does not stick together. Once frozen, transfer to a sealed container.
4. Citrus fruit can be juiced, just squeeze it into a sealed container and use a fork to help squish the pulp getting out all the juice, then put it in the freezer.
5. Glass jars can be re-used to store frozen fruit or juice, just leave some open space at the top of the jar.

**CHECK OUT  
RECIPES  
YOU CAN  
MAKE USING  
PRODUCE  
FROM TODAY!**



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