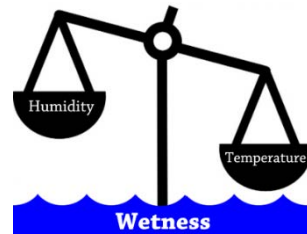




Keeping your produce fresh and safe to eat

The chart on the flip side has recommendations to maintain the best storage environment for every crop Zenger Farm grows. Keeping your produce fresh requires you to balance low temperatures and high humidity without getting your produce wet.

Refrigerators have low humidity because of the auto-defrost and low humidity can cause produce to wilt. You can help keep humidity high by placing produce in the crisper drawer or a closed container/bag, but watch out for condensation. Wet produce will get slimy and rotten. Placing a slightly damp towel in a closed container will help absorb extra water and maintain high humidity. Semi-open containers maintain slightly higher humidity without causing condensation. Don't forget, you can often freeze, dry or can your produce to preserve it for much longer!



Zenger Farm has a plan in place to prevent contamination and provide you with safe food to eat. We may rinse off dirt or cool your vegetables in water, but you should always wash your produce. Washing produce is the only way to reduce your risk of food-borne illness from foods you eat fresh.

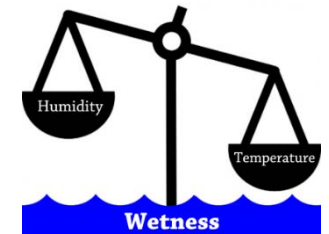
- Wait to wash your produce until just before you prepare your meal. Remember, produce doesn't last as long stored wet.
- Always wash your hands and equipment with soap and water first.
- Wash your produce under running water; don't soak your produce.
- Scrub produce like melons, potatoes and carrots with a brush.
- Gently rub more delicate items with your hands to loosen dirt.
- Wash items like berries and loose greens in a colander.
- Wash everything, even when you're not eating the skin, because you can contaminate the flesh when you cut the produce.
- Don't use soap, which can be absorbed by your food.



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How to Store your Fruits and Vegetables

	Stores up to	Temp.		Container			Moisture		Notes
		Fridge	Room	Open	Semi	Closed	Dry	Moist	
Apples	long-term	x			x		x		
Artichokes	7 days	x				x		x	Stand upright on a wet cloth.
Asian Pears	long-term	x			x			x	
Asparagus	7 days		x	x				x	Stand upright in shallow water.
Basil	3 days		x			x		x	Any wetness causes leaves to turn black. Chop with oil and freeze.
Beans	3 days	x		x			x		Moisture causes black spots.
Berries	3-7 days	x		x			x		Careful not to crush them, don't pile high.
Broccoli	3-7 days	x				x		x	
Brussel Sprouts	7+ days	x				x		x	Leave on the stalk, if possible.
Cabbage	14+ days	x				x		x	Remove outer leaves if wilted.
Cauliflower	3-7 days	x				x		x	
Celeriac	7 days	x			x			x	
Cherries	3-7 days	x				x		x	
Corn	3-7 days	x			x			x	Keep husk on. Loses flavor fast.
Cucumbers	7 days	x				x		x	
Eggplant	3-7 days	x				x		x	Can develop spots and an off-flavor if stored more than a few days.
Fava Beans	7+ days	x				x		x	
Fennel	7 days	x				x		x	
Figs	7 days	x		x			x		Careful not to crush them, don't stack.
Garlic, Dry	long-term				x			x	Keep in the dark, 45-50° is best.
Garlic, Green	14+ days	x				x		x	
Greens, Heavy	3-7 days	x				x		x	Includes chard, collards and kale.
Greens, Salad	3-7 days	x				x		x	
Herbs	7 days	x				x		x	
Leeks	14 days	x				x		x	
Lettuce	7 days	x				x		x	
Melons	7 days	x		x				x	
Onions, Dry	28+ days		x	x				x	Keep in the dark, 45-50° is best.
Onions, Spring	7 days	x				x		x	
Pears	7 days	x		x				x	Room temperature until ripe, then fridge.
Peppers	14 days	x				x		x	
Plums	7 days	x				x		x	Room temperature until ripe, then fridge.
Potatoes	28+ days		x	x				x	Keep in the dark, 45-50° is best.
Quince	28 days	x				x		x	Room temperature until ripe, then fridge.
Rhubarb	14 days	x				x		x	
Roots	7-28 days	x				x		x	Includes beets, carrots, parsnips, radishes, turnips. Remove the greens if storing more than 2 days.
Squash, Summer	7 days	x				x		x	Includes zucchini.
Squash, Winter	long-term					x		x	Keep in the dark, 45-50° is best.
Peas	7 days	x				x		x	Loses flavor fast.
Tomatoes	3 days		x	x				x	Refrigerate only after cutting.



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