

# THE TIPI TIMES

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## OVERVIEW OF VEGETABLE STORAGE

Keep this information someplace handy, and watch the newsletter for specific weekly instructions. I suggest storing many vegetables in plastic bags, but feel free to use any moisture-proof container. Some CSA members report good results storing leafy greens and other produce in cloth bags.

**ARUGULA.** (medium-sized bunch of green leaves with pungent scent). Refrigerate in a plastic bag.

**ASPARAGUS** is perishable. Eat it soon. If you must store it for a while, wrap the bundle in a paper towel and then store it in a plastic bag. The asparagus tips tend to rot if in direct contact with the plastic bag.

**BASIL.** Basil will blacken if stored in the refrigerator. It is best stored at room temperature, with the cut ends in water. You will receive either a bunch of individual basil stems or one sturdy branched stem. The branched stems may wilt if left intact, so cut off the individual stems and put them in water.

**BEANS.** Refrigerate in a plastic bag.

**BEETS.** Store in the refrigerator, in a plastic bag. The beet roots will last for weeks. The beet greens are perishable and should be eaten soon. Cutting off the tops and storing separately will keep both the tops and roots fresher. Later in the season, we will send beets without tops.

**BOK CHOY, TAH TSAI** (large rosettes of green leaves with thick white or green stems). Bok choy is an Asian green that is good for stir-frying or sautéing. It is also good in soups. You can think of the stems and leaves as two separate vegetables. The stems require longer cooking. The greens (leaves) will cook almost as quickly as spinach. These heads will store well, so feel free to pull off leaves as you need them, or use the whole head at once. Store bok choy in the refrigerator, in a plastic bag.

**BROCCOLI.** Refrigerate in a plastic bag.

**BRUSSELS SPROUTS.** Refrigerate in a plastic bag. When appropriate, snap the sprouts from the stems, then refrigerate.

**CABBAGE.** Refrigerate.

**CARROTS.** Carrots will store for many weeks if kept in a plastic bag in the refrigerator.

**CAULIFLOWER.** Refrigerate in a plastic bag.

**CELERIAC.** (This is the knobby, ancient-looking root that smells like celery.) It will store in your refrigerator for months.

**CUCUMBERS.** Store cucumbers in plastic bags in the warmest part of your refrigerator. The plastic bags are especially important for the thin-skinned Divas and pickles.

**DAIKON RADISHES.** These long white radishes are another Asian vegetable. Daikon will store in the refrigerator in a plastic bag, for at least two weeks. The skin might darken with time, but it can be peeled off, if you wish

**EDAMAME SOYBEANS.** Remove the pods from the stems promptly and refrigerate. Discard the stems and leaves.

**EGGPLANT.** Store eggplants at room temperature for 2 - 3 days for best flavor. If holding for longer than three days, store in the warmest part of your refrigerator. Eggplants do not store well for long periods of time. Keep the thin-skinned Japanese eggplants in plastic bags.

**FENNEL.** Refrigerate in a plastic bag. Both the bulb and leaves can be eaten.

**GARLIC.** Store at room temperature.

**GREENS** (kale, collards, mustard). Refrigerate in a plastic bag.

**HERBS (except BASIL. See BASIL entry).** Refrigerate in a plastic bag.

**LEEKs.** Leeks will store at least 2 to 3 weeks if refrigerated. The outer leaves may yellow. Just peel them off and discard. The inner leek tissue will be fine.

**LETTUCE.** Store in a plastic bag in the fridge. See spinach.

**MUSKMELON.** Muskmelon should be refrigerated if not eaten within 2 or 3 days.

**NAPA CABBAGE.** Napa will last at least two weeks if refrigerated in a plastic bag. Discard outer leaves if they begin to wilt. Cut off chunks as you need them.

**ONIONS, STORAGE TYPES.** These can be stored at room temperature in a cool, dry spot. Do not place in a plastic bag. Watch the newsletter with the deliveries; we will indicate if the onions need refrigeration.

**ONIONS, WALLA-WALLAS.** Unlike other onions, these should be stored in the refrigerator, where they will keep well for several weeks.

**PARSNIPS.** Refrigerate in a plastic bag.

**PEAS.** Refrigerate and plan to eat promptly.

**PEPPERS.** Refrigerate.

**POTATOES.** Can be stored at room temperature or in a cool spot, but must be kept in the dark.

This is especially important with the white potatoes. If we send them to you in a plastic bag, take out of the plastic bag as soon as you are home. Put in a paper bag or cover with a cloth.

**RHUBARB.** Refrigerate in a plastic bag.

**SALAD TURNIPS (bunched white roots).** Store in a plastic bag in the refrigerator. The greens are good cooked. If you don't plan to eat the greens, then separate them from the roots in order to keep the turnip roots fresh longer.

**SPINACH** stores well if the leaves are dry. Rinse the spinach, then spin dry in your salad spinner. Trust me, this makes a big difference. Refrigerate in a plastic bag.

**STRAWBERRIES.** Fully ripe berries should be eaten immediately, or stored in the refrigerator.

**SWEET CORN.** Sweet corn is best when fresh, so we encourage you to eat it ASAP. Refrigerate and keep in a plastic bag if husked.

**SWISS CHARD.** Refrigerate in a plastic bag.

**TOMATOES.** Tomatoes should be stored at room temperature! Fully ripe tomatoes can be refrigerated for a few days. We often send tomatoes in a plastic bag. Remove them from the bag when you get home.

**TOMATOES, HEIRLOOM TYPES.** Store at room temperature and eat promptly. These are the most perishable tomatoes.

**WATERMELON.** Intact watermelon can be stored at room temperature for up to one week. Refrigerate the watermelon once it is cut.

**WINTER SQUASH.** Store at room temperature. Do not refrigerate.

**ZUCCHINI and SUMMER SQUASH.** Zucchini is another vegetable that needs to be refrigerated, but does not do well in very cold temperatures, as it will soften and form pits in its surface. Keep these squash in a plastic bag in the warmest part of your fridge.