ALL SEASONS
PRODUCE GUIDE

YEAR-ROUND SELECTION & STORAGE TIPS
FOR FARM-FRESH FRUITS AND VEGETABLES
HOW TO SELECT AND STORE

HOW DO YOU SELECT FRESH PRODUCE?
When choosing fresh fruits and vegetables, two of the most important factors to consider are ripeness and quality. Select your produce carefully and the flavor will be there!

USE ALL YOUR SENSES
Look for characteristic color, shape and size for that particular product. Really good produce doesn’t have to look perfect. Produce at the farmers’ market is displayed in a natural state, without wax or other products. Feel the produce (but don’t squeeze it too hard!) Is it too hard or too soft?

TRUST YOUR NOSE
Some fruits such as strawberries and citrus have a mild scent when they’re ripe and ready to enjoy.

HOW SHOULD YOU STORE FRESH PRODUCE?
Once you’ve brought your produce home, you need to protect its freshness and flavor. Fruits and vegetables have different storage requirements. Consult the following list to find the best storing practices for each type of produce!

DID YOU KNOW? Eating seasonally can help lower your grocery bill. When there’s lots of one type of food available, the prices go down. On the other hand, produce that’s out of season is often grown thousands of miles of away. This leads to a high shipping cost that gets passed on to the consumer. This is why watermelons and berries are cheap in the summer, but expensive in the winter!
Learning to cook with fresh ingredients will help ensure that you always enjoy healthy and delicious meals.

**VEGETABLES**

**ARTICHOCKES**

*Select:* Choose small to medium ones because larger ones tend to be tough. Gently squeeze the artichoke - it should be firm and heavy for its size. Bend a leaf - if it snaps off cleanly, that indicates it’s fresh. *Store:* Sprinkle with a little water and store in a plastic bag in the refrigerator.

**ASPARAGUS**

*Select:* Stalks should not be limp, but stiff and sturdy. Thick stalks are great for grilling, thin spears tender and succulent. *Store:* Place bundled stalks in an upright glass in an inch of water, just enough to keep the stalks moist. Consume as soon as you can.

**ARUGULA**

*Select:* Choose arugula and other spring lettuce that is fresh and crisp. If packed in a bunch it should feel heavy, a sign of moisture and freshness. *Store:* Place in an open plastic bag and store in a crisper drawer of refrigerator.

**CELERY**

*Select:* Look for celery that has a good green color and few, if any, blemishes. Stalks should not be limp. *Store:* Wrap in a damp paper towel and refrigerate.

**FAVA BEANS**

*Select:* Choose broad beans that are young. Avoid any that are too large in size and that are shriveled. The entire pod can be consumed when favas are tender and fresh. *Store:* Store in the crisper section of the refrigerator right away and consume shortly thereafter.

**GREEN GARLIC**

*Select:* Look for fresh green tops, no dried ends or soggy leaves & large firm bulbs with unbroken and dry skins. *Store:* Treat green garlic like a flower and leave the roots on the bulb. Stand the shoots up in a glass of water in the refrigerator, cover with a plastic bag.

**KOHLRABI**

*Select:* Choose with fresh leaves, bright, even color, and no soft spots or cracks. Bulbs the size of a peach or smaller yield the best texture and flavor. *Store:* Refrigerate in the crisper bin of your refrigerator.

**PEAS**

*Select:* Fresh green peas, available April to early summer, should be firm, plump, and have bright green pods. Fresh snow peas should have shiny, small flat pods. Avoid over-large, cracked, or limp pods. *Store:* Fresh peas don’t keep long because their sugars turn to starches. The sooner you eat them, the better. Store pods in a plastic bag in the crisper drawer of the refrigerator and be sure to consume within a few days.
FRUITS

APRICOTS

Select: Look for fruit with a rich orange/yellow color - pale color means they were picked too early. Fruit should be slightly soft, meaning they were tree ripened. Store: If not fully ripe, ripen in a paper bag on the kitchen counter, then refrigerate in a plastic bag. Bring to room temperature before eating for full flavor.

BLUEBERRIES

Select: Blueberries should be purchased ripe since they do not ripen after being picked. Avoid soft or moldy blueberries. Stained or leaking containers can be an indication that the berries are past their prime. Store: Keep unwashed berries refrigerated and in a sturdy container covered with plastic wrap. Wash when ready to eat. Best if used within a week.

RASPBERRIES

Select: Look for raspberries that are brightly colored, taut, and somewhat shiny, with no mold or moisture. Check the bottom of the basket for any leakage or wetness. Store: Raspberries are highly perishable and should be eaten as soon as possible. If you must store them, remove any rotting or moldy fruit, place them in a shallow pan in a single layer, and place in the refrigerator, unwashed. Wash when ready to prepare and eat.

STRAWBERRIES

Select: Choose strawberries that are firm, plump, deeply red, and shiny with green caps still attached. Unripe berries do not ripen further once they are harvested. Store: Store fresh berries in the refrigerator, unwashed, in a colander allowing for air circulation which slows down mold. Do not cover.
**VEGETABLES**

**CORN**

**Select:** Fully ripe corn has bright green, moist husks. The silk should be stiff, dark, and moist. You should be able to feel individual kernels by pressing gently against the husk.

**Store:** Corn loses about 25% of its sugar within 24 hours of being picked, so corn should be cooked and served the day it is purchased at the market for maximum flavor. If you need to store, place in the refrigerator.

**CACTUS PADS**

(NOPALES, NOPALITOS)

**Select:** Choose cactus pads that are hand-sized or smaller. Thinner pads will be more tender and less stringy. Look for cactus pads that are firm and pale to medium green. Avoid any that look dry, limp, soggy, or wrinkled. Cultivated nopales have a prickless pad, while wild nopales will have spines that must be removed before eating. Wear heavy gloves - spines can be very sharp! **Store:** Refrigerate in a tightly-wrapped plastic bag. Cactus pads are best if eaten within a few days.

**CUCUMBERS**

**Select:** Cucumbers should be firm and rounded at the ends, with a bright medium to dark green color. Avoid those that are wrinkled or soft. **Store:** Store in the refrigerator in tightly wrapped plastic for up to 10 days. Avoid storing in a fridge colder than 40°F, as cold temperatures can make them soggy.

**EGGPLANT**

**Select:** Bitterness in eggplant comes from being over-mature, so be sure to choose eggplant that is firm to hard. The end leaves (calyx) should be fresh and green, not dried out. **Store:** Keep in the vegetable drawer of your refrigerator and use within a few days. Eggplant gets bitter if stored too long.

**GREEN BEANS**

**Select:** Look for green beans with a bright green color. Make sure beans are plump and firm, with a velvety feel & free from any sign of decay. Better to purchase them loose, rather than packaged. **Store:** In a perforated plastic bag in crisper bin up to 5 days.

**OKRA**

**Select:** Choose pods that are about 3 inches long. Small pods yield the best flavor. When mature they can become tough and stringy. **Store:** Refrigerate in a plastic bag. Do not wash until ready to prepare.

**PEPPERS**

(BELL, HOT, THAI)

**Select:** Look for peppers that are firm, deeply colored, and glossy. Be wary of wrinkled or soft skins. **Store:** Store in the refrigerator crisper and try to use within a few days.

**PURSLANE (VERDOLAGAS)**

**Select:** Look for purslane with plump, green leaves and stems. Avoid bunches with shriveled or yellowed leaves. **Store:** Refrigerate in a plastic bag and use within a few days. Do not wash until ready to prepare.
SUMMER SQUASH
(SEEDLESS, SEEDED)
Select: Make sure squash is firm, heavy, and crisp with no mushy spots or cuts to the skin. Select with bright glossy skin and no discoloration. Smaller squash are more tender. Store: Summer squash should be kept cool but not cold, about 40°F to 50°F with good humidity. Store uncut in plastic bags for several days but no more. Be careful not to nick the tender skin.

TOMATOES
(ROMA, CHERRY, HEIRLOOM)
Select: Tomatoes should smell like tomatoes! They should have firm smooth skin and be heavy for their size. Color should be bright. Store: Tomatoes should never be refrigerated. Place on the counter away from the sun and use within a few days for maximum flavor. If you must refrigerate, set out to achieve room temperature before serving.

TOMATILLOS
Select: Peel back the husk and examine the fruit. Look for tomatillos with firm, bright green flesh and tacky, slightly moist husks. Pale yellow or light green tomatillos are overripe, which means they will have a sweeter flavor. Toss back tomatillos with dried out, shriveled, or bruised flesh. If husks are dry and yellow, they’re probably past their prime. Store: Store tomatillos on the counter or a hanging basket. Don’t keep them in plastic - tomatillos need a lot of breathing room, and will grow mold easily in airtight containers. Leave the husks intact until you plan to eat them.

DID YOU KNOW? Whether you shop at a farmers’ market or grocery store, eating local and seasonal produce can help you eat a wider variety of foods. This is because many fruits and vegetables aren’t grown in the SF Bay Area year-round. Eating a wide variety of foods helps ensure you will get all the vitamins and minerals you need.
FRUITS

BLACKBERRIES

Select: Choose firm berries free of mold. Store: Do not wash berries before storing as it will lead to mold. If any berries show signs of decay, throw them out because they can hasten rot in the rest of your berries. Cover container loosely with plastic wrap or a clean towel, to keep the berries from drying out. Wash when ready to use. Eat as soon as possible!

CHERRIES

Select: Look for cherries that have firm and glossy skin. There should be no blemishes or spots, and the fruit should feel firm. Bright green stems are a good indicator of the cherry’s freshness. Store: Store unwashed in a sealed container in the coldest part of the refrigerator. If any cherries are bruised or show signs of decay, throw them out because it will affect the rest of your cherries.

PASSIONFRUIT

Select: Look for passiofruit that are wrinkled, dark purple and heavy for their size. Wrinkled skin is a sign the fruit is ripe. Unripe fruit will ripen at room temperature within 3 to 5 days. Store: Refrigerate ripe passionfruit in a plastic or paper bag for up to 2 days. To ripen, store uncovered at room temperature, out of direct sunlight, until the fruit skin darkens and wrinkles.

MELONS

(CANARY, CANTELOUPE, CASABA, HONEYDEW, WATERMELON)

Select: Melons should be fragrant and feel heavy for their size. Choose those with no bruises or blemishes. Stem end should yield slightly to pressure. Avoid overly soft melons. Store: Sugar content does not increase once picked. Leave melons on the counter to ripen and refrigerate for longer keeping, up to three days.

STONE FRUIT

(APRIUMS, NECTARINES, PEACHES, PLUMS, PLUOTS)

Select: Choose stonefruit that are firm but not hard, with no soft spots. Store: If slightly under-ripe, leave fruit on the counter for a day or two and then refrigerate. Bring to room temperature before eating.
VEGETABLES

BRUSSELS SPROUTS

**Select:** Choose tight compact sprouts with no signs of aging or yellowing. Small to medium sprouts are more tender than the larger ones.

**Store:** Refrigerate. Do not wash until ready to use.

PUMPKINS

**Select:** Though of the same family as winter squash, we tend to think of them differently. Both pie pumpkins and ‘jack o’ lantern’ pumpkins should not have soft mushy spots. Look for deep colored rind and hard stems. Minor surface blemishes do not matter.

**Store:** Place in a cool dry place.

SWEET POTATOES

**Select:** Look for sweet potatoes that are firm to the touch and show no signs of decay. For even cooking, choose sweet potatoes with a uniform shape.

**Store:** Keep in a paper bag in a dark cool place. Be sure to store away from onions, which release a gas that causes sweet potatoes to spoil.

WINTER SQUASH

(ACORN, BUTTERNUT, KABOCHA, SPAGHETTI)

**Select:** Look for winter squash with deep, saturated colors and no soft spots, bruises, or cracks. The stem should be hard as well.

**Store:** Keep in a cool, dry pantry, or store on the kitchen counter.

FRUIT

APPLES

(ALL VARIETIES)

**Select:** Press lightly to make sure they are firm. Color should be bright, relatively even and clear, whatever variety. Choose apples with unblemished skin, no holes and a firm stem end. They should have a fresh, nutty, musty smell.

**Store:** Store in a cool, dry, dark place, ideally in the refrigerator crisper bin.

FIGS

(TURKEY, CALIMYRNA, MISSION)

**Select:** Figs are fragile and because they don’t continue to ripen after harvest, choose soft ripe figs.

**Store:** Eat them within a day or two of purchase. Keep at room temperature, as refrigeration detracts from their flavor. Try storing in an empty egg crate for extra protection when ripe.

GRAPES

(SEEDLESS, SEEDED)

**Select:** Choose plump, firm grapes that are firmly attached to the stem. Avoid mold, wrinkling, and softness.

**Store:** Store grapes in a plastic bag in the refrigerator for up to one week. Wash grapes right before using. They may also be frozen, separated from their stems and stored loosely in a baggie.

Eat with the seasons for the best flavor and nutrition.
JUJUBES
(RED DATES, CHINESE DATES)
Select: Look for jujubes that are at least half brown, with firm and smooth skin. Underripe jujubes are green, becoming mottled brown as they ripen. Once jujubes turn brownish-red, they taste less crisp but are still good to eat. Store: Store at room temperature, and eat within a few days.

PEARS
(ALL VARIETIES)
Select: Pears are among the few fruits that improve after they’re picked as long as they are picked fully mature, but not ripe. The stems should be intact. Store: Leave them out at room temperature and they will ripen in a few days. Once ripe, they will not last more than a few days, even when refrigerated.

PERSIMMONS
(FUYU, HACHIYA)
Select: Choose those with deep saturated colors. Some experts claim black streaks on Hachiyas indicates a very sweet persimmon. Store: Both varieties should be stored at room temperature. When ripe, hachiyas will be very soft and should be used within a few days. Fujius are crisp and crunchy like an apple, can be consumed immediately or can last 2 to 3 weeks at room temperature. They will soften a bit but will always be hard when ripe.

POMEGRANATES
Select: Choose those that are heavy for their size - they are the juiciest! The skin color can range from medium to deep red with a fresh leather-like appearance. Surface scratches and bruises don’t affect the quality of the fruit. Store: Pomegranates will last three to four weeks when refrigerated, and up to a week on the kitchen counter.

PRICKLY PEAR
(CACTUS FRUIT)
Select: Look for small, smooth, unblemished prickly pears with shiny skin. The fruit will yield to gentle pressure when ripe. Avoid fruit with mold or broken skin. Store: Refrigerate ripe prickly pears in a plastic bag for 2-3 days. Unripe prickly pears will ripen at room temperature in a few days.
VEGETABLES

PARSNIPS
Select: Choose well-shaped young roots. Small to medium parsnips tend to be sweeter. Avoid limp or spotted skins. Store: Wrap parsnips in a damp paper towel and store in the refrigerator.

RUTABAGA
Select: Choose those that are firm, solid, and heavy for their size. Skin should be free of major damage but rigid scars around the top but rigid scars around the top are normal. Smaller rutabaga are generally sweeter and milder. Store: Store in the refrigerator or a cool, dark pantry. Smaller rutabaga are generally sweeter and milder.

SUNCHOKES
Select: Pick sunchokes that are small, firm, and fresh-looking. Avoid if soft, wrinkled, greenish in color, or if beggining to sprout. Handle with care, as they bruise easily. Store: Store in a cool, dry, and well-ventilated area away from light. They may also be stored in the refrigerator vegetable bin if wrapped in paper towels to absorb the humidity. Eat within 4-5 days.

TARO ROOT
Select: Choose firm roots free of soft spots, mold, or blemishes. Avoid roots with sticky seepage or wrinkled skin. Store: Store in a cool, dark pantry, or a paper bag on the kitchen counter. Use within a few days.

TURNIPS
Select: Look for smaller turnips with unblemished skin, firm and heavy for their size. Larger ones tend to be woody and fibrous. The turnip greens are edible and very delicious. Store: Turnips should be stored in a cool, dry place, up to a week.
FRUITS

CITRUS
(LEMONS, GRAPEFRUIT, MANDARINS, ORANGES, POMELLOS, TANGERINES)

Select: Most citrus should be heavy for its size, firm, and springy to the touch (indication of juicier fruit). Watch out for soft spots, mold, or greenish skin. The old wives’ tale about smaller fruit being sweeter is true. Store: Store at room temperature for short storage and refrigerate for long-term storage, up to a week or two. Peeled citrus sections can be stored in a covered non-reactive glass bowl for only a few days. Use as soon as possible.

GUAVA
(APPLE GUAVA, PINEAPPLE GUAVA)

Select: Underripe guavas will have bright green skin. As they ripen, guavas will change to slightly yellow or pink, depending on cultivar. Ripe guavas will have a sweet, musky scent and will give slightly when squeezed. Store: Guavas will continue to ripen at room temperature. For faster ripening, place underripe guavas in a paper bag with a banana or apple. Ripe guavas can be stored in the refrigerator for 2-3 days.

KIWIFRUIT

Select: Choose those that are unblemished and firm, but not hard. Flesh should yield to gentle pressure, similar to that of a ripe peach. Avoid shriveled fruit or those with soft spots. Store: Store in the refrigerator for no longer than one or two weeks.

KUMQUATS

Select: They should be deeply colored and firm. Do not purchase any that are soft or moldy. Store: Keep at room temperature for short time storage and refrigerate for long-term storage.

DID YOU KNOW? The fresher the produce, the more flavor and nutritional value it has! Farmers’ markets are the best place to find the freshest produce, because they allow farmers to sell fresh-picked produce direct to the public, often within 24 hours of harvest.
VEGETABLES

ASIAN GREENS

Select: There is a wide selection of Asian greens available year-round, from bok choy, mustard greens, and Asian herbs, to Chinese cabbage, pea shoots, yam leaves, and mizuna. They should all be purchased with fresh crisp leaves, no wilting or yellowing, or mold. Store: Store in the refrigerator wrapped in a damp paper towel.

BEETS

(RED, GOLDEN, CHIOGGIA)

Select: Skin should be smooth, unbruised, and unwrinkled. Smaller beets are a bit sweeter than larger ones. If their tops are still attached they should not be wilted - pick beets with the tops attached because they're very tasty! Store: Refrigerate in the crisper bin. Cut leafy tops off, leaving about 1” attached.

BOK CHOY

Select: Choose bok choy with fresh green leaves in bunches that are heavy for their size. They should have bright white bulb ends that are crisp and not spongy. Store: Place in a damp paper towel in the refrigerator crisper bin.

BROCCOLI

Select: The florets should be a darker green than the stalk, have no yellowing and be compact and tight. There should be no flowering. Store: Refrigerate in a plastic bag. Do not wash until ready to prepare and eat.

CABBAGE

Select: Choose cabbages, both red and green, that have no wilted or yellowing leaves or blemishes. They should have a compact tight head, with well-defined veins in the leaves. They should feel heavy for their size. Store: Store in the refrigerator and do not wash until ready to eat.

CARROTS

Select: Look for smooth skin and a hearty color. They should be firm and hard. Select those with the tops still attached because they tend to keep better and taste fresher. Green tops should be fresh and bright green. Store: Refrigerate in the crisper bin. Cut leafy tops off, leaving about 1” attached.

CAULIFLOWER

Select: Heads should be firm and tight. White varieties should be very pale with no “sunburned” spots. Reject any heads that show signs of softness which is the start of spoilage. Store: Refrigerate in the crisper bin.

CELERAIC (CELERY ROOT)

Select: Pick roots that have few ridges and the smoothest skin (easier to peel!) and are firm. Store: The root should be wrapped in plastic and stored in the refrigerator for up to five to seven days.

CHARD

Select: Look for crisp stalks and firm, crinkly green leaves without spots or holes. Color should be bright. Store: Place in a plastic bag and wrap tightly, squeezing the air out. Do not wash until ready to prepare and eat.
COLLARD GREENS

Select: Collards should have crisp stalks and firm crinkled leaves without blemishes. The smaller leaves are best.
Store: Place in a plastic bag and wrap tightly, squeezing the air out. Do not wash until ready to prepare.

ENDIVE

Select: Choose heads that are crisp and bright green with no wilting. If choosing Belgian endive, select heads with pale green tips. Store: Belgian endive becomes bitter when exposed to light so store in the refrigerator as soon as possible. Store curly endive and escarole tightly wrapped in the refrigerator for up to three days.

FENNEL

Select: Fennel should have bulbs that are clean, firm and solid, without signs of splitting, bruising or spotting. The stalks should be straight and closely superimposed around the bulb. Both the stalks and the leaves should be green in color. There should be no signs of flowering buds as this indicates that the vegetable is past maturity. Fresh fennel should have a fragrant aroma, smelling subtly of licorice or anise. Store: Place in a plastic bag in the refrigerator so that it won’t absorb smells from other foods.

GARLIC

Select: Look for large, clean, firm bulbs with unbroken and dry papery skins. Remove any green shoots because they give a bitter taste that persists when garlic is cooked. Store: Store in a cool dry place away from sunlight.

GINGER ROOT

Select: Look for smooth skin with a fresh, spicy fragrance. Tubers should be firm and feel heavy. Avoid those with wrinkled flesh. Store: Wrap in a towel and place in a sealed plastic bag. Put in the refrigerator to keep fresh.

HERBS

(CILANTRO, CHIVES, PARSLEY, ETC)

Select: Herbs should look tender and well-hydrated. They should have strong herb aromas. Store: Rinse fresh herbs well and dry on a paper towel. Wrap loosely in another dry paper towel and place in a zippered bag. Store in the crisper bin of your refrigerator.

JICAMA

Select: Purchase tubers that are firm and unblemished with a slightly silky sheen. Store: Jicama can be stored for up to 2 weeks in a plastic bag in the refrigerator.

KALE

Select: Look for leaves that are thick, fleshy, and crisp. Leaves should be dark bright green. Store: Tightly wrap in a

Look for beets with their greens still attached. Not only are these delicious, it’s like getting two vegetables for the price of one!
plastic bag with the air squeezed out and place in refrigerator crisper bin. Do not wash until ready to use.

LEeks

Select: Look for long, white, unwrinkled stalks with bright green stalks. Avoid leeks that are too large in diameter. The green tops should not be limp or yellowed. Store: Leeks will exude an aroma that can be absorbed by other things in the refrigerator so store tightly wrapped. Do not trim or wash before storing.

LETTUCE

(ROMAINE, BUTTER, RED, GREEN)

Select: Pick lettuce heads or bunches that are heavy for their size and have nice crisp colorful leaves. Store: Romaine and leaf lettuce should be washed and dried before storing in the refrigerator. Boston lettuce need not be washed before storing. Iceburg lettuce should be stored in a perforated plastic bag with paper towels inside. Remove the hard center core before storing.

MUSHROOMS

Select: Mushrooms should be firm, meaty and dry, not withered. Smell should be pleasant and earthy. Avoid mushrooms that feel slimy. Store: Place in refrigerator crisper drawer where they can benefit from cool air circulation. Keep partially covered to prevent them from drying out. Paper bags are a good storage alternative, but use soon or they’ll dry out.

MUSTARD GREENS

Select: Look for a green color with leaves that don’t show any yellowing or withering, decay or mold. Mustard greens should have stems that look freshly cut that aren’t thick, dried out, browned, or split. Store: Remove any bands or ties that hold bunches together. Gently wrap unwashed mustard greens in paper towels and store loosely in plastic bags. Keep in the crisper bin of the refrigerator.

RADISHES

Select: Choose firm, unblemished radishes with no signs of mold. Avoid those that feel at all spongy. If greens are attached they should be fresh and brightly colored. Store: Store in the refrigerator crisper bin, tops removed.

ONIONS

Select: Choose onions that are clean, well-shaped, and have no opening at the neck. They should have crisp and dry outer skins. Avoid those that are sprouting or have signs of mold. Onions of inferior quality often have soft spots, moisture at the neck and dark patches, which may indicate they are decaying. Store: Keep in a cool, dark, and dry location.
POTATOES
Select: Potatoes should be heavy for their size, firm, and without any decayed or moldy areas. Watch for too much sprouting at the eyes. Store: Find a cool, dark place to store potatoes, away from onions (they release a gas). They should be okay for a week or so. Discard if they become moldy or soft.

SCALLIONS (GREEN ONIONS)
Select: Scallions should have bright green tops and firm white bases. Avoid those with wet limp tops. Store: Remove any rubber bands holding bunches together and any damaged leaves. Wrap in a plastic bag and store in the crisper of the refrigerator. Store away from other odor-sensitive foods such as mushrooms.

SPINACH
Select: Look for dark green color, unbroken leaves, and no yellowing or wilting. Store: Place in a plastic bag with the air squeezed out and place in the refrigerator. Do not wash until ready to use.

FRUIT & NUTS
Note: Dried fruits such as raisins, apples, cherries, and apricots are found throughout the year. Other fruits are seasonal, though you’ll see greenhouse-grown strawberries during the winter.

DRIED FRUIT
Select: Purchase dried fruit that is free of mold. Store: Store at room temperature. Do not place in direct sunlight or near any heat source. Make sure storage container is tightly sealed.

ALMONDS
Select: Choose dry firm nuts, heavy for their size. Store: Keep in an airtight container or sealed plastic bag with the air squeezed out. Place in a dry, dark area or refrigerator and use within three months. Check with your farmer about pasteurization.

WALNUTS
Select: When purchasing walnuts in the shell, select those that are heavy for their size. Shells should not be cracked or pierced. Store: Store in an airtight container or sealed plastic bag with the air squeezed out. Place in a dry, dark area or refrigerator and use within three months.

To prevent soggy spinach, don’t wash until you’re ready to use.

Take time to select & prepare market-fresh ingredients for the best flavor.
FIND A FARMERS’ MARKET NEAR YOU:
FMFINDER.ORG