

Urban Graze	Storage & Prep Tips	August 17, 2017	Week Nine
<i>For more recipes click here:</i> Recipe Library	Storage	Prep	Info, Tips, Quick Use Ideas
Basil <i>For more info click here:</i> About Basil	Trim stems and place in glass/jar with 1/2" - 1" water. Tightly seal by placing a plastic bag over the top, and putting a rubber band around the glass. Don't refrigerate! Keep on the kitchen counter— in a dark, cool corner. Good for 3-4 days. Change water if cloudy.	To make basil chiffonade ribbons: stack basil leaves with curling edges facing upwards. Roll them up like a cigar. Hold the roll tightly, and using a sharp knife or scissors, slice the leaves across into thin, evenly-sized ribbons.	Tips on freezing basil: About Basil
Brussels Sprouts <i>Click links below for more info:</i> About Brussels Sprouts Brussels Sprouts Recipes	Store in a plastic bag. They'll keep for about a week, but lose sweetness as they age.	Trim the bottom core base of each sprout. Cook whole or halved.	Delicious in salads when shaved or thin-sliced. Very tasty when roasted.
Green Beans <i>For more info click below:</i> About Green Beans Green Beans Recipes	Store unwashed, untrimmed beans inside a plastic bag in the refrigerator. Should keep about 5-7 days.	Trim ends, leave whole or chop as desired. Don't over cook! Leave raw, or cook just until crisp-tender.	Freezing instructions: About Green Beans
Carrots <i>Click links below for more info:</i> About Carrots Carrot Recipes	<p>Tops Remove tops from the carrots; the greens draw moisture from the carrots. Store unwashed in fridge, wrapped in a paper or cloth towel inside a loose plastic bag.</p> <p>Roots Wrap unwashed, dry carrots in a dry paper or cloth towel and store inside a loose plastic bag in the refrigerator. Change towel if it gets damp from condensation. Moisture causes spoilage. Carrots keep for several weeks, but eat within 1-2 weeks for best flavor and nutrition.</p>	When preparing these farm fresh, organic carrots, scrub really well, and eat without peeling if you wish. If you do peel, save the shavings in a ziplock freezer bag for soup stock.	Use tops in place of parsley in your recipes. Makes great pesto. Carrots will begin to go limp once exposed to air. Store away from fruit like apples and pears in order to keep them sweet.
Cauliflower <i>For more info click below:</i> About Cauliflower Cauliflower Recipes	Loosely wrap cauliflower with a dry cloth or paper towel and keep in an open plastic in the refrigerator, stem side down. Heads will often last up to 2 weeks, but less time once broken into florets. Don't wash until ready to use— moisture causes deterioration.	Remove bottom stem base by cutting the head in half first. Cut out stem in a triangle wedge section on each side.	Short stems and leaves are edible and delicious, so chop and add to salads and cooked dishes. Cauliflower is amazingly sweet and delicious when roasted. Florets will take about 15-20 minutes at 375.
Corn <i>Click links below for more info:</i> About Sweet Corn Sweet Corn Recipes	Leaving husks on, refrigerate the ears in a plastic bag. Eat the first day if possible for best quality, but it will keep 2-3 days. The high sugar content of corn begins to convert to starch as soon as it's been picked.	Cooking instructions: Corn on the Cob	Corn freezes very well— instructions: About Sweet Corn With organic corn, there's the possibility you'll find an occasional worm. Take heart, it proves the corn has not been sprayed with chemicals! If you spot any degradation on the tip of the ear, cut it off before shucking.
Cucumbers <i>For more info click below:</i> About Cucumbers Cucumber Recipes	Because cucumbers have a very high water content, they're best eaten within a couple of days. Do not store near fruit or tomatoes. Wrap tightly in plastic and refrigerate.	Try large chopping or ribbon cutting for a change of pace. Is delicious braised, or enjoy in a cool summer soup. Peel is edible, but you may prefer to remove it.	Add slices to water for a refreshing drink.
Green Curly Kale <i>For more info click here:</i> About Kale Kale Recipes	Remove ties and rubber bands. Wrap unwashed kale in a paper or dish towel and store in the refrigerator in a loose plastic bag for 5-7 days. Keep dry; moisture will cause it to spoil.	To easily remove leaves from stems: hold stalk in one hand, push leaves off stem with other hand.	To freeze: Wash leaves, then dry thoroughly. Place in ziplock freezer bag; squish flat so all air is out, and so bag lays flat in the freezer. Will keep about 9 mos.
Red Onions <i>For more info click here:</i> About Onions	Store loosely in a cool, dry, dark place (not in plastic). Keep away from potatoes. Once cut, place in a glass jar, plastic storage container or bag, and keep in warmest place of your fridge for a short time.	If you don't have a mandolin, you can still achieve super thin slices: cut onion in half and "shave" the face (like you would a beef roast). Cut slivers into desired lengths.	Red onions are sweet and mild; add fantastic color to salads and cooked dishes.
Peppers About Peppers Pepper Recipes	If using in 1-2 days, you can store on the counter. Otherwise, keep unwashed peppers in the refrigerator, in a loose plastic bag along with a slightly damp paper or cloth towel. Once cut, use asap. Green peppers will last a little longer than red, orange, purple, or yellow ones.	Make two straight horizontal cuts— one just below the stem, and another at the bottom. Vertically slice one side of the pepper, and open to remove seeds and any excess pith. Lay pepper flat to cut.	Recent studies show that the fat-soluble carotenoids and high vitamin C content will actually <i>improve</i> in peppers for the first few days after harvesting!
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Potatoes, Small Red, Fingerling, Yukon Gold, White <i>For more info click below:</i> About Potatoes Potato Recipes	<p>Keep away from any sunlight- in a cool, dry, dark place with good ventilation. Inside a cupboard or a paper bag are good options. Don't refrigerate or store in plastic. They need to breathe and stay dry. Segregate from onions.</p> <p>Small "new" potatoes are more perishable than larger, russet-types. Use within 2 weeks.</p>	<p>To prep for a salad, try steaming. Chop to the size you want, add to steam basket, and place over boiling water (cover pan). Watch cooking time— it will vary depending on your chop size. Cook <i>just</i> until firm-tender. This step can be done ahead; refrigerate until ready to use (within a day or two).</p>	<p>No need to peel— lots of nutrition in the skin!</p>
Heirloom Tomatoes <i>For more info click below:</i> About Tomatoes Heirloom Tomato Recipes	<p>Heirlooms are VERY fragile tomatoes. For best quality, eat fairly quickly— within a couple of days if possible. Keep dry and well ventilated— a good place is on the countertop, away from sunlight and other heat sources— e.g. don't put them on the cupboard over the dishwasher. Don't store in plastic or in the refrigerator— except after you've cut into it, then wrap and store in refrigerator for no more than 2 days. With the exception of very small/cherry types, <u>don't stack</u>— prevents bruising and rot.</p>	<p>No need to peel, though some prefer to peel before cooking. To remove peel, blanch by dunking in boiling water— using a sieve or slotted spoon- for 20-30 seconds, (depending on size), until they split. Immediately place in a bowl of ice water, cool slightly, then remove peel.</p>	<p>Heirloom tomatoes are legendary for their amazing flavor. They're multi-colored and imperfect. If you get a black, green, yellow, pink, orange, or tie-dyed looking tomato, that's the way they should be— don't wait for them to turn red!</p>