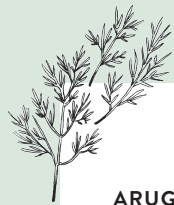


# Ruffage: A Practical Guide to Vegetables by Abra Berens



PRODUCE	STORAGE
<b>ARUGULA, ASIAN GREENS</b>	Store in a closed plastic bag in the refrigerator. Dry the greens immediately after washing and avoid excess water in the storage bag because it facilitates rot. To perk up wilted greens, soak in cool water for 20 minutes and then dry thoroughly.
<b>BEANS, GREEN</b>	Store in a paper bag in a closed plastic bag. The plastic bag keeps the beans moist while the paper bag wicks away any excess water. Snip the stems from the beans just before cooking to keep the tips from drying out unnecessarily.
<b>BEETS</b>	Beet greens should be cut from the root and stored in a plastic bag in the fridge as you would kale or chard. The leaves will pull moisture from the root causing the root to soften if stored together for an extended period of time. If the greens get wilted, soak in cool water for 20 minutes until they perk back up. The stems are also edible and can be sliced thinly and added to a stirfry or frittata.
<b>BERRIES</b>	Don't store berries; eat them. Until you are able to eat them, keep berries in a cool darkish place but not in the fridge. Chilling berries will lessen their flavor. If you must store them, freeze them for later. Alternatively store them in a bowl in the center of the table to encourage eating quickly.
<b>BROCCOLI, CAULIFLOWER, ROMANESCO</b>	Store in a plastic bag in the fridge avoiding any excess moisture in the bag. Will keep for about a week. Avoid using (or simply cut away) any yellowing or squishy parts. The leaves can be used like kale or kohlrabi leaves. If any part gets wilted, soak in cool water for 20 minutes to perk back up.
<b>CABBAGE</b>	Of all the greens, cabbage stores the best. Store in the fridge in a plastic bag to protect the outer leaves. Peel away any wilted or bruised leaves before eating. I have not had luck perking them up in cool water.
<b>CARROTS</b>	Carrots store well as root crops after the leaves are removed. The leaves respire more quickly and will draw moisture away from the root if left intact. After removing the leaves, store the roots in the fridge in a plastic bag to prevent withering.
<b>CHARD</b>	Chard is a hearty green and will last in the fridge for up to 2 weeks. Store in a plastic bag in the fridge or in a jar of water like you would a bouquet of flowers. The stems are edible and can be used like celery. For ease, consider stripping and cutting the leaves and stems after receiving for ease of later use. These generally last longer than lettuce so use later in the week.
<b>COLLARDS</b>	Collards are a hearty green and will last in the fridge for up to 2 weeks. Store in a plastic bag in the fridge or in a jar of water like you would a bouquet of flowers. For ease, consider stripping and cutting the leaves and stems after receiving for ease of later use. These generally last longer than lettuce so use later in the week. The leaves can also be left whole and used for wraps.
<b>CORN</b>	Sweet corn stores best at room temperature out of extreme light or heat. Leave the ears in their husks which will keep the kernels protected and moist. Use within a week.
<b>CUCUMBER</b>	Cucumbers store best at room temperature out of light and heat. There is also a natural waxy barrier on the skin of the cucumber, which helps keep the moisture from evaporating. Wash the cucumbers just before using.
<b>EGGPLANT</b>	Eggplants store best at room temperature kept out of extreme light or heat.
<b>ENDIVE</b>	Endive is heartier than lettuce but more fragile than kale or chard. Store in refrigeration in a plastic bag to prevent wilting. If the greens wilt, soak in cool water for 20 minutes to perk back up. After washing be sure to dry thoroughly; excess moisture during storage will facilitate browning and rot.
<b>FENNEL</b>	Fennel should be stored in refrigeration. The stalks don't cause evaporation as quickly as leaves on roots, but can be ungainly to store in a fridge. It is normal for cuts to brown quickly. It is not a sign of rot. If the fennel is wilted, soak in cool water for 20 minutes to perk up.
<b>GARLIC &amp; GARLIC SCAPES</b>	Store garlic scapes in a plastic bag in the fridge. Cut away and discard any parts that are super wrinkly, yellowing, or wilted. Store garlic heads at room temperature out of direct heat or sunlight. Avoid storing in the fridge which will encourage the garlic to sprout.
<b>GROUND CHERRY</b>	Store either at room temperature or in the fridge. Store in their husks to keep the moisture in the berries. If eating raw, remove from the fridge and allow to come to room temperature before eating. Discard any berries that are blackened or super soft.
<b>HERBS</b>	Store in plastic in the fridge or in a vase of water on the kitchen counter. If wilted, soak in cool water to revive. The exception is basil, which can be stored at room temperature above 50 degrees, either in vented plastic or like flowers in a jar of water.
<b>KALE</b>	Store in plastic in the fridge to keep the leaves from getting wilted. These leaves will last longer than more tender greens. They also hold up well after being cut. Feel free to strip, wash, cut, and store for ease of use later in the week. If the greens get wilted, either soak to revive or sauté because they will be wilted there anyway.
<b>KOHLRABI</b>	Store in the fridge in plastic to keep crisp. Discard any kohlrabi that is yellowing or soft. The greens can be treated like kale or collards. If storing for more than a couple of days, remove the greens from the kohlrabi and store separately.



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LEEKS	Store in the fridge in a plastic bag. To clean cut the leeks, including as much green as you like, and soak in cool water that is deep enough to allow the leeks to float. The dirt will fall to the bottom, agitate and drain.
LETTUCE	Keep your lettuce greens dry to help keep them for as long as possible. Wash the greens quickly after receiving and dry thoroughly. Store in the fridge in a plastic bag to keep the moisture in the cells. If the greens get wilted, soak in cool water to revive and then dry fully.
MELON	Cantaloupe— store at room temperature out of direct heat or light and eat as soon as the melons are rich and fragrant. Watermelon— store at room temperature out of direct heat or light.
MUSTARD GREENS	Store greens in the fridge and keep as dry as possible. These greens tend to last slightly longer than salad greens but not as long as adult kale or chard. If they are particularly spicy, pair with fat like olive oil or cheese. They also blend well into a salsa verde or pesto for a spicy relish.
ONION	All onions can be stored at room temperature out of direct heat or light. Sweet onions don't store as well so use them within 4 weeks of buying. Storage onions can store for months on end. Keep them as close to 40 degrees as possible and avoid temperature swings. Once an onion is cold and then it gets warmer it mimics the spring thaw and encourages the onion to sprout.
RADICCHIO	Radicchio, like endive, is heartier than lettuce but more fragile than kale or chard. Store in refrigeration in a plastic bag to prevent wilting. If the greens wilt soak in cool water for 20 minutes to perk back up. After washing be sure to dry thoroughly; excess moisture during storage will facilitate browning and rot. The leaves will brown after being cut, just trim that away.
SCALLIONS	Store scallions in the fridge to keep their greens as crisp as possible. Peel off any outside leaves that are yellowing or slimy. If the scallions are particularly sharp, soak the cut scallions in cool water to dilute the flavor.
PEAS	Peas are best when eaten as quickly after harvesting as possible. If you must store them, store in the fridge in a plastic bag or blanch them quickly, allow to dry and then freeze.
PEPPERS	Peppers can be stored at room temperature. Cut away any wrinkly or soft bits before eating.
POTATOES	Store potatoes in a cool, dark place as close to 40 degrees as possible. Avoid swings in temperature because warming mimics spring and will encourage the potato to sprout. Excess light causes greening in the potato skin, which is mildly toxic. If greening occurs, simply peel away with a vegetable peeler.
SPINACH	Keep your spinach greens dry to help keep them for as long as possible. Spinach tends to be particularly dirty because it is grown in the cooler months when there is more rain and it grows lower to the ground and so dirt gets splashed up easily. Wash the greens quickly after receiving and dry thoroughly. Store in the fridge in a plastic bag to keep the moisture in the cells. If the leaves get wilted, soak in cool water to revive and then dry fully.
SUMMER SQUASH, ZUCCHINI	Store at room temperature out of direct light or heat. Cut away any wrinkly or spongy parts. Avoid storing in the fridge or the cells will start to break down causing pitting.
WINTER SQUASH, PUMPKIN	Store in a cool, dark place for months on end. Use winter squash with cuts, bruises, or missing stems first because they won't store as well. As the squash ages it loses moisture and the flesh will get drier.
RADISH	Store radishes in the fridge in plastic. Alternatively, store the radishes, cut or whole, in water in the fridge. This wicks away some of the peppery bite and keeps the flesh crisp. The greens are edible and should be removed from the radishes before storing. Use them as you would mustard greens.
RUTABAGA	Store rutabaga in a cool, dark place as you would a potato. The longer they are stored the spongier the texture of the root. If eating raw, soak the cut rutabaga in cool water for 20 minutes before eating to crisp.
TOMATILLO	Store at room temperature out of direct light or heat. Remove the paper husks just before preparing to keep the bulb as moist as possible.
TOMATO	Store at room temperature out of direct light or heat. Storing tomatoes in the fridge kills the flavor. Use tomatoes with any blemishes first as they will cause the tomato to ripen and rot sooner.
TURNIP	Store turnips in the fridge in plastic. Alternatively, store the turnips, cut or whole, in water in the fridge. This wicks away some of the peppery bite and keeps the flesh crisp. The greens are edible and should be removed from the turnips before storing. Use them as you would mustard greens.

