

# Sunlit Fields

## Vegetable Care and Storage Tips

Your vegetables are rinsed and properly handled post-harvest, but you should always rinse your vegetables before consumption.

### **Leafy Greens** (Lettuce, Kale, Arugula, Spinach, & Swiss Chard)

Keep in the provided produce bag in the refrigerator.

**Before use:** Fill your sink with 2 inches of water (warm or cold), then add your greens to rinse. Use a salad spinner or strainer to rid the excess water.

### **Roots** (Radish, Turnip, Carrot, & Beet)

Remove greens and store in a plastic bag in crisper.

**Before use:** Peel the skins (optional)

### **Brassicas** (Cabbage, Broccoli, Cauliflower, Kohlrabi)

Store in a crisper or plastic bag.

**Before use:** Soak in the sink (5-10 mins) to rid of any lingering butterfly moths.

### **Legumes** (Bean/Pea)

Store in a plastic bag.

### **Cucurbits** (Cucumber, Zucchini, Melon, Winter Squash)

Cucumber and Zucchini – store in a plastic bag. Skins are sensitive to abrasions.

Other melons and squash – store in the pantry or counter top until cut into.

**Nightshade** (Tomato, Pepper, Eggplant, Potato)

Pepper/Eggplant – store in crisper

Potato/Tomato – store in the pantry or countertop

**Herbs** (Basil, Dill, Cilantro, Parsley, Thyme, Sage, Oregano, Fennel, and others)

To keep fresh, store in a plastic bag in crisper.

**Green Onion & Green Garlic**

Store in a plastic bag.

**Bulbs** (Onion, Garlic)

Store in pantry or counter top

**About Organic**

Insects are inevitable in a Certified Organic production. We do not use harsh herbicides and pesticides on our crops so you may see some bugs from time to time – they will **not** harm you.

If you'd like a more detailed explanation of how your vegetables are grown and handled, please feel free to email [SunlitFields@gmail.com](mailto:SunlitFields@gmail.com).

Thank you to all. Hope you enjoy!

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