

Locally grown fruits and vegetables can last a long time after purchase since they haven't spent precious days being shipped, distributed or sitting on a shelf.

Buy organic and local foods.

STORE

COUNTER

IN A JAR OF WATER

Basil
Cilantro
Asparagus

IN A BREATHABLE CONTAINER

Tomatoes
Eggplant

PANTRY

IN A DARK & DRY SPOT

Onions
Garlic
Winter Squash

UNWASHED

Potatoes
Sweet Potatoes

REFRIGERATOR

IN A PLASTIC BAG IN THE VEGGIE DRAWER

Greens

REMOVE GREENS FOR LONGER STORAGE

Beets
Carrots
Parsnips
Turnips

Choose vegetables to meet daily recommendations for health:
2-3 cups for adults and 1-3 cups for kids.

PRESERVE

FREEZER

- Kale, basil, or arugula processed with olive oil and frozen in ice cube trays for quick fresh tasting pesto.
- Ginger
- Corn cut off the cob

DEHYDRATE

- Apple Chips
KIDS LOVE THEM!
- Dried Tomatoes
ADD TO SOUP
- Kale
CRUSH AND ADD TO BOOST VITAMINS

CAN & PICKLE

- Can to save the best flavors of summer: salsas, relish, tomato sauce, and green beans.
- Everything from beets and carrots to cucumbers and radishes are quick to pickle.

Did you know US households waste 20-40% of purchased foods?

COOK & EAT

- Stir-fry all the vegetables and toss with rice, pasta or quinoa.
- Picky eaters? Disguise veggies by shredding and sautéing then add to a burrito or throw into a quiche.
- Keep up with the greens and make something everyone loves – kale chips or add them to a smoothie!
- Cube root vegetables and winter squash, add olive oil, salt and garlic and roast for a hearty side dish.
- Sometimes raw and fresh is best: salads and vegetable spears with a light dressing.
- Remember to double your recipe today so you can enjoy leftovers tomorrow!

Find a Farm at www.oak-ky.org!

Store it. Prepare it. Eat it. Love it!