

# Keeping it Fresh



**Tired of buying fresh fruits and veggies just to have them go bad before anyone can eat them?**

Say goodbye to limp lettuce and moldy melons by knowing how to store and when to serve your produce.

Some fruits and veggies last longer than others. With a little planning, you can shop just once, and still have a week's worth of fresh produce.

Not sure which fruits and veggies to eat first? Use the following chart to help you plan your week of meals.



## When to serve

<b>Beginning of the week</b>	Asparagus Broccoli Corn Green Beans Strawberries Bananas
<b>Middle of the week</b>	Cucumbers Eggplant Grapes Lettuce Zucchini
<b>End of the week</b>	Bell peppers Cauliflower Spinach Tomatoes Oranges Pears
<b>After a week or longer</b>	Apples Cabbage Carrots Celery Potatoes Winter squash

## Where to store

Where you store your fruits and veggies makes a difference in how long they last. Simply follow these storage guidelines to maximize their freshness:

### Keep in the refrigerator:

- Fruits: apples, berries, cherries, grapes, and cut melon.
- Veggies: Most fresh veggies with the exception of those listed below.



Hold off on washing refrigerated produce until you're ready to eat them.

### Leave out on the counter:

- Fruits: avocados, mangoes, bananas, oranges, grapefruit, and pineapple.
- Veggies: onions, potatoes, tomatoes, and butternut and acorn squash.



## Tip

Bananas cause other fruits and veggies stored near them to ripen more quickly, so keep them in a separate place.

# Sweet Potato Oven Fries



## Ingredients:

Vegetable Oil, for lightly coating  
4 large sweet potatoes, peeled  
and sliced in 1/2 inch rounds or  
lengthwise in wedges  
2 teaspoons salt



## Preparation:

1. Preheat oven to 425 degrees F.
2. In a large mixing bowl, drizzle oil over the potatoes and toss to coat. Sprinkle salt over potatoes and toss.
3. Place sweet potato fries in one even layer onto a baking sheet. Keep space between them so they get crispy on all sides.
4. Place into the oven for 10 minutes, then flip them over. Place back in for 10 more minutes. They should be browned on the outside. Cool for 5 minutes before serving.

# Apple Crisp



## Preparation:

1. Heat oven to 375 degrees and lightly butter an 8 or 9-inch-square baking pan. Arrange the apples evenly in the prepared pan.

## Ingredients:

6 apples, peeled,  
cored and sliced  
1 ½ cups plain  
oatmeal  
¾ cup brown sugar  
¼ cup all-purpose  
flour  
1 teaspoon cinnamon  
¼ teaspoon salt  
½ cup butter  
(1 stick), softened

2. Place the oats, brown sugar, flour, spices, and salt in a sealable plastic bag, close, and shake until combined. Cut the softened butter into 1-inch pieces and add to the oat mixture. Close the bag again and knead or squeeze until the mixture holds together.
3. Open the bag and crumble the topping evenly over the apples.
4. Bake the apple crisp for 40 to 45 minutes or until the topping is golden brown and the juices begin to bubble around the edges. Cool slightly.

