



## Choosing and Storing Fresh Vegetables



Vegetable	What to look for	How to store
Asparagus	Choose firm, straight stalks, with compact, closed tips. Avoid stalks that are either very thin (less than 1/8 inch) or very thick (more than 1/2 inch), because they may be stringy. A rich green color should cover most of the spear.	Wrap the bases of fresh asparagus spears in wet paper towels and keep tightly sealed in a storage container in the refrigerator for up to 4 days.
Beans - Green or waxed	Buy slender, crisp beans that are bright and blemish-free. Avoid mature beans with large seeds and swollen pods.	Rinse fresh beans and refrigerate in a storage container.
Beets	Look for beets that are firm and round with a rich deep red color. Select small or medium beets; large beets tend to be pithy, tough and less sweet.	Trim the beet greens, leaving an inch or two of stem. Do not cut the long root. Store unrinsed beets in an open container in the refrigerator for up to 1 week.
Broccoli	Look for firm stalks with deep green or purplish green heads that are tightly packed. Avoid heads that are light green or yellowing.	Refrigerate in a loosely closed plastic bag or covered container for up to 4 days. Just before using, wash well, cut off tough end of stems
Brussels Sprouts	Pick out the smaller sprouts that are vivid green; they will taste the sweetest. Large ones may be bitter.	Refrigerate in a covered container for up to 2 days.
Cabbage	Buy heads that feel heavy for their size. Cabbage should have bright leaves, free of withered or brown spots.	Refrigerate in a plastic bag or covered container up to 1 week. Just before using, wash well.
Carrots	Check bag for straight, rigid and bright orange carrots.	Remove any green leaves or stems from tops of carrots and refrigerate in a plastic bag up to 2 weeks. Just before using, scrub well or thinly peel.
Cauliflower	Buy firm, white heads of cauliflower. Look for solid heavy heads with bright green leaves. Avoid those with brown bruises or yellowed leaves.	Refrigerate in a loosely closed plastic bag or covered container up to 4 days. Just before using, wash well, cut off tough end of stems.
Celery	Find crisp, rigid, green stalks with fresh looking leaves. Avoid celery with limp stalks.	Refrigerate, tightly wrapped, for up to 2 weeks.
Corn	Fresh looking ears with green husks, moist stems and silk ends free of decay or worm injury.	Refrigerate cobs in their husks until ready to cook. They should be used within a few days.
Cucumbers	Firm, dark green cucumbers that are slender but well shaped. Soft or yellow cukes are over-mature.	Keep salad cucumbers in your refrigerator up to 2 weeks. Pickling cucumbers should be picked and used the same day.
Eggplant	Look for firm, heavy, smooth and uniformly dark purple eggplants. Skip any that are scarred or bruised. The cap should be fresh-looking and free of mold.	Refrigerate whole eggplants for up to 2 days.
Greens: Beet, Collards, Kale, Spinach, Mustard, and Turnip Greens	Crisp leaves with a good green color and fresh odor. 1 pound of fresh greens will cook down to 1 cup, about 2 servings.	Refrigerate in a closed plastic bag. Use within 3 days. Just before using, wash well under running water. Cut off any tough stems.