

# THE GOOD FOOD BOX

JULY 2019 EDITION

## HOW TO KEEP YOUR PRODUCE FRESH DURING THESE HOT SUMMER MONTHS!

The summer months come with an abundance and large variety of fresh and locally grown produce. After a trip to the farmers' market, you may be wondering where to store your produce. Keep reading for some tips on how to keep common produce items fresh! Before we begin, here are two basic tips to keep in mind:

1. Airtight containers (e.g. mason jars and reusable food storage bags) limit the amount of air exposure your veggies get, so having these available will be handy!
2. Avoid using the fridge door for more perishable produce, as this is the warmest part of the fridge.

### **Greens (e.g. lettuce mix, kale, arugula, etc.)**

Make sure they don't wilt before you get them home. When you get home, dunk them in cold water, then place them in an airtight container. Dunking them in cold water helps to keep them crisp, and it saves you prepping time when you're ready to eat them. Store them in the crisper drawer of your fridge. If the greens were wilted when you got home, they will last about four days. If not, they can last up to two weeks.

### **Spring onions, scallions, candy onions, torpedo onions**

If you have bunched onions, un-bunch them to prevent rotting. Get these into an airtight container and put them in your fridge. Use within a few days.



### **Herbs (e.g. dill, parsley, cilantro, basil, sage, rosemary, thyme)**

Give the stems a fresh trim. Most herbs can be stored upright in a glass with about a half-inch of water, in the fridge. Basil will die in the fridge, so store in the same way on the counter instead. Make sure to use fresh herbs within a few days.

### **Berries (e.g. strawberries and blueberries)**

Give them a good gentle wash before eating. If the berries aren't ripe when you get home, leave them on your counter to ripen for about a day (wash them after doing this). Once the berries are ripe, store in an uncovered container in the fridge (let them breathe to prevent mold). Berries will usually be good for three to five days (more or less, depending on how ripe they were when purchased).



## MIXED BERRY FRUIT SALAD

Prep Time: 20 mins.

Serves: 4

### Ingredients:

- 2 cups quartered strawberries
- 2 cups blueberries
- 2 cups fresh pineapple chunks
- 3 kiwis, peeled, halved and sliced
- 2 cups grapes
- 2 tbsp lime juice
- 1/4 tsp grated lime zest
- 1 tbsp maple syrup
- 1/2 tsp poppy seeds

### Directions:

1. In a large bowl toss together strawberries, blueberries, pineapple, kiwi and grapes.
2. In a small bowl, whisk together lime juice, lime zest, maple syrup and poppy seeds.
3. Drizzle lime dressing over fresh fruit mixture, toss and serve immediately.

Note: Feel free to add any other fruits, nuts, or other ingredients to your fruit salad. You really can't go wrong!

## RED POTATO SALAD

Prep Time: 25 mins.

Serves: 6

### Ingredients:

- 1/4 cup mayonnaise
- 1/4 cup extra virgin olive oil
- 1 tbsp white wine vinegar
- 1 tbsp Dijon mustard
- salt
- freshly ground black pepper
- 5 cups red potatoes, sliced or chunked
- 1/2 cup finely chopped celery
- 1/3 cup sliced scallions
- 1/3 cup sliced chives

### Directions:

1. Dressing: In a large bowl, whisk to combine the mayonnaise, olive oil, vinegar, mustard, 1/2 tsp salt, and 1/4 tsp black pepper.
2. Place the cut up red potatoes into a large pot, and fill with enough cold water to cover the potatoes, plus an inch.
3. Bring the pot to a boil over high heat, and cook the potatoes until fork tender. The time will vary depending on whether you sliced the potatoes or cut them into chunks, and how large. It usually only takes about 5 minutes once the water is boiling, about 10-15 minutes total.
4. Once potatoes are fork tender, drain them in a colander and let them sit for a few minutes for the excess steam to come off.
5. While potatoes are still warm, toss them well with the dressing.
6. Stir in celery, scallions, and chives, then serve warm or chill for several hours before serving.
7. Enjoy!