

FRESH FOOD SHARE

April 2015 | Volume 7 | Number 4



Produce Storage & Longevity Guide

Though Fresh Food Share boxes come once a month the produce is not meant to last that long. More than once I have gone digging for dinner in my crisper drawer and found brown slimy greens. It wasn't their fault; I just left them in there for two weeks. Some things that come in the boxes, while fresh, naturally have a limited shelf life. Other produce stays fresh longer. Planning your meals to use more fragile produce first will keep more produce from going to waste. Towards that goal we have put together this hopefully helpful guide to produce shelf (refrigerator) life.**

Caution: DO NOT store your fruits and vegetables next to one another. Chemicals given off by fruit as it ripens can cause your vegetables to spoil faster.

Also, keep an eye on your produce. Like toddlers, if left unattended, they can get into trouble. Fruits and veggies won't go bad over night. If you check them regularly they are less likely to slip past the point of edibility without you noticing.

Eat us first:

GREENS (Turnip): Only cut & wash prior to use. Keep in a bag in the refrigerator until ready to use. If it is damp when you put it in the refrigerator it will get slimy faster. If you notice excess moisture in the bag, dry your greens before storing it. Greens tend to have dirt and grit on the leaves, so wash thoroughly.

LETTUCE (Romaine): Dry your lettuce before putting it in the crisper. Excess water will cause the lettuce to turn faster. You can wrap the lettuce in a paper towel and slip it into an unsealed plastic bag. Romaine lettuce will keep for five to seven days.

TOMATOES: Store ripe tomatoes in the refrigerator's vegetable crisper. They do not need to be bagged. Ripe tomatoes will usually keep 2 to 3 days in the refrigerator. If tomatoes need to ripen, place them in a loosely closed paper bag at room temperature. Check daily. For best flavor, bring tomatoes to room temperature before serving.

PEARS: Store at room temperature until ripe. Once ripe, they will last about 2-3 days. To prolong their shelf life, you can refrigerate after ripe and they will keep up to one week. If you refrigerate the pear before it ripens, it will take much longer to become ripe.

PINEAPPLE: Store fresh pineapple at home on the counter or in the refrigerator. Refrigerate the pineapple if it isn't used



within 3 days of purchase. Before refrigerating, core, peel & cut it into chunks, then place in an airtight container. Cut pineapple keeps for 2-4 days when refrigerated. A ripe pineapple will have a sweet smell and be firm but forgiving when you squeeze it.

No rush, but plan on eating us soon:

AVOCADO: The flesh of ripe fruits will yield when pressed gently. Do not store unripened fruit in the refrigerator. Once ripe, they can be stored in the refrigerator, unpeeled, for up to two weeks.

ZUCCHINI: It should be stored unwashed in an air-tight container in the refrigerator, where it will keep for between 5-7 days.

BROCCOLI: Store uncut broccoli in the fridge. It should last you at least 1 week.

CELERY: Left in the plastic bag it should last about 7 - 14 days. It is recommended to rinse, dry and remove any blemished or damaged leaves and stalks prior to storage.



CORN: Store whole, unhusked corn ears in the refrigerator to last for 5-7 days. If you want to extend the life of your corn, you can boil, cut off the cob and freeze in a plastic bag for up to 6 months.

We will last pretty long:

GARLIC: Whole bulbs will keep for several months when stored at room temp in a dry, dark place that has ample air circulation. Garlic's lifetime decreases once you start removing cloves from the bulb. Storing garlic uncovered, such as in a wire-mesh basket inside your cupboard is ideal. You can also store garlic in a paper or mesh bag. Just be sure there is plenty of dry air and little light to inhibit sprouting. To avoid mold, do not refrigerate or store garlic in plastic bags.

POTATOES: Place in a paper bag or bowl. Store in a dark and dry place.

CARROTS: Refrigerate!

ONIONS: Do not wrap onions in plastic or store in plastic bags. A lack of air circulation will reduce shelf life. Keep onions out of direct sunlight & other heat sources. Do not store with potatoes. Cut onions will keep for several days if sealed in plastic bags or containers and refrigerated.

****Disclaimer:** This is meant to be a guide, not a guarantee. Freshness lengths are estimates based on averages, not promises. Refrigerators and room temperatures vary from home to home.



**Your Share
This Month**

Turnip Greens
Romaine
Tomatoes
Pears

Pineapple
Avocado
Zucchini
Broccoli

Celery
Corn
Garlic
Potatoes

Carrots
Onions

April is National Garlic Month!

Garlic Day is April 19th! Garlic has been used medicinally since the Greek and Roman times. Today garlic is still widely recognized for its great health benefits. Let's celebrate the greatness of garlic with some fun garlic facts!

- Garlic is a member of the onion family, which also includes leeks and shallots.
- Garlic is both a vegetable and an herb.
- Garlic cloves has high levels of vitamins and minerals, just 100g contains vitamin B-6, vitamin C, copper, iron, calcium and more!
- The key compound in garlic that gives it its distinctive smell is called allicin. Allicin has also been shown to help with high blood pressure and reduce the risk of developing some diseases such as colon and heart disease.
- Its pungent flavor is caused by a chemical reaction that occurs when the garlic cells are broken. The flavor is most intense just after mincing.
- If your rose garden is being attacked by aphids – or plant lice – spritz the leaves and blooms with a mixture of crushed garlic and water.



In honor of April being National Garlic Month we are featuring some great garlic recipes! Garlic is a must have staple in our kitchens. It diversifies and enhances any dish. Let's begin with going back to basics, roasted garlic:

Roasted Garlic

Ingredients

- 1 or more heads of garlic
- Olive oil or any cooking oil

Preparation

Preheat the oven to 400°F.

Peel and discard the papery outer layer of the garlic bulb. Leave the skins of individual garlic cloves intact. Cut ¼ to a ½ inch from the top of the cloves, to expose the individual cloves of garlic.

Place the garlic bulbs onto a baking pan, cut side up, on a small sheet of tinfoil. Drizzle oil over each exposed head, using your fingers to rub in oil. Wrap sheet of tinfoil around bulb. Bake at 400°F for 30-40 minutes, or until the cloves feel soft when pressed.

Once cooled a bit, use a fork to pull out individual cloves of garlic.



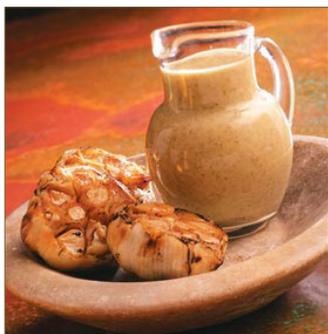
Great ways to use roasted garlic

- Mash into hummus, baba ganoush, or other spreads
- Spread on bread or crackers
- Use in place of raw garlic in casseroles, eggs, and soups
- Mash into salad dressing

Roasted Garlic Vinaigrette

Ingredients

- 1 bulb garlic, roasted and peeled (1/2 bulb of garlic if using raw)
- 2 TBSP apple cider vinegar
- 1 TBSP lemon or lime juice
- 1 TBSP honey
- 4 TBSP olive oil, or any cooking oil
- 1/8 tsp kosher salt
- Black pepper, to taste



Preparation

Squeeze garlic cloves out of bulb, into bowl, and mash with a fork. Add vinegar to bowl and whisk. Add lemon or lime juice, add honey, whisk. Slowly drizzle in oil, while continuing to whisk. Add salt and pepper. Whisk until all ingredients are well blended.

Use immediately or store up to 3 days in the fridge, preferably in a mason jar or any glass container with a sealable lid.



Fresh Food Share's Featured Cooking Party Recipe

Southwestern Chopped Salad with Cilantro Lime Dressing

Ingredients

- 5 cups chopped romaine lettuce
- ½ cup chopped tomatoes
- ½ cup fresh corn kernels (1 ear of corn), canned if fresh not possible
- ½ cup canned black beans, drained and rinsed
- 2 tablespoons chopped fresh cilantro leaves

For the Cilantro Lime Dressing

- 1 cup cilantro, chopped and stems removed
- ½ cup plain yogurt
- 2 cloves garlic
- Juice of 1 lime
- Pinch of salt
- ¼ cup olive oil
- 2 tablespoons apple cider vinegar

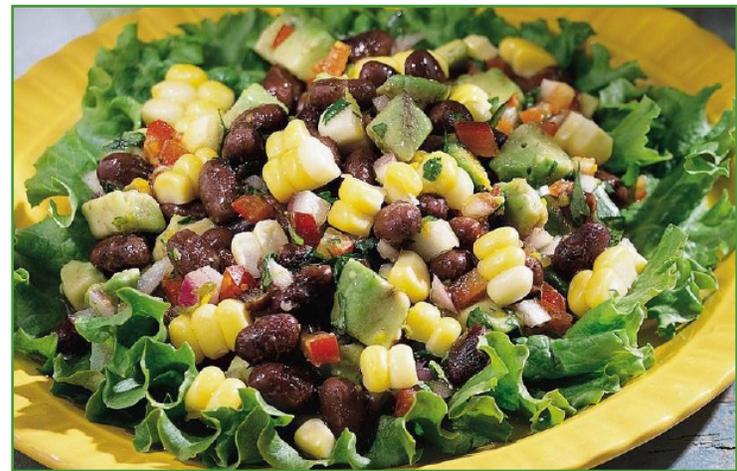
Preparation

To make the cilantro lime dressing, combine cilantro, yogurt, garlic, lime juice and salt in a bowl and mix together.

Slowly add olive oil and vinegar until all ingredients are well combined.

To assemble the salad, place romaine lettuce in a large bowl; top with tomatoes, corn, black beans and cilantro. Pour the dressing on top of the salad and gently toss to combine.

Stir in avocado. Serve immediately.



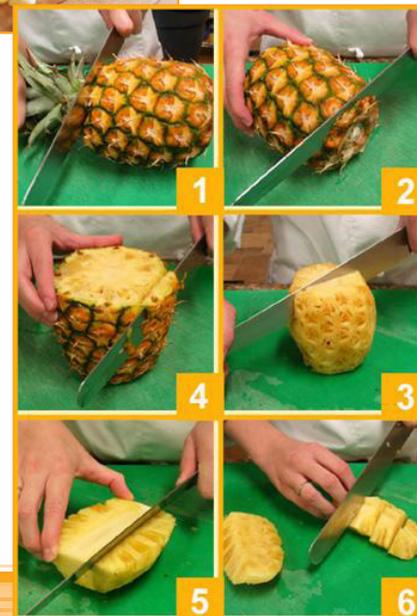
Fresh Food Share Tips & Quips: How to Cut Fresh Corn Kernels Off of the Cob

1. Place a husked ear of corn on a cutting board, cut side down, holding it near the top of the ear.
2. Using a sharp knife, start at the top and cut downward with a gentle sawing motion, cutting corn from the cob at about two-thirds the depth of the kernels.
3. Continue cutting until all of the corn is removed.



How to Core a Pineapple

1. Lay the pineapple on its side on the chopping board, cut off approximately half an inch from the top and bottom of the pineapple to give the pineapple a sturdy base to stand on.
2. Stand the pineapple on one of the freshly cut bases. Hold your knife firmly then slice vertically from top to bottom to remove the rind. Continue cutting all the way around the pineapple until you've removed all the rind.
3. Remove the brown divits left over with an apple peeler, by digging the end of the peeler in gently to dislodge the divits.
4. Stand the peeled pineapple upright and look for a circle on the top of the pineapple. Cut vertically from top to bottom approximately 1/4 inch right from the core. Turn the pineapple and repeat three more times until you end up with four pieces of pineapple and a vertical slice of the core.



Corn



Healthy Serving Ideas

- Add corn to your favorite salad recipes using fresh, frozen, or canned corn.
- Stuff corn and black beans into whole wheat pita pockets for a healthy sandwich.
- Sprinkle corn kernels on pizza for a new take on toppings.
- Add frozen or canned corn to your favorite casserole or soup.

Produce Tips

- Choose fresh, green husks and ears that are covered with plump, shiny kernels.
- Avoid silks that show signs of rot or decay.
- Store fresh corn in a cool location or in the refrigerator for up to three days.
- Keep a bag of corn in the freezer for last minute meal ideas.
- When buying canned corn, look for low-sodium varieties.

This material is adapted from Harvest of the Month produced by the California Department of Public Health, Network for a Healthy California and was funded in part by U.S. Department of Agriculture Supplemental Nutrition Assistance Program (SNAP) through the State of Michigan and the Michigan Fitness Foundation. These institutions are equal opportunity providers and employers. For food help contact the toll free Michigan Food Assistance Program Hotline: (855) ASK-MICH.



2015 DELIVERY SCHEDULE

| MONTH | ORDERS DUE (Friday by NOON) | DELIVERY 1 (Thursday) | DELIVERY 2 (Friday) |
|-----------|-----------------------------|-----------------------|---------------------|
| January | 9 | 15 | 16 |
| February | 6 | 12 | 13 |
| March | 13 | 19 | 20 |
| April | 10 | 16 | 17 |
| May | 8 | 14 | 15 |
| June | 12 | 18 | 19 |
| July | 10 | 16 | 17 |
| August | 14 | 20 | 21 |
| September | 11 | 17 | 18 |
| October | 9 | 15 | 16 |
| November | 13 | 19 | 20 |
| December | 11 | 17 | 18 |

Fresh Food Share Orders Due

Friday, May 8th
All Day

Fresh Food Share Boxes Delivered

Thursday, May 14th or Friday, May 15th
All Sites

COMMUNITY EVENTS TO BENEFIT GLEANERS

Michigan First Credit Union Shred Day Saturday, April 25

Donate 5 nonperishable food items or \$5 from 10am - noon during Michigan First Credit Union's Shred Day and up to four bags or boxes of paper documents will be shredded for you.

Food for Fines/Food for Thought Now - Friday, May 1

Have an overdue library book? Your library may be participating in the 3rd Annual Food for Fines/Food for Thought this spring! Bring in nonperishable food items now - May 1 at select libraries and you could receive fine forgiveness in return.



To learn more about the Fresh Food Share, contact Ariana Riegel at 313-550-8034 or freshfoodshare@gcfb.org.

