

# Winter Greens

## From Reviving to Freezing



### TIP 1

#### Revive Greens

**GIVE THEM A COLD WATER BATH.** Bring wilted greens and herbs back to life with a soak in cold water.

**1)** Trim about ½" off the stems. **2)** Submerge leaves and stems in cold water. For long stems on kale and chard, you can put the stems in a pitcher of water, like cut flowers. **3)** Soak until leaves have perked up. Some will benefit from just 5 minutes! *Note: Heavy or extremely wilted leaves may take longer.*

### TIP 2

#### Freeze Spinach

**SAVE THE NUTRIENTS!** Too much spinach in your fridge? Freeze it for future smoothies and sauces.

**1)** Wash the spinach. **2)** Blend it in a food processor or blender, adding a little water as needed to get it fully blended. **3)** Freeze in an ice cube tray and store cubes in a sealed bag for up to 3 months. Label bag with item name and date. *Note: Freezing not only preserves the taste, but the vitamin and mineral content too.*



### TIP 3

#### Freeze Chard & Kale

**TO THE FREEZER.** Hearty greens freeze beautifully. Here's how:

**1)** Wash thoroughly. **2)** Remove the thicker parts of the stems and roughly chop the leaves. **3)** Boil the greens for 2 minutes. **4)** Pull them out of the boiling water and chill quickly in cold water. **5)** Absorb extra moisture with a towel. **6)** Place in an airtight container or bag and freeze for up to 3 months. Label with item name and date.

More food saving tips and recipes at [StopFoodWaste.org](https://stopfoodwaste.org)

# Squash

## From Storing to Roasting



### TIP 1

#### Store Squash

**KEEP IT COOL AND DARK.** Store hearty, winter squash in a cool dark place to keep for up to 3 months. Make sure there is air around the squash and check regularly for bruising. Once cooked or cut, store squash in the refrigerator or freezer.

### TIP 2

#### Cook Squash

**ROAST & PUREE.** Don't squander your squash. Prevent waste and save time by cooking all your squash at once. You can chop it up, roast it, or puree it. Here are some tips:

- 1) Freeze portions of roasted squash.
- 2) Puree roasted squash and freeze in ice cube trays. Then, transfer the cubes into a sealed container.
- 3) Freeze squash puree in one-cup portions so they're recipe-ready.

*Note: Label the bag or containers with item name and date so you know what it is!*



### TIP 3

#### Leftover Squash

**ADD IT TO (ALMOST) ANYTHING.** Don't be shy about using sweet and hearty squash in all kinds of dishes. Add squash to your favorite bread pudding or dessert recipe. You can also use squash in hearty soups, pasta or rice.

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# Apples & Pears

## From Storing to Saucing



### TIP 1

#### Store Apples & Pears

**MAKE THEM LAST.** Apples keep longest in the refrigerator. Let pears ripen on the counter then move to the fridge when ripe. Ripe pears will be a little soft when you press on them near the top. Pears have the best flavor and texture when ripened at room temperature. The refrigerator will extend the shelf life of most fruit for up to one week.

### TIP 2

#### Cook Down Fruit

**TASTY SAUCE.** Got bruised or grainy apples and pears? Make a simple sauce!

**1)** Cut apples and pears into 1" pieces, removing seeds. **2)** For every 3 cups fruit, add ½ cup water. **3)** Bring the mixture to a boil, stir, and cover on low heat until fruit is tender, about 35 minutes. **4)** Uncover and stir in a squeeze of lemon and add any sweetener or spices, if desired. **5)** Continue stirring until most of the liquid evaporates, then remove from heat. **6)** Once cool, mash or blend (optional). **7)** Serve or refrigerate in a sealed container for up to 3 days.



### TIP 3

#### Fruit Crumble

**COMFORTING DESSERT.** Make a crumble with overripe or grainy fruit.

**1)** Wash and cut apples and pears into 1" pieces. **2)** Mix fruit in a bowl with 1 tablespoon lemon juice, 1 tablespoon flour, 1 teaspoon ground cinnamon, and ¼ cup of sugar. **3)** Spread mixture into a baking dish. **4)** Mix ½ cup flour, ½ cup oats, ¼ cup sugar, pinch of salt, and ¼ teaspoon cinnamon in a bowl. **5)** Using your fingers, combine flour mix with 4 tablespoons butter until crumbly. **6)** Spread crumble mix over the fruit and bake in oven or toaster oven for 35 minutes or until golden brown.

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# Potatoes & Root Vegetables

From Roasting to Souping



## TIP 1

### Store Root Vegetables

**MAKE THEM LAST.** Keep potatoes and root vegetables in a cool dark place. Moisture and light can cause root vegetables to spoil or turn green. Sprouts and green spots can be cut off and the rest of the potato is still fine to eat.

## TIP 2

### Batch Roasted Vegetables

**ALL TOGETHER NOW.** Need to use up potatoes and other vegetables? Roast them all together!

**1)** Heat oven to 425° F **2)** Remove any spoiled areas and cut vegetables into about the same size. **3)** Toss chopped vegetables with olive or vegetable oil to coat, and sprinkle with salt, pepper, herbs and garlic, to taste. **4)** Spread vegetables in a single layer on a sheet pan, making sure they don't touch. **5)** Roast in the oven for about 15 minutes until vegetables can be pierced with a fork.



## TIP 3

### Vegetable Soup

**COMFORT FOOD.** Root vegetables make a soul-warming soup.

**1)** Put washed and chopped root and other vegetables such as zucchini, carrots, onion, and celery into a large pot. If you have a parmesan cheese rind, you may add it for extra flavor. **2)** Add enough water or broth to the pot to just cover the vegetables. **3)** Bring to a boil and simmer until vegetables are soft. **4)** Add salt, pepper, and herbs, to taste. **5)** Serve hot. Or, cool and then blend until smooth.

More food saving tips and recipes at [StopFoodWaste.org](https://StopFoodWaste.org)



# Tomatoes

## From Storage to Saucing



### TIP 1

#### Store Tomatoes

**THE PEAK OF PERFECTION.** Store tomatoes stem side down, which helps to prevent the delicate bases of the tomato from getting squished. Once they're fully ripe, place tomatoes in a bag and store them in the refrigerator. For best flavor, let them warm up to room temperature before serving.

### TIP 2

#### Tomato Sauce

**NEVER TOO MANY.** If you have too many or very ripe tomatoes, make a tasty tomato sauce that you can store for later.

**1)** Gently saute onions and garlic in a little bit of oil. **2)** Add chopped, fresh tomatoes and cook at medium heat until saucy. **3)** Add salt and any herbs and spices to taste. **4)** Enjoy delicious sauce right away or cool and freeze for later. Label container with item name and date, so you know what is in it.



### TIP 3

#### Freeze Tomatoes

**READY AND WAITING.** Freezing is the easiest way to store whole, ripe tomatoes long-term. Frozen tomatoes can be used for pasta, sauces, and soups.

**1)** Wash and dry the tomatoes. **2)** Remove the core from full-sized tomatoes. Leave cherry tomatoes whole. **3)** Freeze on a cookie sheet with space in between, so they don't stick together. **4)** When completely frozen, put them in a container or sealed bag. **5)** Label container or bag with item name and date. **6)** Remove air from the container if possible. Tomatoes keep for 6 months to one year in the freezer.

More food saving tips and recipes at [StopFoodWaste.org](https://StopFoodWaste.org)

# Berries

## From Jamming to Fridging



### TIP 1

#### Store Fresh Berries

**MAKE THEM LAST.** To keep berries fresh, place them on top of a paper towel in a sealed container to absorb extra moisture and reduce chances of molding. Remove any squished or moldy berries before storing and do not wash until ready to eat.

### TIP 2

#### Bruised Berry Quick Jam

**SWEET!** Got bruised berries? Make Jam! Great for ice cream and toast.

**1)** Add about 2 cups of mixed berries and ½ cup of sugar into small pot and mash. **2)** Add 2 tablespoons of cornstarch, and a couple of tablespoons of water. Stir until smooth. **3)** Place pot on medium-high heat and bring to a boil, stirring constantly. The mixture will thicken quickly. **4)** Remove pot from heat, add lemon juice to your liking. As it cools, it will thicken. Keep refrigerated and enjoy for up to 10 days.



### TIP 3

#### Fruit Frozen Popsicles

**A COOL TREAT.** Too much watermelon or strawberries? You can use almost any fruit to make frozen treats. For juicy fruit, such as watermelon, blend it and pour directly into popsicle molds or an ice cube tray. For fruits with less juice, such as apricots and berries, add a bit of fruit juice like apple juice or even yogurt to the blender to make the popsicle creamy.

More food saving tips and recipes at [StopFoodWaste.org](https://StopFoodWaste.org)

# Stone Fruit

## From Preserving to Freezing



### TIP 1

#### Store Stone Fruit

**READY TO EAT.** The trick to properly storing fresh stone fruit is to make sure they don't get too cold before they fully ripen. Let them get ripe on your counter, then place them in the refrigerator, uncovered and unwashed. They'll stay tasty, longer.

### TIP 2

#### Stone Fruit Jam

**CAN'T BE BEAT.** Too many plums?

Let's make Jam!

**1)** Wash, pit, and slice peaches, nectarines, and/or plums to make about 3 cups fruit. **2)** Add ¼ cup water, ¼ cup sugar, juice of ½ lemon, spices (optional) and simmer on low heat without the lid. **3)** Stir occasionally for 5-7 minutes until thickened (about 20 minutes). **4)** Cool and transfer to an airtight container. Keep in the fridge and enjoy for up to a month! *Note: Try this with berries and other overripe fruit as well.*



### TIP 3

#### Freezing Stone Fruit

**A COOL TREAT.** Peaches and nectarines freeze beautifully. Simply slice, spread loosely on a sheet tray, and freeze. Once frozen, place them in an airtight container. Write the date and contents on the container. You'll have a taste of summer all fall and winter long!

More food saving tips and recipes at [StopFoodWaste.org](http://StopFoodWaste.org)

# Beans & Peas

## From Icing to Preserving



### TIP 1

#### Storing Peas

**IT'S EASY-PEASY.** Place peas in a breathable bag or container in your refrigerator drawer. Peas will keep in the refrigerator for 5 to 7 days. Peas that can't be used in a week should be frozen. They'll be perfect for soups or as a vegetable side dish.

### TIP 2

#### Store Beans & Snap Peas

**CRUNCH TIME!** Store dry, unwashed, and untrimmed snap peas and beans in a sealed container in your refrigerator. To freeze for later, boil beans or snap peas for 2 minutes. Remove and cool quickly in cold or ice water. Dry, then place in an airtight bag or container to freeze. Label with item name and date.



### TIP 3

#### Refresh Beans & Peas

**ICE IS NICE.** Give your fresh beans or peas a 5-minute cold water bath to help restore their snap. Use them in a salad or steam them for a side dish. They'll be as tasty as ever. *Note: A cold or ice water bath crisps other wilted or limp produce too!*

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