

# Dry Me!

## City Fresh Tip:

- Slice fruits or veggies in ½" to 1" thickness and oven dry on a sheet pan on low temperature (130-140°F) until no moisture remains (commercial dehydrators work best)
- Herbs can be hung upside down in bundles to air dry

Best Items to Dehydrate: apples, beets, berries, kale, peppers, sugar snap peas, sweet potatoes, zucchini.

# Blend Me!

## City Fresh Tip:

- Use your almost-bad fruits before tossing them by blending in a smoothie, you won't even notice they were soft
- Add spinach or leafy greens as the sweet flavor of the fruits will mask most vegetable taste

Best Items to Blend: apples, beets, berries, bok choy, cabbage, carrots, cauliflower, celery, cucumber, kale, melon, spinach, zucchini.



# FOOD PRESERVATION TIPS



*Ultra-fresh, local, & sustainable*



*Tiered-pricing*



*Flexible ordering*



*Adventurous eating*



*Reduce the distance your food travels*



*We pay farmers fairly*



*We accept SNAP*



*Community centered in your neighborhood*



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*Storing food these different ways can help make your food last longer, bring out different flavors and help with the ease of cooking*

## **Pickle Me!**

### City Fresh Tip:

- Quick pickle veggies and onions with equal parts vinegar and water. Add salt & sugar if desired
- Boil the vinegar and water solution and pour over veggies

Best Items for Pickling: asparagus, beets, bell peppers, blueberries, cauliflower, carrots, cherries, cucumbers, fennel, ginger, grapes, green beans, mushrooms, onions, parsnips, peaches, peppers, radishes, ramps, rhubarb, strawberries, squash, tomatoes, turnips, and watermelon.

## **Freeze Me!**

### City Fresh Tip:

- Wash and cut your veggies, pat dry, and place in a freezer safe bag
- When you're ready, pour the bag of frozen veggies on your oven safe tray, season with some olive oil and salt and roast to perfection
- Tomatoes can be frozen whole and used in soups

Best Items for Freezing: broccoli, carrots, cauliflower, corn, green beans, peas, squash and winter greens such as spinach, kale, chard and collards. Onions, peppers, celery and herbs can also be frozen.



## **Ferment Me!**

### City Fresh Tip:

- Follow a safe recipe for fermenting cabbage, onion, and other veggies
- Get the added benefit of probiotics in addition to veggie's nutrients

Best Items for Fermenting: cabbage, carrots, cauliflower, cucumbers, garlic, kohlrabi, peppers, radishes, snap beans and turnips.

*Did you know? All fermented foods are pickled, but not all pickled foods are fermented. Fermentation creates a sour taste through chemical reaction between bacteria and sugar.*

