



CONNECTING YOU & YOUR FARMER

Community Supported Agriculture (CSA) is a relationship between you and a local farm family. Join a CSA and discover new foods and new ways to cook with the freshest local produce available. You'll eat healthier and get to know the farmer who grows your food in safe, environmentally responsible ways.

Learn more about CSA and find your farmer at portlandcsa.org or facebook.com/PortlandCSA

KEEPING YOUR CSA VEGETABLES FRESH

Store your vegetables properly to keep them longer, cut down on food waste and save money. We've included a quick guide to storing common seasonal vegetables on the back of this card.

Here's what the columns mean:

FRIDGE, DRY

Refrigerate these vegetables, but keep them dry and in a bag/container.

FRIDGE, MOIST

These vegetables like a little moisture to stay fresh. Rinse them, shake off excess water and store in a bag/container in the refrigerator.

ROOM TEMP

Most of these vegetables like it dark and dry and can be stored in a cabinet or paper bag.

	FRIDGE DRY	FRIDGE MOIST	ROOM TEMP		FRIDGE DRY	FRIDGE MOIST	ROOM TEMP
Beans	•			Hardy Greens (kale, chard, etc.)		•	
Broccoli		•		Salad Greens & Lettuce		•	
Brussels Sprouts		•		Leeks	•		
Cabbage		•		Onions (dry)			•
Cauliflower		•		Onions (fresh/spring)	•		
Celery Root (Celeriac)		•		Peas (Snap/Snow)	•		
Corn		•		Peppers	•		
Cucumbers	•			Potatoes			•
Eggplant	•			Roots (beets, carrots, turnips, etc.)		•	
Fennel		•		Summer squash	•		
Garlic (dry)			•	Winter squash			•
Garlic (green)	•			Tomatoes			•