

HOW TO MINIMIZE **FOOD WASTE** — WITH A — **HARVIE FARM SHARE**

🌿 Food Hacks for Your Farm Share 🌿



**YOUR LOCAL
FARMER**

Willow
Haven

FARM



PREP & PLAN

When you get your box home, inventory your box: plan your meals for the week around what is most perishable and use that first. For example, greens and herbs won't last as long as those carrots or beets.

1. Use this **meal planning template** to help.
2. Rinse and dry salad greens so they are ready to use quickly. Store with a paper towel to suck up any excess moisture.
3. Slice carrots, peppers, and radishes for quick snacks later. Store in reusable bags or glass containers in the fridge.
4. Prechop any veggies you may want to use for sauteeing, omelets, quiche, or frittatas later in the week.



MENU PLANNER

My Farm Share Box Current Inventory Shopping List Week of _____ To _____

MONDAY	Breakfast	Lunch	Dinner
TUESDAY	Breakfast	Lunch	Dinner
WEDNESDAY	Breakfast	Lunch	Dinner
THURSDAY	Breakfast	Lunch	Dinner
FRIDAY	Breakfast	Lunch	Dinner
SATURDAY	Breakfast	Lunch	Dinner
SUNDAY	Breakfast	Lunch	Dinner

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KNOW WHERE TO STORE

Knowing where to keep your produce is key to getting the most life out of it until you eat it.

Storage Location

Fruits and Melons

Vegetables

Store in refrigerator

Apples (>7 days)
 Apricots
 Asian Pears (nashi)
 Blackberries
 Cherries
 Cut Fruits
 Figs
 Grapes
 Raspberries
 Strawberries

Artichokes
 Asparagus
 Green Beans
 Lima Beans
 Beets
 Belgian Endive
 Broccoli
 Brussels Sprouts
 Cabbage
 Carrots
 Cauliflower
 Celery
 Cut Vegetables
 Green Onions
 Herbs (not basil)
 Leafy Vegetables
 Leeks
 Lettuce
 Mushrooms
 Peas
 Radishes
 Spinach
 Sprouts
 Summer Squashes
 Sweet Corn

Ripen on the counter first, then store in the refrigerator

Avocados
 Kiwifruit
 Nectarines
 Peaches
 Pears
 Plums
 Plumcots

Store only at room temperature

Apples (<7 days)
 Bananas
 Grapefruit
 Lemons
 Limes
 Mandarins
 Mangoes
 Muskmelons
 Oranges
 Papayas
 Persimmons
 Pineapple
 Plantain
 Pomegranates
 Watermelons

Basil (in water)
 Cucumbers †
 Dry Onions *
 Eggplant †
 Garlic *
 Ginger
 Jicama
 Peppers †
 Potatoes *
 Pumpkins
 Sweet Potatoes *
 Tomatoes
 Winter Squashes

* Store Garlic, Onions, Potatoes and Sweet Potatoes in a well ventilated area in the pantry. Protect Potatoes from light to avoid greening.

† Cucumbers, Eggplant and Peppers can be kept in the refrigerator for 1 to 3 days if they are used soon after removal from the refrigerator.

COOK AND EAT

Batch cooking is a great and easy way to prep and cook for an entire week worth of meals. It doesn't take long: even just an hour or two on a Sunday can put you ahead for the week!

Here are some ideas to get you going:

1. **Make a pot of soup**



2. **Roast veggies** ahead of time along with a pot of rice and make "buddha bowls". Simply toss together rice, roasted veggies, some fresh greens and salad dressing to top and you've got yourself a quick and healthy lunch.



3. Fall in love with your **slow cooker!** Throw veggies and roast in the crock pot before you leave for work and dinner is done.



4. **Wash and freeze** berries and spinach in individual packages for morning smoothies.





OTHER TIPS

Having a quick backup plan is essential to preventing food waste. Here are some of our favorite tips.

1. Freeze what you don't use
2. Make fresh fruit juices with any wilted greens
3. Make tomato sauce with soft tomatoes that are about to go bad
4. Make frittata, omelets, quiche, soup and stews with veggies
5. Compost!
6. Eat the most **perishable items** first
7. Eat the whole veggie! Things like turnip and beet greens can be sauteed in butter or olive oil, just like you would use spinach, swiss chard or kale!

And remember, cooking doesn't have to be fancy. A piece of baked fish and roasted veggies is simple yet a great way to use that produce! Scrambled eggs with sauteed veggies counts as dinner and there is nothing better than a pot of CSA veggie soup and fresh bread.