

HONEY BROOK ORGANIC FARM
P.O. Box 1096
Pennington, NJ 08534



Like
Honey Brook Organic Farm
on Facebook!

When do the veggies start?

Call the Veggie Hotline,
(609)737-8899, or visit
www.honeybrookorganicfarm.com
after May 5th to learn when you can
P-Y-O strawberries
and when deliveries begin.



HONEY BROOK ORGANIC FARM C.S.A



Weekend Boxed Share
Members' Handbook

HARVEST TIMETABLE

We grow other crops not listed in this chart including mesclun salad greens, dill, cilantro and other herbs, radicchio, fennel, leeks, kohlrabi and gourds.

PICK-YOUR-OWN CROPS

Crops available on a pick-your-own basis include: blueberries, strawberries, raspberries, snap peas, cherry, currant and plum tomatoes, flowers, snap beans, edamame soybeans, okra, hot peppers, herbs and tomatillos.

Note: We do not grow tree fruits such as apples, pears, peaches, etc.



INCLEMENT WEATHER

During most weather, rain or shine, boxed share deliveries will be made during regularly scheduled hours. Veggies continue to grow and be harvested even when the weather is inclement.

When there is extremely severe weather and we have emergency cancellation of deliveries and/or closures of the Distribution Center and Pick-Your-Own fields, farm staff will send an email to members and update the Veggie Hotline and website *if and when we are able*.

	MAY	JUN	JUL	AUG	SEP	OCT	NOV
Arugula							
Basil							
Snap Beans							
Beets							
Boc Choi							
Broccoli							
Brussels Sprouts							
Cabbage							
Carrots							
Cauliflower							
Swiss Chard							
Chinese Cabbage							
Cilantro							
Collards							
Cucumbers							
Daikon							
Dandelion							
Eggplant							
Endive							
Escarole							
Garlic							
Kale							
Lettuce							
Mustard Greens							
Onions							
Parsley							
Peppers							
Hot Peppers							
Potatoes							
Pumpkins							
Radishes							
Rutabaga							
Scallions							
Shallots							
Spinach							
Summer Squash							
Winter Squash							
Sweet Potatoes							
Heirloom Tomatoes							
Tomatoes							
Tomatillos							
Turnips							
Watermelon							



QUICK TIPS FOR PICKING UP YOUR DELIVERED BOXED SHARE



Week #1 — Follow the yellow brick road! We'll have yellow signs posted curb-side and leading to where the veggies will be stored each week. Be sure to share this information with share partners or others that may pick up for you sometime during the summer since the signs will only be there for the first pick-up day.

Weekly Sign-in Sheet — Check your name off the sign-in sheets located in the plastic box near the stack of boxes. If you have a Deluxe Box, your name will be on the blue sign-in sheets, Premium Box member names will be on lime green sign-in sheets, Basic Box member names will be on yellow sign-in sheets and Personal Box member names will be on pink sign-in sheets. We list Share Partner's names under Member's names.

Weekly Newsletter — Information listing weekly produce, farm updates and recipe suggestions will be emailed to members who have given us their email address. Weekly, be sure to read your email since this is our main communication link with our Boxed Share members and the most convenient way to pass along important farm information.

Be Considerate — Boxes will be available for pick-up ONLY during the times listed. Please do not come early or expect that the host will hold your box after hours. Please do not contact the hosts directly with farm-related questions you may have and also be mindful of the host's property.

Divide Veggies at Home — Do not open your box to split your share at the pick-up site. We are visiting a host's home/business and need to be mindful of their property.

Return Your Boxes — Starting Week #2, you will be asked to return your current box to the host site, cleaned, carefully disassembled and flattened. Be careful not to tear the bottom flaps, since the box cannot be used again if these are torn.

Pick-Your-Own Crops — Our Boxed Share members can come to our Pennington farm once a week during regular hours to harvest U-pick crops.

Not able to pick up one week? — To cancel a delivery, call the Veggie Hotline, 609-737-8899, and leave a message in the Boxed Share mailbox **no later than 9am Friday for weekend deliveries** or email us at boxshare@honeybrookorganicfarm.com. Please leave your name, phone number, pick-up location and the date for the canceled delivery.

Questions? — Don't hesitate to call us at 609-737-8899 or send us an email at boxshare@honeybrookorganicfarm.com. If you need to speak to a staff member, please call our direct line (609-737-8846) during office hours (9am to 5pm, Mondays, Tuesdays & Thursdays).

End of the Season

An email will be sent advising of the last pick up day of the season.

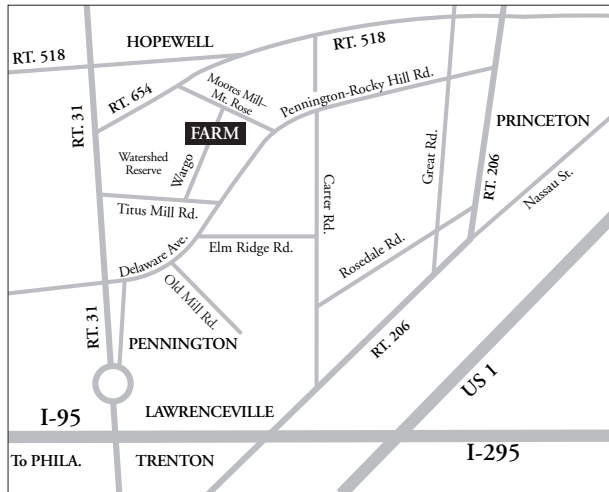
HONEY BROOK ORGANIC FARM PENNINGTON

260 WARGO ROAD | PENNINGTON, NJ 08534
FARM PHONE/VEGGIE HOTLINE: 609-737-8899
FAX: 609-737-8590

SERVICE@HONEYBROOKORGANICFARM.COM
WWW.HONEYBROOKORGANICFARM.COM



Like Honey Brook Organic Farm on Facebook!



STAFF

JIM KINSEL, FARM MANAGER | SHERRY DUDAS, FARM MANAGER
DAVID CAMACHO, FIELD MANAGER

WELCOME TO HONEY BROOK ORGANIC FARM CSA!



First Pick-Up

FOR THE EXACT DATE OF STRAWBERRY PICKING AND THE FIRST PICK-UP PLEASE CALL 609-737-8899 AFTER MAY 5TH, CHECK THE “THIS WEEK” PAGE ON OUR WEBSITE, www.honeybrookorganicfarm.com and/or check our Facebook page.

Please note: The Weekend Boxed Share program begins later than on-farm pick-up. Deliveries will continue every week until mid-November as long as produce is available.

Your pick-up location, day and share size is indicated on the mailing label of the directions to your pick-up location.

When & Where

An email will be sent to you in early to mid-May letting you know the address and pick up window of your Boxed Share delivery site.

Boxes & Packaging

In our Boxed Share program, we deliver four differently-sized boxes: a Deluxe Box (packed in a blue one bushel box); a Premium Box (packed in a green 3/4 bushel box); a Basic Box (packed in a yellow 1/2 bushel box) and the Personal Box (packed in a pink .28 bushel box). **Be sure to take the correct size for your share when picking up your box.**

The box your Share is packed in must be returned the following week, clean and flat, and placed in the designated area at the host site.

Please do not split shares at the host site, since this can be a messy process and we do not have staff at the host sites to clean up afterwards. In addition, please come to pick up only during indicated hours for the host site. We wish our members to be as unobtrusive at our host sites as possible.

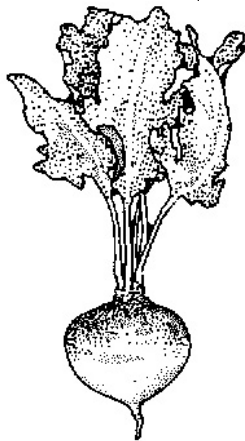
Plastic “clamshell” containers, rubber bands and plastic bags used to package produce within the box should not be returned, but instead reused, recycled, or thrown away as appropriate.

Can't Make a Scheduled Pick-up?

We understand that you can't always pick up your box, so we have several convenient options for you:

1. Have a friend pick up your box! This is a great way to introduce them to the farm and what we have to offer.
2. Pick up your box at either our Chesterfield farm or our Pennington farm.
3. Donate your veggies to Womanspace! Womanspace, a family services non-profit based in Lawrenceville, NJ, picks up produce donations once a week from the farm!
4. Double up the following week! We can pack two boxes for you for pick-up the week after your missed week.
5. Request a refund for the missed week.

If other arrangements can't be made, please call us no later than Friday by 9am to cancel weekend deliveries and leave a message indicating your inability to pick up. Please be sure to leave your message in the specially designated mailbox on the voice mail system at (609)737-8899, or email boxshare@honeybrookorganicfarm.com. We'll make sure that your box isn't packed and delivered, minimizing waste. Please do not pick up at the farm if you have not made prior arrangements.



Sweet Potatoes. Sweet potatoes should be stored in a cool, dark and well-ventilated place (not above 60°) where they will keep fresh for up to ten days. Place in a brown paper bag punched with multiple air holes rather than a plastic bag. Since the flesh of sweet potatoes will darken upon contact with the air, cook immediately after peeling and/or cutting. If this is not possible, cover potatoes completely with water until ready to cook.

Swiss Chard. Refrigerated, unwashed, in a bag, chard will hold for 3–5 days.

Freezing: Do not freeze the chard stem. It will be soggy. Blanch leaves for 2 minutes in boiling water, then immediately plunge into ice water for 2 minutes, drain and place into freezer bags. HINT: Substitute chard leaves in most spinach recipes.

***Tomatillos.** Tomatillos should be picked when the fruit is green, firm to the touch and fills, but has not burst, its husk. Ripe tomatillos will keep in the refrigerator for about two weeks or longer when the husks are removed and the fruits are placed in sealed plastic bags.

Freezing: The easiest storage method is to remove the papery husks, clean and pop into freezer-weight ziplock bags. When you want to use them remove as many as you like and thaw. They can also be cleaned, sliced and frozen but because more surfaces are exposed to the air there will be more vitamin loss as well as potential flavor loss.

***Tomatoes.** Tomatoes are picked a bit under-ripe so they are not damaged while being harvested and transported. Once you get them home, remove from plastic bags and place on a table or counter to ripen.

Harvesting: *For cherry and plum tomatoes – Harvest when fruits are uniform in color.

Storage: For daily use, hold tomatoes between 55–80°. Do not refrigerate unless necessary. Temperatures below 55° prevent ripening. Refrigerate only extra ripe tomatoes that you want to keep from ripening further.

Freezing: Tomatoes may be frozen whole or peeled in plastic freezer bags but the taste and texture do not compare with home canned tomatoes. On the other hand, tomato sauce freezes beautifully.

Turnips. Hakurei – These small, white turnips are best eaten fresh and raw, and should be eaten within a week. Scarlet Queen and Purple Top – Can keep for weeks in a plastic bag in your refrigerator's crisper drawer. Tops are edible.

Watermelon. Handle your whole watermelon gently, to avoid internal bruising. Wash your watermelon in running water, rinse well and pat dry. Cut the flesh from the rind, and cut into 1-inch cubes. Place in covered container and refrigerate immediately. Keep cut watermelon refrigerated until consumed, up to 3-4 days.

Pumpkins and Winter Squash. Store in a dry, well ventilated space in the 50–55° range. Lower temperatures can cause chilling injuries.

Freezing: Wash, pare and cut into small pieces. Steam until soft and completely cooked and pack for freezing. Or, bake whole squash at 375° until soft. When cool, cut in half and scoop out seeds. Scoop out flesh, run through a food mill or food processor and pack for freezing.

Radicchio. Store radicchio in plastic in the coldest part of your refrigerator for no longer than a week. Bitterness tends to increase with storage.

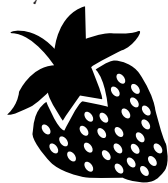
Radishes. Before refrigerating remove the tops. Keep roots refrigerated, they will keep for about one week.

Rutabaga. Stored in a plastic bag and refrigerated in your crisper drawer, rutabagas will keep for 3-4 weeks.

Freezing: Blanch the rutabagas for freezing. Peel and cut the rutabagas into small chunks and boil them for 2 minutes. Drain and rinse in cold water. Pack in a plastic freezer bag, leaving 1/2 inch of space at the top of the bag. Store in the freezer for up to six months.

Spicy Mix. Spicy Mix is a unique blend of Farmer Jim's that includes a variety of mustard greens. Refrigerate unwashed in a plastic bag for up to 5 days. Wash and blot or spin dry just before using.

Spinach. Since we grow our spinach on sandy soil, there will be some sand residue on the leaves. It's best to wash spinach in several baths of water, then spin dry in a lettuce spinner.



***Strawberries.** We usually plant four blocks of strawberries each year, but only those fields marked off with orange cones are open for harvesting at any given time. You must sign in with the attendant prior to harvesting to receive your harvest containers and to find out which fields are open for harvesting. Harvest only completely red berries; those with white or green tips are unripe. Keep berries cool on your way home and do not wash until ready to use. Refrigerate berries loosely covered with paper or cloth towels.

Freezing: Wash dirt from berries and dry thoroughly before freezing. Air tight packaging and zero or below freezer temperatures are best.

Summer Squash. Refrigerated in a plastic bag, it will keep in good condition for about a week.

Freezing: You can freeze pureed cooked squash.

Sweet Corn. When you get your corn home, store promptly in your refrigerator in plastic bags. Best to eat as soon as possible after harvest.

Visiting our Pennington Farm

You are invited to come to the Pennington farm to Pick-Your-Own, picnic, or just to check things out. We're open seven days a week:

MONDAY, 9:30AM-8PM; TUESDAY-FRIDAY, 8:30AM-7PM;

SATURDAY-SUNDAY, 8:30AM-3PM

Beginning Columbus Day, we will close at 6:30pm on weekdays.

Pick-Your-Own

As a Weekend Boxed Share member, you have Pick-Your-Own privileges at our Pennington farm location. Although, at times, we will harvest and include in your box some of the pick-your-own items normally offered at the farm, your membership allows you to come to the Pennington farm to pick additional quantities of the pick-your-own crops if you wish. (See the inside cover of this brochure for a list of the pick-your-own crops.)

You may harvest your share of U-pick crops one day per week (we are open 7 days per week) during regular farm hours. Remember, your membership privileges may be exercised only once per week and are not transferable to a future week. (For example, if you do not pick your share of strawberries this week, you may not pick a double portion next week.) At the peak of the season, it may take over an hour to harvest all your crops.

A Pick-Your-Own station located at the farm has information about how much you may pick and where the crop is located. We have various P-Y-O fields located in close proximity to the Wargo Road farm. Please remember that the quantities offered for each pick-your-own crop are for one complete share. If you are sharing a share you must divide the quantity among your share partners. Only fields marked **Open for PYO** on the PYO board are available for members to enter.

Buckets with scissors are provided for your convenience; please return to the Distribution Center when you are done harvesting.

Keep a spare pair of old shoes, hat, apron, work shirt or other "dirt resistant" items in your car so you'll be prepared for your weekly U-pick excursion.

Safety

There are lots of fun things for your children to experience at the farm.

Things do get hectic at times, especially in and around the Distribution Center. There will be cars coming in and backing out, people carrying heavy bags in and out of the Distribution Center and farm equipment moving to and from the fields. Please keep an eye on your little ones!

A degree of caution and regard for safety will ensure that your visit to the farm is not only enjoyable but also safe. Please be mindful and heed the following precautions:

1. Do not leave children unattended.
2. Do not let children play on or near tractors and other farm equipment, including harvest bins and the produce push cart. Do not allow children to throw rocks or gravel.
3. Be sure to keep track of children while harvesting U-Pick crops in the fields.
4. Other than designated U-Pick crops, please do not harvest produce in the fields.
5. Drive slowly (5 MPH on the lane) and be mindful of children.
6. Observe all signs for traffic flow, parking and designated foot traffic.
7. Watch your step. Be on the lookout for ruts, holes, irrigation lines and farm equipment. Sturdy shoes or boots are recommended.
8. Do not climb the fence around the fields.
9. Do not enter the farm house or other outbuildings. The distribution center is the only building that members can safely access.
10. Avoid over-exposure to the sun while harvesting U-pick crops. Hats, sunblock, and water are essential gear for forays into the Pick-Your-Own fields!
11. Please leave your pets at home. Dogs can behave unpredictably in the wide range of situations which abound at the farm. Many children and adults are terrified at the site of a strange dog, however benign your pooch may be. Please also do not leave pets in the car during your visits to the farm.
12. Please do not smoke in or near the Distribution Center or in the P-Y-O fields.
13. Please consider using your cell phone only if necessary. The use of ear buds or headphones is discouraged as it may prevent you from knowing when farm equipment is in the vicinity.

Lettuce. Store unwashed with a dampened paper towel in a plastic bag and refrigerate. By changing the towel occasionally and keeping it damp, you'll be able to store the lettuce for up to a week.

Mesclun Lettuce Mix. Refrigerate unwashed in a plastic bag for up to 5 days. Wash and blot or spin dry just before using.

Onions. To Cure: Spread onions out to dry in a single layer in a warm, dry, sunny spot in the house for a few days. The skins should be dry and papery and the necks completely dried. Brush off the soil and store in a mesh bag or other well-ventilated container in a cool dry location ideally between 40-50°. Important: Do not wash or wipe off the soil clinging to the skin until they have cured; you don't want to add any moisture.



Freezing: Simply chop the onions and freeze in convenient amounts. Be sure to use freezer bags and consider double-bagging several in a larger bag or reusable container as the smell can be quite strong.

To store chives and scallions, put them in a plastic bag in the refrigerator where they will hold 3-4 days before becoming limp. For long term storage of onions and scallions, consider chopping and freezing in pre-measured portions.

***Okra.** Harvesting: Pick while pods are still young and tender; between one and three inches long.

Freezing: Wash and remove stems. Do not rupture seed cells. Blanch for 2 to 3 minutes or steam for 5 minutes. Freeze whole or slice crosswise. Also excellent pickled.

***Peppers, Hot.** Choose pods that have smooth, shiny skins and are firm to the touch, as soft fruit is immature. If the stem can be easily detached from the plant, then it is ripe. Use scissors or a knife to harvest.

Peppers. Whole, unwashed peppers will keep in the refrigerator for 3-4 days.

Freezing: So easy! Clean, seed, and cut into pieces. Do not blanch. Freeze in bags or boxes. The frozen peppers will be soft, but are fine for soups or casseroles where the flavor is the prime consideration.

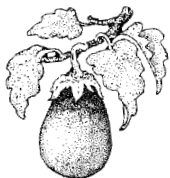
Potatoes. Store in a dark, dry place between 45° to 50° as higher temperatures, even room temperature, will cause the potatoes to sprout and dehydrate prematurely. Don't store in the refrigerator, since starch content will turn to sugar giving the potatoes an undesirable taste. In addition, do not store potatoes near onions, as the gases that they each emit will cause the degradation of both. Finally, do not expose potatoes to sunlight as this can cause the development of the alkaloid *solanine* to form. Cooked potatoes will keep fresh in the refrigerator for several days.

Cauliflower. Cauliflower will keep for up to five days if stored in the crisper section of the refrigerator. Store it in an open plastic bag. Keep the head stem-side up to prevent moisture from collecting on it. For the best flavor, cauliflower should be eaten as soon as possible.

Cucumbers. Use as soon as possible. Pickling is the best way to store cucumbers for a long time.

Eggplant. Eggplant stores poorly, so harvest as close to eating time as possible.

Their optimal storage temperature is 50°, so do not refrigerate, but instead store in a cool spot.



***Flowers.** It is essential for you to bring your own clean harvest containers and sharp clippers to the farm, if you want your flowers to be long lasting. We suggest that you fill the container with water to keep your newly picked flowers as fresh as can be during the ride home.

Best times to harvest your flowers? Morning (after dew has dried) or early evening. Cut the flower stem and strip the foliage from the part that will be submerged in your harvest container. Cool flowers as soon as possible (putting the air conditioning on in your car for the drive home will work wonders). How to care for your flowers when you get them home? Fill your vase halfway with tepid water. Cut, using a sharp knife or scissors, 1 inch from the stems and strip any foliage that will be under water. Put cut flowers immediately in the water. Bacteria will cause premature die-off of your flowers, so keep your vases clean. To prolong vase life, prepare this plant food: to 24 ounces of water, add 1 teaspoon vinegar, 1 tablespoon sugar and one crushed aspirin tablet.

Garlic. Place bulbs in cool, dry room in a basket, out of the sun. Do not refrigerate.

Greens. (Kale, Collards, Mustard, Mizuna, Spinach, Beet Tops)

Store unwashed with a dampened paper towel in a plastic bag and refrigerate. By changing the towel occasionally and keeping it damp, you'll be able to store the greens for up to a week.

Freezing: Greens freeze well. Wash, then blanch for 3 minutes, drain and plunge into ice water. Chill for two minutes; drain. Pack in freezer containers or bags. Use within 6 months.

Herbs. All herbs can be dried and stored in glass jars. Herbs such as parsley, basil and cilantro freeze beautifully. Simply wash, blot dry, chop and put into ziplock bags. Take out what you need as you cook making sure that you don't thaw the entire contents.

Kohlrabi. Store for 4 or more days tightly wrapped, refrigerated.

Farmland We Manage

Some of the land on which Honey Brook Organic Farm farms is part of the Stony Brook-Millstone Watershed Reserve and includes woodland, old fields and frontage along the Stony and Honey Brooks. Fourteen miles of trails lace the reserve and are open to the public year round, dawn to dusk. The farmland has been managed organically since 1984, making it some of the least adulterated farmland in New Jersey.

In addition to the acreage rented from the Stony Brook-Millstone Watershed Association, land is also rented from private owners of a preserved farm in Hopewell Township. We also organically farm land in Chesterfield Township, Burlington County, including the first farm preserved by New Jersey's Farmland Preservation Program in 1985. Honey Brook Organic Farm has become a national model not only of successful sustainable farming, but ours was one of the first farms to demonstrate the feasibility of partnerships between non-profit environmental groups and farmers.



honeybrookorganicfarm.com and the **Veggie Hotline Keep Our Community Connected**

The most convenient way to connect to the farm is to visit our web site, *honeybrookorganicfarm.com* on a weekly basis. Our monthly newsletter the *Local Harvest* is found there and will update you on long-range crop forecasts, events being held at the farm as well as agricultural issues of the day. You will also find hours of operation, contact information, recipe links, our farm goals, staff bios and more!

The Pennington "This Week" page, updated three times a week, gives a general guideline as to what crops may be available for distribution and in the pick-your-own fields to assist you in your weekly meal planning. The "Veggie Hotline", 609-737-8899, is an automated phone system that provides general information. When you leave a message, staff will respond as soon as possible. If you need to speak to a staff member, please call our direct line (609-737-8846) during office hours (9am to 5pm, Mondays, Tuesdays and Thursdays).

In addition, we send out weekly emails to Boxed Share members. You can also like Honey Brook Organic Farm on Facebook to connect with other CSA members.

Organic Pesticides

Organic agriculture puts a strong emphasis on the *prevention* of disease and insect pest problems. From a technical standpoint, organic practices are rich with preventive techniques, but are rather poor in the capacity to correct or *control* problems once they arise. Since organically approved pesticides are relatively weak and extremely short-lived upon field application, prevention of pest problems is critical.

It is only when prevention fails that stronger means of pest control are considered. The Federal Organic Standards permit the use of **botanically-derived** substances to prevent crop failure. Unlike some chemical pesticides, botanical compounds biodegrade quickly, leaving no harmful residue.

For the first few days after application, we do not handle treated crops. (For this reason, it is important to only enter fields open for pick-your-own.) Crops treated with organic pesticides are washed before distribution, but we still advise members to wash all their produce before eating it. We post pesticide warning signs in the pick-your-own fields when pesticides have been sprayed to ensure that visitors and members do not enter those fields.

Recommended Tools

It's important for members to be equipped with tools of the CSA trade to get the most from your membership. Please consider purchasing the following items:

Good quality peeler and knives — a must for paring, peeling and hand chopping.

Food processor — indispensable for making pesto and tomato sauce.

Lettuce spinner — great for cleaning and drying mesclun mix, head lettuce and other leafy greens.

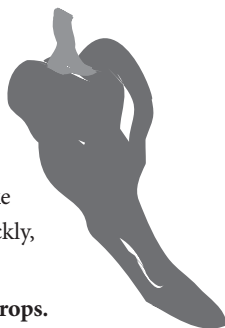
Wide-brimmed hat and sunscreen — you're enhancing your internal health by eating organic produce, but you also need to protect your externals from the harmful rays of the sun!

Pruning shears — can't be without them when herb gathering.

Flower snippers — will make flower harvesting even more pleasurable. We recommend Stanley's AccuScape™ Pro model.

Large, flat-bottomed basket with handles — great for P-Y-O harvesting.

Work gloves — protect your hands while harvesting and carrying your P-Y-O items.



Harvesting, Storing and Preserving Fresh Vegetables

Fresh produce starts to lose nutritional value the moment it is harvested. This is the reason locally grown organic produce is superior to organic produce available in supermarkets or health food stores. We boast a harvest-to-table period of less than a day to ensure the maximum freshness, nutrition and aesthetic quality of our produce!

Fresh vegetables will better retain their fresh quality and nutritive content if they are properly stored. This process starts the moment you put the produce into your car! Here are some suggestions that may help avoid wasted produce so you can enjoy everything to the last bite. An asterisk (*) indicates U-pick crops and we've included some things to look for when you are harvesting.

As with all produce, even our organically grown veggies need to be washed before they are eaten.

***Snap Beans.** Harvesting: All snap beans, whether green, purple or yellow, are best harvested while they are small and tender. Beans should be picked when they are about 1/4" in diameter. Store fresh snap beans unwashed in a plastic bag in the refrigerator. They will keep 3-5 days.

Freezing: Blanch beans in boiling water for 3 minutes per pound of beans. Chill in ice water (very cold will do) for 3 minutes. Store in freezer bags. Beans will keep for 6-12 months at 0°.

Beets. Remove tops and see "Greens" for keeping the beet greens. Rinse the beets. They will stay in good condition in the refrigerator storage bin for 2-3 weeks.

Broccoli. Keep unwashed, trimming only the large leaves. Store in plastic bags in the refrigerator, where it will keep for 2-3 days.

Freezing: Wash, trim, peel, and cut lengthwise into 3/4 inch thick pieces. Blanch for 3 minutes and plunge into cold water for 3 minutes. Drain and pack into freezer bags. It will keep 6-12 months at 0°.

Cabbage. Unwashed, firm, compact cabbage keeps up to two weeks in the refrigerator; looser-leaf (Chinese or Savoy), up to a week. Sliced cabbage stored in a plastic bag will keep 5-6 days in the refrigerator.

Carrots. Remove tops; wash and place in a plastic bag or refrigerator compartment for up to two weeks. Cooked carrots will keep for 2-3 days refrigerated. Carrots freeze poorly unless juiced.

