

Food Storage Tips

Learning how to properly store your food minimizes food waste and keeps your produce fresher for longer! Here are a few storage hacks that will make your food last twice as long:

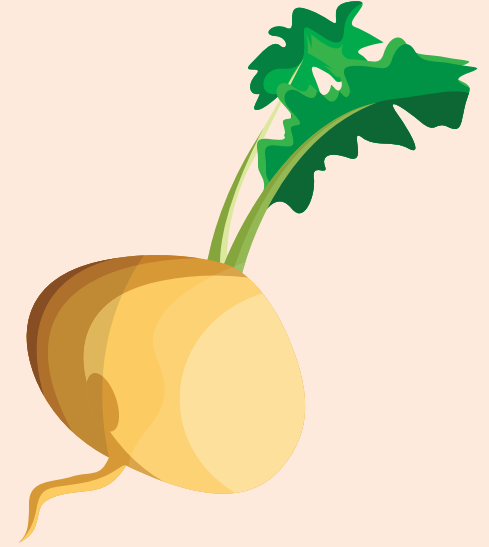
- Wash your fruits in vinegar as soon as possible to keep them from getting moldy. Use one part vinegar to 10 parts water
- Store your potatoes and onions separately to keep them from spoiling, and store apples and potatoes together.
- Store tomatoes with the stem side facing down to make them last longer.
- Store herbs in glass jars with water covering the stems. Make sure to change the water every few days.
- Wrap your leafy vegetables in a paper towel and keep in a sealed bag.

食物储存技巧

学习如何正确储存您的食物可以最大限度地减少食物浪费，并使您的产品更长时间地保持新鲜！这里有一些储存技巧可以让你的食物保存时间延长一倍：

- 用醋清洗水果，以防止它们发霉。用一份醋兑 10 份水
- 将土豆和洋葱分开存放以防止它们变质，并将苹果和土豆存放在一起。
- 将西红柿茎的一面朝下存放，这样可以延长保存时间。
- 将香草植物储存在玻璃罐中，用水覆盖茎部。确保每隔几天换一次水。
- 用纸巾把绿叶蔬菜包起来，放在密封的塑料袋或可重复使用的袋子。

吃得好, 保持健康! Eat Well, Stay Healthy!



蔬菜聚光灯: 圆萝卜

Vegetable Spotlight: Hakurei Turnip

圆萝卜 Hakurei Turnip

季节: 5月到6月; 9月到11月

Season: May - June; Sept - Nov

圆萝卜的绿叶部分含有维生素 A、C 和 K 以及叶酸和钙

The leafy greens contain vitamins A, C, and K as well as folate and calcium

PER 100 GRAMS: **每 100 克**

28 calories	0.9g protein	28 卡路里	0.9g 蛋白质
0.1g fat	1.8g fiber	0.1g 脂肪	1.8g 纤维
6.4g carb		6.4 g 碳水化合物	



可以帮助控制血糖水平

Can help control blood sugar levels

具有甜味和略带果味的味道

Has a sweet and slightly fruity flavor

维生素 C 的良好来源, 可增强免疫力, 预防疾病和感染

Good source of vitamin C to boost immunity and prevent illness and infection



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博丽萝卜扁豆汤

(4-6人份)

Turnip & Lentil Soup

(serves 4-6)

食材

- 1束博丽萝卜，洗净切半
- 1束博丽萝卜的菜叶，切碎
- 2根胡萝卜，切片
- 4瓣大蒜，切碎
- 1个洋葱，切丁
- 4杯低钠蔬菜汤
- 2杯水
- 1.5杯干扁豆
- 1汤匙油
- 1片月桂叶
- 盐和胡椒少许

INGREDIENTS

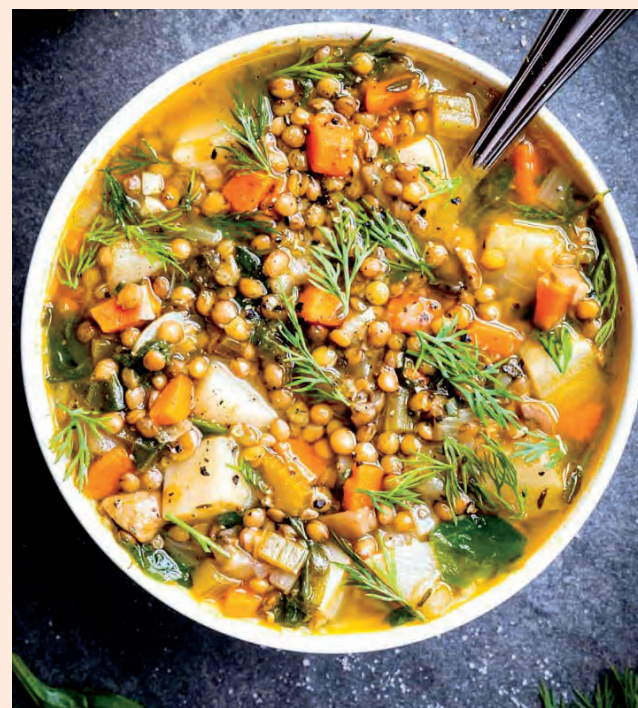
- 1 bunch Hakurei turnips, washed and halved
- 1 bunch Hakurei turnip greens, chopped
- 2 carrots, sliced
- 4 garlic cloves, minced
- 1 onion, diced
- 4 cups low sodium vegetable broth
- 2 cups water
- 1 ½ cups dried lentils
- 1 tbsp oil
- 1 bay leaf
- Salt and pepper

做法步骤

1. 将扁豆放入一个大碗中，并加入冷水浸泡至少 30 分钟，然后过滤并用冷水冲洗。
2. 在锅中，加入油和洋葱，炒2-3 分钟。加入胡萝卜和大蒜，然后再炒2-3 分钟，加水。然后加入蔬菜汤、萝卜、萝卜菜叶、月桂叶、扁豆和少许盐和胡椒粉。
3. 把汤煮沸，然后炖约20分钟，将月桂叶丢掉。趁热享用！

INSTRUCTIONS

1. Add lentils to a large bowl and cover with cool water. Let soak for at least 30 min then strain and rinse with cold water.
2. In a pot, add the oil and onions and cook for 2-3 min. Add carrots and garlic then cook for another 2-3 min. Add the water and deglaze the bottom of the pot. Add vegetable broth, turnips, turnip greens, bay leaf, lentils, and a pinch of salt and pepper.
3. Bring the soup to a boil then let simmer for ~20 min. Find and discard the bay leaf. Serve hot and enjoy!



健康小贴士



扁豆富含营养。它们不含胆固醇和钠，同时富含钾、叶酸、铁和纤维。它们是植物性蛋白质的重要来源。

HEALTH TIP

Lentils are packed with nutrients. They are free of cholesterol and sodium while loaded with potassium, folate, iron, and fiber. They are a great source of plant based protein.