

TIPS FOR STORING FRUITS AND VEGETABLES

Fruits and vegetables, when stored correctly, have many benefits, including a longer shelf life, improved flavors, preservation of nutrients, and cost savings through less food waste.

Store potatoes, garlic, onions, winter squash, and shallots in a cool, dark, and dry spot for about a month to three months.

Store fruits such as plums, tomatoes, pears, cherries, grapes, melons, and peaches on the counter for three to ten days. Store them in the fridge once they are ripe.

When stored in a plastic bag, asparagus, celery, herbs, and leafy greens can be refrigerated for 3 to 14 days.

Berries, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, chili peppers, corn, cucumbers, eggplant, green onions, green beans, leeks, mushrooms, okra, peas, peppers, radishes, summer squash, and zucchini can all be stored in the refrigerator without a plastic bag for 3 to 14 days.

储存水果和蔬菜的技巧

正确储藏水果和蔬菜有很多好处，包括延长保质期、改善口感、保存营养成分以及减少食物浪费从而节约成本。

将马铃薯、大蒜、洋葱、冬瓜和大葱存放在阴凉、较暗和干燥的地方，这样的话，大约可存放一个到三个月。

把李子、西红柿、梨、樱桃、葡萄、甜瓜和桃子等放在柜台上存放三到十天。待成熟后再放入冰箱保存。

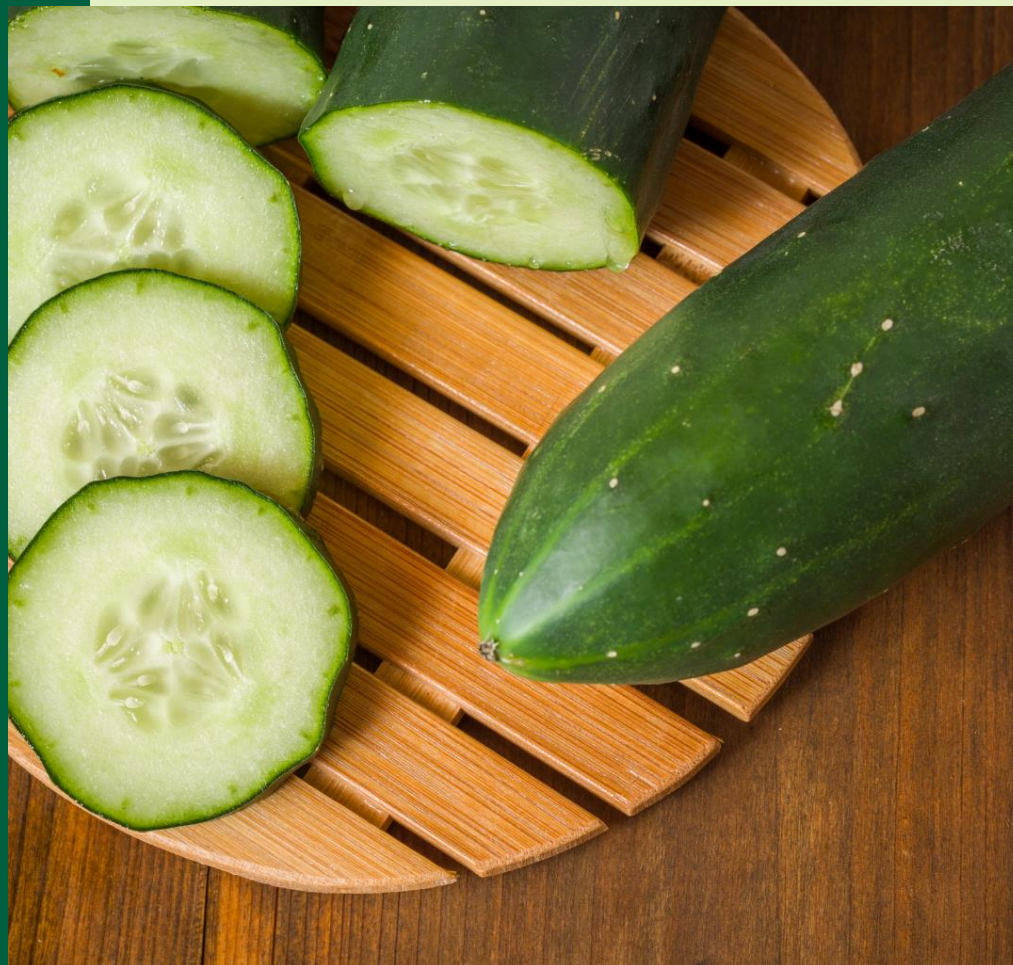
把芦笋、芹菜、香草和绿叶菜用塑料袋装好后放入冰箱，可保存3到14天。

莓果、甜菜、西兰花、球芽甘蓝、卷心菜、胡萝卜、花椰菜、辣椒、玉米、黄瓜、茄子、葱、四季豆、韭菜、蘑菇、秋葵、豌豆、青椒、萝卜、夏南瓜和西葫芦都可以在不使用塑料袋的情况下在冰箱中储存3到14天。

Eat Well, Stay Healthy! 吃得好，保持健康!

Vegetable Spotlight: Cucumbers

蔬菜聚光灯: 黄瓜



References/参考资料:

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2. California Department of Social Services. Find a recipe. <https://eatfresh.org/find-a-recipe/>. Accessed December 7, 2023.

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This resource is supported by the National Institutes of Health, National Institutes of Minority Health and Health Disparities grants U54MD000538 and R01MD018204.

MARINATED CUCUMBER SALAD (Serves 4) 腌黄瓜沙拉 (4 人份)



INGREDIENTS

- 2 Cucumbers, sliced
- 3 cloves Garlic, peeled and thinly sliced
- 2 stalks Green Onions, sliced
- 1/2 cup Cilantro, chopped
- 3/4 cup Rice Vinegar (or more, enough to coat cucumbers)
- 1 pinch Crushed Red Pepper Flakes or more, to taste (optional)
- Salt to taste
- Black Pepper to taste
- Peanuts chopped, for garnish

配料

- 2 根黄瓜，切片
- 3 瓣大蒜，去皮切薄片
- 2 根葱，切片
- 1/2 杯香菜，切碎
- 3/4 杯米醋（或更多以足够涂抹黄瓜）
- 1 小撮红辣椒碎，或更多，根据个人口味调整（可选）
- 盐适量
- 黑胡椒适量
- 花生碎，用于装饰

DIRECTIONS

1. Combine cucumbers, garlic, green onions, and cilantro in a large bowl.
2. Add rice vinegar, crushed red pepper, salt and pepper; toss gently to combine.
3. Chill and allow to marinate for at least one hour. Taste and adjust seasonings. Top with chopped peanuts before serving.

步骤

1. 将黄瓜、大蒜、葱和香菜放入一个大碗中。
2. 加入米醋、红辣椒碎、盐和胡椒粉，轻轻翻拌均匀。
3. 冷藏并腌制至少一小时。品尝并调整调味料。食用前，可在上面撒上花生碎用于装饰。



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