

FOOD EDUCATION TIPS & TRICKS

Best Practices for Food Storage

When in doubt, bag it

Store vegetables in a bag (preferably the one they came in) or container to keep them fresh – this prevents the moisture from evaporating (make sure to reuse the bags too!)

Keep most things in the fridge: if it's ripe, move it to the fridge

If produce is already ripe, store it in the fridge – this can make ripe produce (such as avocados and mangos) last for several more days (up to a week).

The softer produce is, the sooner you should use it.



First in, First out

Keep track of what you have in your fridge: work on using foods like spinach and lettuce first, then move toward hardier vegetables like potatoes and carrots.

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How to Pickle Vegetables

A great skill to have – it makes for the perfect snack, a great addition to any salad or meat dish and keeps food from going bad.

Recipe for Simple Brine

Ingredients: Vinegar, water, sugar & salt

1) Combine vinegar, water, sugar, and salt. Stir until sugar dissolves. Taste and adjust. It should be tangy, sweet and very slightly salty.

2) Pour brine over vegetables. Store in a jar or airtight container and refrigerate.

You can eat the pickles immediately but they will taste better after a few days and will keep for up to a month.



**You can adjust the recipe to best suit your own tastes:*

Less sugar = less sweet

Less water = more acidic

Adding herbs = adds freshness

Adding chilis = add spiciness

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Simple Fried Rice Recipe

It's one of my go to dishes when I'm in a pinch for time, can't make it to the grocery store, or simply need to empty the fridge of whatever's left from the week. The best part is - at its simplest, it only requires a few ingredients: onions, green onions, eggs, and soy sauce. However, it can be adapted to include whatever you have on hand. - Brendan

Ingredients:

- 1 cup of cooked rice (old or new)
- ¼ cup of onion diced
- 1 green onion sliced
- 1 egg
- ½ tablespoon soy sauce
- Cooking oil (olive, vegetable, etc.)
- Garlic sliced (optional)
- Pepper (optional)
- Sugar (optional)

Directions

1) Heat oil over medium-high heat in a frying pan or wok. Once the oil is hot, add onions (and garlic if using). Stir quickly to prevent burning.

2) Once the onion and garlic become fragrant, add rice and mix everything together. Try not to smash your rice, you want the grains to still be intact. Fry everything together until the rice begins to soften.

3) Move everything to the side and crack an egg into the empty side of the pan. Lightly scramble it. Once it's cooked, mix it in with the rice.

4) Add in soy sauce, and a pinch of sugar and pepper if using. Mix everything together. Taste and adjust.

5) Toss in green onions and stir for a few more seconds.

Transfer to a plate and enjoy!