

Carrot Top Pesto

Recipe adapted from epicurious.com

Yield: 8 servings

Ingredients:

Tops from 1 bunch of carrots (3 lbs)

1 garlic clove, peeled

3 Tbsp macadamia nuts or pine nuts

½ cup fresh basil (packed)

¼ cup finely grated Parmesan

2 Tbsp olive oil

Salt and pepper to taste

Instructions:

1. Trim carrot tops, leaving some stem atop the carrots themselves. Store the rest of the carrots in the fridge.
2. Pulse garlic and nuts in a food processor until a coarse paste forms. Add basil, Parmesan, and carrot tops; process until a coarse puree forms. Add olive oil and pulse until combined; season with salt and pepper.

Tip: Serve with pita chips or add to pasta for a fun and fresh flavor.



City Market, Onion River Co-op is committed to environmental stewardship with a focus on waste management, energy efficiency, plastic reduction, and protecting our natural resources. We continuously seek ways to expand this work and stay up to date with best practices in the industry with a goal of net zero waste and net zero energy use across our facilities. To learn more about these initiatives, visit:

www.citymarket.coop/environmental-initiatives



Your Community-Owned Grocery Stores

Downtown **Burlington, VT** South End

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About Produce Storage

Learning about best practices for storing your produce can help minimize food waste and prolong shelf life. We are proud to offer a wide variety of local, organic, and conventional products in our Produce department. Check out the information in this brochure for tips on keeping your apples and carrots crunchy, preventing your greens from wilting, and extending the shelf life of fresh herbs!

City Market Produce Bags

As part of our environmental framework at the Co-op, we are committed to reducing single-use plastic and transitioning to sustainable packaging. We are proud to share that we have officially transitioned to 100% compostable bags in our Produce department!

These bags are compostable in commercial facilities and offer a great alternative to plastic. However, they are not designed for long-term storage, so we suggest transitioning them to storage containers or into produce drawers when you arrive at home. Learn more about best practices for storing your fresh produce below!

General Tips

Remove any fasteners - Removing rubber bands or fasteners can help prevent bruising which can lead to spoilage.

Treat some produce like flowers - Lengthen the life of your basil, dill, scallions and asparagus by trimming the bottom tips of their stalks and placing them in a jar of water 1" deep. Cover with a loose cloth bag and store in the fridge.

Give your produce a haircut - Cut leafy tops off of produce like carrots, beets, radishes, etc. These leafy bits draw out moisture from the vegetables causing them to go limp.

***Pro-tip:** Did you know that you can transform a carrot's leafy greens into a delicious pesto? Check out the recipe on the back!*

Washing or cutting ahead of time - Hold off on washing or cutting produce until you are about to use it. Any additional moisture or exposure to air can significantly shorten the shelf life of your produce. Wrap your cut

produce tightly in cling wrap before storing in the fridge.

***Pro-tip:** Keep your leafy greens in a container, or resealable plastic bag, with a paper towel to absorb extra moisture. If using a plastic bag, make sure to press the air out of the bag before sealing.*

Where to Store Produce

Countertop - The countertop is ideal for durable produce like pineapples and citrus, or produce sensitive to colder temperatures such as basil. It is also an ideal space to ripen produce such as bananas, avocados and tomatoes.

Cool Room or Pantry - A cool, dark and dry location is great for produce that is sensitive to light. You can place your apples, potatoes, onions and garlic here. When storing produce in a cool room or pantry:

- Keep potatoes and onions separate. Onions create gases that hasten the sprouting of potatoes. You can learn more about produce storage pairings in the table to the right.

Fridge - This is where you can store most of your produce. With the ability to control humidity, temperature and exposure to light, refrigerators can remove many of the external factors that hasten spoilage. When storing produce in a fridge:

- Use a container or bag. Finely porous storage helps provide a slightly humid yet breathable environment which is ideal for keeping produce fresh. You can use a mesh or cloth bag, or if your produce comes in a package then you can just put the produce straight into the fridge.

Freezer - The freezer can store your berries, as well as cut fruit and vegetables, from 3 to 12 months. Use a freezer bag or freezer-friendly container when storing produce to help prevent freezer burn.

Produce Storing Types

When it comes to storing produce there are two types of fruits and vegetables: **Emitters** and **Absorbers**.



Emitters: These fruits and vegetables produce ethylene - a gas that can cause ethylene sensitive produce to ripen quickly.



Absorbers: These fruits and vegetables are highly sensitive to ethylene gas and will quickly go bad if stored with **Emitters**.

The two do not play well together, so be sure to store them apart from one another. Follow the table below to learn how to create ideal produce pairings.

Produce Pairing Guide

Counter/Pantry



Avocados
Bananas
Citrus

Melons
Potatoes
Stone fruits

Tomatoes

store separately from...



Garlic
Onions

Squash
Herbs

Fridge



Apples
Figs
Grapes

Kiwis (ripe)
Mangoes
Peaches (ripe)

Pears

store separately from...



Asparagus
Broccoli
Cucumbers

Eggplant
Green beans
Leafy greens

Peas
Peppers
Strawberries