

Berries: Too Good To Waste



Store: Keep cool and dry in the refrigerator. Store unwashed with a paper towel in a ventilated container, or paper bag. Wash right before eating, within 2-3 days of purchase.

 Freeze washed berries in an airtight container or bag.

Cook: Eat raw or cooked, whole or sliced. Bake into desserts.

Use it up: Add to fruit or green salads, hot or cold cereals, smoothies or yogurt. Use in a fruit salsa served with bread or chips... and compost the rest.



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