

Spinach: Too Good To Waste



Store: Keep leafy greens cool and dry in the refrigerator for up to 5 days. Store loosely in an airtight bag in the crisper or lay flat and roll in a dry paper towel then store inside a sealed bag.

 Freeze cooked spinach up to 12 months in an airtight container.

Cook: Rinse before eating. Eat fresh, stir-fried, sautéed or steamed for 2-3 min. on stovetop or in microwave.

Use it up: Add to sandwiches, soups, egg dishes, pasta or smoothies... and compost the rest.



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