

Shopping for Produce

By, EB Odom & Victoria Neff

During this period of time while you may be in quarantine, it is still important to eat your daily serving of fruits and vegetables! Here is a list of produce that stores well and how to properly store it to ensure a longer shelf life. Consider purchasing these fresh produce options

Apples	Refrigerate up to 6 weeks
Beets	Refrigerate 2-4 weeks
Cabbage	Refrigerate in plastic up to 2 months
Carrots	Refrigerate up to 1 month
Citrus (Oranges, Grapefruit)	Refrigerate up to 2 weeks
Onion	Store in cool dry area for up to 1 month
Potatoes	Store in cool dry area for up to 2-4 months
Sweet Potatoes	Store in cool dry area for up to 2-4 months
Winter Squash	Store in cool dry area for up to 2-4 months

Recipe: Oven Roasted Vegetables

Carrots, Beets, Sweet Potatoes, and Onions. Cut into 2-inch chunks.

1-2 Tablespoons of Olive Oil, Salt and Pepper to taste.

Preheat oven to 425 degrees F. Line baking sheet with foil or parchment paper for easy clean up. Toss vegetable chunks in olive oil on baking sheet. Give the vegetables a little space between each piece. Sprinkle salt and pepper and toss vegetables. Bake approximately 25-40 minutes or until fork tender. Halfway through cooking time, stir the vegetables to ensure even cooking.