

# *Sharise's* **KEEPING PRODUCE FRESH**

A Wise & Wild Way Guide



Sharise Parviz  
Master Strategic Intervention Coach  
Wholistic Practitioner  
Yoga, Fitness & Dance  
[www.shariseparviz.com](http://www.shariseparviz.com)





# From Farm Fresh to Family Feast

Your health is important, and you're doing all you can—eating organic, fresh foods straight from the source (or as close as possible). Whether you grow your own or take advantage of bulk buys from a CSA (Community Supported Agriculture), your local farmer, or find a great sale at the market, it can be frustrating when your produce doesn't last as long as you'd like, and you see your hard-earned money, or efforts, go to waste. Don't worry—I've got you covered with tips straight from a farmer!

Here are some tried-and-true tips to keep your fruits and veggies fresh and delicious, so you can savor every bite without the guilt of waste—perfect if you're not fermenting right away.

Inspired by the Wise & Wild Way, GAPS, and/or Nourishing Traditions, the cooking tips focus on ancestral living to nourish your body and soul—just a heads-up, **if you're following GAPS**, some foods listed aren't on the diet but will be awesome additions once you're off it!

**Note:** While we'd love to eliminate plastic altogether, sometimes that's not always practical. If you can find glass containers with ventilated lids, that's the best choice for keeping your produce fresh while avoiding plastic. If not, make sure your plastic is BPA-free and only store cold foods, as heat can cause plastic to leach into your food.

**Tip (The Wise & Wild Way):** For beans, legumes, grains, nuts, or seeds in this guide, soak or ferment them before cooking to make them easier on your digestion—it's an ancestral trick to unlock their full goodness! This also helps reduce anti-nutrients like phytic acid, making nutrients more bioavailable.



# FRESH VEGETABLES

## **Artichokes**

Keep artichokes refrigerated (32-36°F), storing in a perforated plastic bag to retain moisture. Steam and serve with organic browned butter and vinaigrette for dipping.

## **Arugula**

Keep arugula refrigerated (32-36°F), stored in a perforated plastic bag, away from fruits to avoid deterioration. Arugula is good raw in a salad or cooked with other leafy greens.

## **Asparagus**

Cut an inch off the bottom of asparagus spears. Submerge ends in water and refrigerate (32-36°F). Steam or sauté until just tender – do not overcook!

## **Beets**

Keep beets refrigerated (32-36°F). The stems can be removed and they do not need to be in a plastic bag. Roasted beets are one way to prep beets for mixed salads. Preheat the oven to 400°F. Place beets in a covered baking dish with a splash of water to retain moisture, and roast until tender, about 1 hour.

## **Bok Choy**

Keep bok choy refrigerated (32-36°F), storing in a perforated plastic bag. Wash and chop bok choy. Stir-fry with ginger and garlic, adding a splash of traditionally fermented soy sauce just before serving—look for organic brands labeled “Naturally Brewed,” or try Tamari, a wheat-free variety that’s better for those with wheat sensitivities.

## **Broccoli, Broccolini, Broccoli Rabe**

Keep broccoli refrigerated (32-36°F), storing in a perforated plastic bag to retain moisture. Steam or sauté.

## **Cabbage & Brussels Sprouts**

Store cabbage and Brussels sprouts in the refrigerator (32-36°F), in a perforated plastic bag. Chop cabbage or trim Brussels sprouts and blanch for 12 minutes in boiling salted water, or until they are tender.

## **Carrots**

Keep carrots refrigerated (32-36°F). Remove tops and store in a perforated plastic bag. Eat raw as a snack or sauté with organic ghee and garlic.

## **Cauliflower & Romanesco**

Keep cauliflower refrigerated (32-36°F). Chop and eat raw as a snack or in a salad, or steam and serve with salt and pepper. You can also place the cauliflower on a baking sheet, top with organic melted butter, sea salt and freshly ground pepper, and bake at 400°F for 20 minutes.

## **Celery**

Keep celery refrigerated (32-36°F), stored in a perforated plastic bag. Chop and use in salads or in a stir-fry.

## **Cucumbers**

Keep cucumbers refrigerated (32-36°F). Slice them thinly and mix with yogurt, salt and pepper for a quick salad that’s cool for summertime.



# FRESH VEGETABLES

## **Eggplant**

Keep refrigerated (32-36°F), storing in a perforated plastic bag. Prepare Barbecue (medium-high heat). Place eggplant rounds on rimmed baking sheet; brush with organic melted ghee, then sprinkle with salt and pepper. Place rounds on grill and cook until tender and golden, about 4 minutes per side.

## **Fava Beans**

Keep fava beans refrigerated (32-36°F), in a perforated plastic bag. Take the beans out of the pod. To cook, blanch in boiling salted water for 1-3 minutes, then transfer to an ice bath to cool. Slip off the waxy outer skin by pinching each bean between your fingers. Sauté the peeled beans with organic butter, garlic, and onions.

## **Fennel**

Keep fennel refrigerated (32-36°F). You can use the green fronds with meats or fish when roasting. Trim the white bulb and slice into ½ inch thick slices. Place on baking sheet and drizzle with organic melted butter and sea salt. Bake at 375°F for 20 minutes. This gives the fennel a sweet, caramelized flavor.

## **Garlic**

Store whole heads of garlic in a cool, dry, dark place (45-50°F) with good ventilation, but do not refrigerate. However, always refrigerate peeled or cut garlic in a sealed container. Use in dressings, marinades and stir-frying for flavor.

## **Greens: Kale, Collard Greens, Chard, Mustard Greens**

Keep refrigerated (32-36°F), storing in a perforated plastic bag. Discard stems or put aside for stock. Chop leafy part and wash thoroughly. Strain—greens are now ready to sauté with organic butter, onions, and garlic or steam and serve with a wedge of lemon.

## **Green Beans**

Keep refrigerated (32-36°F), in a perforated plastic bag. Trim green beans and boil in salted water for 4 minutes. Strain and toss with a bit of organic melted butter.

## **Green Onions**

Keep refrigerated (32-36°F) in a sealed plastic bag. Use fresh in salads or marinades, or sauté with organic ghee and vegetables.

## **Kohlrabi**

Keep refrigerated (32-36°F), storing in a perforated plastic bag to retain moisture. Slice the kohlrabi and eat plain, or grate it into a savory salad.

## **Leeks**

Keep leeks refrigerated (32-36°F). Trim white part, discard greens. Slice the white part into ½ inch rounds. Place in glass dish and drizzle with organic melted butter; bake at 350°F for 30 minutes.

## **Lettuce**

Keep lettuce refrigerated (32-36°F), stored in a perforated plastic bag, away from fruits to avoid deterioration. Lettuce is good in sandwiches or simply tossed with vinegar and organic, cold-pressed olive oil.





# FRESH VEGETABLES

## Onions

Store whole onions in a cool, dry, dark place (55-65°F) with good ventilation, away from other vegetables (which can absorb the onions' moisture). Always refrigerate cut onions. Heat a pan over medium-high heat, add organic butter or organic ghee, and then add the cut onions. Cook until caramelized and add to any dish for a deep, rich taste!

## Parsnips

Keep refrigerated (32-36°F), storing in a perforated plastic bag to retain moisture. Use a mixture of parsnips and potatoes the next time you make mashed potatoes with organic butter—you will get a much richer, complex taste!

## Peppers

Store whole peppers in a cool, dry, dark place (45-50°F), away from fruits to avoid over-ripening. Always refrigerate cut peppers. Gypsy and bell peppers can be eaten raw as a snack or in a salad. Sweet peppers are also great stir-fried.

## Potatoes

Store whole potatoes in a cool, dry, dark place (45-50°F) with good ventilation, but do not refrigerate. Boil potatoes on stovetop or bake small potatoes on a baking sheet at 400°F for 30 minutes.

## Radishes

Keep refrigerated (32-36°F), storing in a perforated plastic bag to retain moisture. Wash radishes and serve alongside carrots with dip for an apéritif (a fancy French word for a pre-meal appetizer served to stimulate the appetite and improve digestion).

## Snap Peas

Keep snap peas refrigerated (32-36°F), in a perforated plastic bag. Take the snap peas out of the pod and sauté with organic ghee and sea salt.

## Spinach

Keep spinach refrigerated (32-36°F), stored in a perforated plastic bag, away from fruits to avoid deterioration. Wash spinach and remove stems. Sauté onions in organic butter over medium heat; when browned, add the spinach. Once it is completely wilted, add salt and pepper to taste. Serve as a side dish or mix into a GAPS-friendly soup.

## Summer Squash

Keep refrigerated (32-36°F), storing in a perforated plastic bag. Fire up the barbecue. Cut squash in half lengthwise. Place on rimmed baking sheet; brush with organic melted ghee, then sprinkle with salt and pepper. Place squash on grill and cook until tender and golden, about 4 minutes per side.

## Sweet Potatoes

Store whole sweet potatoes in a cool, dry, dark place (45-50°F) with good ventilation, but do not refrigerate. Cut in half lengthwise and place on a baking sheet; top with organic melted butter, sea salt and freshly ground pepper, and bake at 400°F for 30 minutes. You can also top with organic butter and a drizzle of honey for a sweet touch.

# FRESH VEGETABLES

## Tomatoes

Keep tomatoes at room temperature (55-70°F). Do not refrigerate, as it will make the tomatoes mealy and flavorless. Cut tomatoes and mix with a balsamic dressing made with organic, cold-pressed olive oil or slice tomatoes, drizzle with organic, cold-pressed olive oil, and serve with fresh mozzarella.

## Turnips & Rutabaga

Keep refrigerated (32-36°F), storing in a perforated plastic bag to retain moisture. Peel 1 lb turnips or rutabagas and cut into 1-inch-thick wedges. Melt organic butter in a heavy skillet over medium heat, then add turnips or rutabagas, ½ cup water, ½ tablespoon lemon juice, and ½ teaspoon salt and bring to a boil. Reduce heat to low and simmer, covered, 30 minutes. Increase heat to medium and stir turnips, then briskly simmer, uncovered, until all of liquid has evaporated and turnips are glazed and just tender, 20 to 35 minutes (they should be cooked through but still retain their shape).

## Winter Squash

Store winter squash in a cool, dry, dark place (45-50°F). Cut into cubes and place on a baking dish. Roast at 375°F for 30 minutes.



## A TRICK TO REVIVE YOUR WILTED GREENS OR LETTUCE

### Wilted Greens

Wilted greens and lettuce are often just dried out, which can still occur even if the greens remain in constant refrigeration.

### Cold Water Overnight

Submerge the wilted greens in cold water by placing them in a dish, filling it with water, and putting it in the refrigerator overnight. Now you never need to compost your wilted greens or lettuce.





# FRESH FRUITS

## **Apples**

Keep apples refrigerated (32-36°F), storing them away from vegetables, as apples produce ethylene, a ripening agent. Eat raw as a snack, or slice into a green salad with walnuts or pecans. Apples are also delicious when thinly sliced and incorporated into a sandwich with soft-ripened cheese.

## **Avocados**

Ripen avocados in a paper bag on your countertop; when fully ripe, store whole avocados in a cool, dry, dark place (45-50°F). Mash the avocados and add a bit of lemon juice, salt and pepper for a simple guacamole.

## **Cranberries**

Keep refrigerated (32-36°F), storing in a perforated plastic bag. Cranberries can also be frozen for later use. They are wonderful in chutneys and when boiled down with mandarin juice and served with roasts.

## **Figs**

Keep figs refrigerated (32-36°F). They are perfect plain and also drizzled with honey for dessert.

## **Grapes**

Keep grapes refrigerated (32-36°F), in a perforated plastic bag. Do not wash until ready to use. Grapes are a wonderful accompaniment to a cheese course and are tasty in fruit salad.

## **Kiwis**

Keep kiwis refrigerated (32-36°F), away from other fruit to prevent over-ripening. Eat plain or sliced into a fruit salad. Sliced kiwis are wonderful with yogurt!

## **Lemons & Limes**

Store in a cool, dry, dark place (45-50°F), away from other fruits to avoid absorption of off-flavors. Wash before using. Lemons and limes are good in salad dressing, iced tea and simply squeezed into a pitcher of water for a kick of flavor.

## **Mangoes**

Keep mangoes refrigerated (32-36°F). Mangoes are good plain and are a great addition to fruit salad.

## **Melons**

Store whole melons in a cool, dry, dark place (45-50°F), away from other fruits. Always store cut melons in the refrigerator. Eat plain or cut into small pieces in a fruit salad.

## **Oranges, Grapefruit & Mandarins**

Store in a cool, dry, dark place (45-50°F). Always refrigerate cut citrus. Oranges, grapefruit & mandarins are a seasonal pleasure – they're great eaten plain or make for delicious fresh squeezed juice.

## **Pears**

Store whole pears in the refrigerator (32-36°F). Pears are tasty plain, but can also make for an elegant dessert. Cut in half lengthwise and lay on a baking dish; top with organic butter and a drizzle of honey and bake at 350°F for 25 minutes.



# FRESH FRUITS

## **Persimmons**

When ripe, store them in the refrigerator (32-36°F). There are two varieties of persimmons – Fuyu and Hachiya. The Fuyu variety can be eaten plain, biting into the persimmon like you would an apple. Cook the Hachiya variety in stews or in apple pie or wait until they are so ripe they are soft and mushy, then they can be eaten fresh. Freezing the Hachiya also removes the surprising texture they possess when eaten firm and uncooked.

## **Pomegranates**

Keep pomegranates refrigerated (32-36°F). To remove the seeds: Cut out the blossom end, remove some of the white pith, but do not break the red pulp around the seeds. Score the skin into quarters. Break the pomegranate into halves and then halve again following score lines. Bend back the rind and pull out the seeds. Eat seeds whole or juice into mixed drinks.

## **Rhubarb**

Keep refrigerated (32-36°F), storing in a perforated plastic bag. Chop and place in a pot with ½ cup of water. Let the rhubarb cook down into compote, adding honey to taste.

## **Stone Fruit: Nectarines, Apricots, Peaches, Plums, Pluots, Apriums**

Store whole stone fruit in the refrigerator (32-36°F). Eat plain as a snack or in a fruit salad.

## **Strawberries & Bush Berries**

Fresh berries are highly perishable. Store them in the coldest part of the refrigerator (32-36°F), loosely covered with plastic wrap. Do not wash until ready to use. Serve plain or in a fruit salad.





# OTHER

## Herbs

Remove band or tie; wash and dry. Snip off the ends and submerge them in a glass of water. Cover with a plastic bag and leave in the refrigerator. Add herbs to sauces, such as tomato sauces for flavor.

## Lavender

Great for decoration or the lavender florets can be used for seasoning and baking. This is most likely Provence lavender which is not as mild as preferred culinary lavenders but is great for decoration or aromatherapy uses.

## Mushrooms

Store mushrooms in a paper bag in the refrigerator (32-36°F). Sauté with organic butter or organic ghee and garlic.

## Nuts

Store nuts in a cool, dry, dark place (45-50°F), off the floor, in a Ziploc bag. Do not refrigerate, as the environment is too moist. Nuts can also be frozen in airtight containers for longer term storage; this prevents the nuts from going stale. Wise & Wild Way: [Make Crispy Nuts](#) for better digestion

# Your Fresh Future:

## The Next Step in Leading Lady Living

You've mastered keeping your produce fresh—probably amazed at how simple it was to savor every bite without waste—and now you're wondering: what's next for living vibrantly? Oh, there's so much more! Fresh food is just the beginning.

True nourishment flows from how we feed our bodies, calm our minds, and tune into our inner spirit. It's in the love we share with our families, the joy we find in life's simple moments, and the peace we feel when we live as we were designed—aligned with all you were created for.

Nothing will make your kitchen—and your life—bloom brighter than embracing all you were meant to be! If you're ready to dive deeper, creating not just a fresh table but a life overflowing with health, peace, and purpose—check out my programs to keep growing in wellness and joy!

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*Sharise Parviz*

