

# PRODUCE HANDLING TIPS

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## ASPARAGUS

Trim stems, soak butt end in tepid water, band with wide rubber band if necessary.

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## BEANS

Check quality, remove any wilted or decayed, can be lightly sprinkled; alternatively can be packaged in plastic bags.

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## BEETS WITH GREENS

Arrive bunched; remove any damaged or discolored leaves, hydrate in tepid water. Keep moist on display, cover with damp cloth at closing.

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## BEETS CUT

Trim any long 'tails'; Store in refrigeration, generally no prep needed should always be firm.

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## BERRIES

Check for decay, refrigerate; if direct from farmer place in key location for quick sale, local strawberries & raspberries very fragile.

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## BROCCOLI

Trim butt ends, lightly spray on display, cover with wet burlap at night. If they get rubbery remove from display, trim stem end and hydrate in tepid water in the sink.

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## BRUSSEL SPROUTS

Firm, green orbs; remove any yellow leaves, sprinkle water keep moist, high labor item to maintain best quality, display needs to be balanced with demand.

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## CARROTS BUNCHED

Remove any discolored leaves & broken carrots; rinse to remove any dirt; can be moistened on display; store in walk-in cooler.

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## CARROTS: CUT

Generally do not need prepping, trim ends depending on display.

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## CAULIFLOWER: UNWRAPPED

Trim outer leaves if yellowing, very lightly sprinkle.

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## CORN

Trim any drying outer leaves, refrigerate immediately; lay moist cloth at night.

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## CELERY

Trim ends, trim with diamond cut, hydrate and band.

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## EGGPLANT

Avoid temperatures below 40 degrees. Like to stay dry.

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## ESCAROLE, ENDIVE, CHICORY, MUSTARD GREENS, CHARD

Remove any discolored leaves, rehydrate in tepid water 20 minutes or just rinse, trim ends.

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	<b>KALE</b>	Soak in tepid water 20 minutes, trim ends, keep moist on display.
	<b>LEEKS</b>	Rinse well, trim ends slightly.
	<b>LETTUCE</b>	Trim ends with diamond cut , rinse quickly in tepid water, wrap with wire as needed, lightly sprinkle on display.
	<b>PARSLEY &amp; OTHER LEAFY HERBS</b>	Trim ends, quick plunge/rinse in tepid water.
	<b>PARSNIPS: CUT</b>	Place in cooler, trim ends as needed for display.
	<b>RADISH</b>	Rinse, soak in tepid water sprinkle lightly on display. Roots an be iced on display but keep greens vibrant and away from ice.
	<b>SPINACH BUNCHED</b>	Carefully place in sink, stem ends down, gently rinse and swish removing dirt; place single layer on draining rack, refrigerate.
	<b>PACKAGED LETTUCE</b>	Check dates at receiving, label boxes, rotate boxes in the cooler rotate when stocking; check dates daily.