

USE
ASAP

WITHIN 3-5 DAYS

Broccoli (*refrigerate*)

Brussels Sprouts (*refrigerate*)

Cauliflower (*refrigerate*)

Spinach (*refrigerate*)

NO
RUSH

4+ WEEKS

Apples (*store in crisper drawer of refrigerator; check regularly for spoilage*)

Cabbage (*store in refrigerator in closed paper bag, not a plastic bag, designed to keep 6-8 weeks*)

Frozen sweet corn (*freeze for long term use, or thaw and prepare within a day or two*)

Honey (*store at room temperature; if crystallization occurs, place jar in warm water*)

Sweet potatoes (*store in a dark, cool, dry place*)