

**Blog Writing Sample**  
(Approx. 600 words)

## **Goodbye, Wilted & Wasted Salad Greens!**

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Does this scenario sound like it could be a scene from your life? You come out to the Anytown Farmer's Market, and you're pumped to pick out some beautifully fresh salad greens. Oh yeah, healthy eating! You come over to the A-Z Veggie Farm tent and get your goods. You pick up some lettuce, kale, and spinach, then head on your way. On your drive home, you make all sorts of grand salad eating plans for the next week.

Then life happens and you kind of forget about those greens in the fridge (It's okay, we've all been there. Yes, even us veggie farmers!) You go to use them, but all you find are some wilted, nasty, slime-covered versions of what used to be nice crisp leaves.

Yuck, nobody wants that! Wasting food stinks, and we like to avoid it whenever possible. The question is, how do you keep your greens from going bad so fast? There are various methods, tricks, and tips that different people swear by. Let's discuss some of them, shall we?



### **Sort & Rinse**

Try to avoid tossing your lettuce in the refrigerator when you get home, with the intention of "I'll get around to washing and sorting it later tonight after we tackle that math homework." You probably already know the rest of that story. Open up your bunch or package of greens and check for any leaves that are looking like they are past their prime. Get rid of them! Compost them or treat your chickens. Leaving them in with the good greens will only promote the spread of bacteria, thus leading to more premature spoilage.

Once you've sorted, it's time to wash. Gently rinse to further control bacteria and to clean off any lingering soil. [\(2\)](#) Take some cold water, and fill a container large enough to handle the

amount of produce that you need to clean. Dip the greens in the water and carefully agitate them. This process will remove any foreign debris, which you should see the evidence of at the bottom of your bowl. [\(3\)](#)

## Get Them Dry

How you take care of your greens after washing is critical for lasting salad satisfaction. Take some time and make sure you get each leaf dry. Trapped moisture is bad news for the quality of lettuce and other leafy greens. [\(2\)](#) For the initial drying, employing the use of a salad spinner can be very helpful. After the large water droplets are spun away, finish drying with paper towels. [\(3\)](#)

## Seal Them Up

When it comes to storage, airtight containers are your best bet for success. Resealable plastic bags or rigid plastic storage containers are convenient options. For continued moisture control, pack some paper towels in with the greens. In an experiment conducted by Christine Gally of [thekitchn.com](http://thekitchn.com), she was able to keep salad fresh for a whole week using three different storage options. She tested a plastic storage container with paper towels, a plastic bag with air in it, and a plastic bag with paper towels. [\(1\)](#)

We'd say that being able to keep fragile leafy greens good to eat for seven days is quite satisfactory. Would you still like to be able to store for an even longer period? In that case, choosing the loosely packed box with paper towels is your ideal strategy. Christine reported that her box still had edible lettuce in it, even after ten days in the fridge! [\(1\)](#)



Have you mastered the art of storing greens? Are there any other tips and tricks you've discovered that you'd like to share? Let us know in the comments below!

## References

1. <https://www.thekitchn.com/we-tried-3-ways-to-store-salad-greens-and-heres-our-winner-tips-from-the-kitchn-211770>

2. <https://www.self.com/story/heres-how-to-keep-your-salad-greens-fresh>
3. <https://www.thespruceeats.com/how-to-wash-lettuce-and-greens-2216968>

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