

# clover food lab

Purple starburst daikons from Winter Moon Roots taking a restorative dip.



Hi Veggie Monster Mashers (ok ok we're still working on what we should call all you fans of the newsletter...if you have ideas, email them in.)

Kiernan again. A rainy Monday is befitting for today's topic, the power of WATER in keeping your veggies better longer, and making weekly meal prep as snappy as a fresh celery stalk.

I've got 2 kiddies at home—3 year-old Charlie (who survives on a diet of only Clover hummus, so far as I can tell) and 1 year-old Penelope—so organized meal preparation is essential to maintaining my sanity and some semblance of order in the kitchen. Sundays are spent cooking up large batches of lunches and dinners for the week and highly strategic tupperwaring to fit it all in the fridge.

It sounds silly, but even the time that it takes to slice up a carrot can be hard to find when the children are snorting, screaming, or snorting-and-screaming. That's where WATER comes in. A lot of tough vegetables—especially those in season right now—can be sliced up and stored in cool tap water in the fridge. Carrots, celery, radishes, and potatoes all maintain their freshness, texture, and flavor when given a polar bear plunge.

Then, when I'm in a rush and want the vegetables for a quick salad or recipe component, I simply drain them and give them a little time on an absorbent dish towel or [drying pad](#) and/or a quick go-around in the [salad spinner](#). (Fun bonus: Penelope is MESMERIZED by the salad spinner.)

I recommend changing out the water every 3 days or so for max effectiveness, and, with this method, have kept these veggies tasting great for well over a week and a half.

There is a kitchen fundamental behind this practical tip, which you should always think about when putting away the groceries: most food preservation comes down to moisture control.

For example, while the submersion method works for heartier fare, the same principle applies to those most delicate of ingredients—herbs. For cilantro, parsley, basil, and other leafy herbs, you want to wrap their stems in just-damp paper towels and store them in the fridge.

As Exec Chef Phil explains: the paper towel wicks unwanted moisture away, but can also give it back if the herbs start to dry out.

(That said, even the paper towel method will only keep herbs looking and tasting good for a few days.)

Oh! And I also want to recommend my top storage solution for the job: [Rubbermaid Brilliance](#) containers. They stack well, maintain a tight seal that hasn't leaked after a year-plus of regular use, and stand up to the dishwasher.

Plus, because of their clear sides, these containers make my fridge look just beautiful with all those colorful radishes swimming about in there. It's part storage unit, part Veggie Aquarium.

So there you have it: water is a veggie's best friend.

