

LEAFY GREENS



Tool: Plastic zip-top bags,
storage container.

How: Store the cooked greens
along with their juices while
freezing or refrigerating.

Storage: Keep at 0 to 5°C.
Can be stored for 3-4 days.

Freezer: For up to 6 months.

ANSWER

How - If freezing, separate the cooked greens from the pot's juices.

Greens and their juice may be stored together under refrigeration.



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