

How to Keep Salad Fresh

Wondering how to preserve salad? Keeping your salad crispy and green is totally achievable by following a few easy tips and tricks! Scroll down to for a step-by-step guide on the best way to keep salad fresh!



Step 1: *Think green!*

Opt for higher quality produce. The greener and richer the color, the more nutrients!



Step 2: *Chill out.*

The sooner you refrigerate your salad greens the better.



Step 3: *Keep It Dry.*

Wait to wash your salad greens until ready for consumption to optimize crispness.



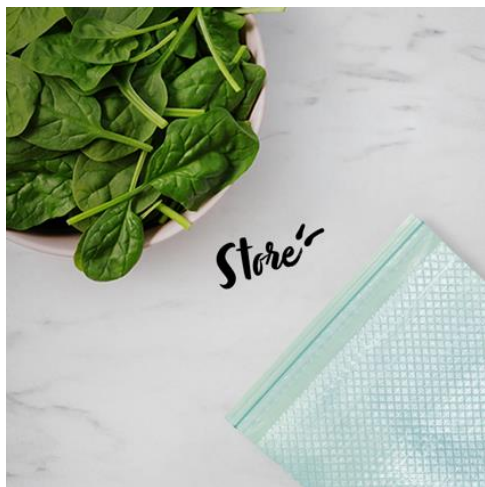
Step 4: S.O.S (Sauce on the Side)

Keep dressing separate to avoid sogginess.



Step 5: Seal the Deal.

Store properly and enjoy when ready!



Now that you know how to keep salad fresh in the fridge you can look forward to eating healthy all week long!

How To Store Salad

If you're wondering how to store salad, and more importantly, how to keep salad fresh, two options really stand out.

The first is to wrap undressed salad greens in a dry paper towel and then place in a food storage bag like one of Glad®'s Flex'n Seal™ options. The paper towel will be sure to absorb any excess moisture and the stretch and seal combo will allow you to pack in your salad greens with

the assurance they will stay fresh. Follow by placing your salad greens in the refrigerator crisper.

The second option is to place your salad in a bowl wrapped with an airtight food wrap such as Glad® Press'n Seal® or Glad® Cling'n Seal™. The sides of the bowl will protect your delicate salad greens from other, tougher inhabitants of your refrigerator and the wrap's airtight seal will lock in moisture!

Can You Freeze Salad Greens?

Because salad greens such as lettuce are primarily composed of water, they do not tend to freeze well. The texture will change when thawed (becoming quite mushy) and will likely not be as appetizing as fresh salad greens. However, if you have a sturdier green such as spinach, swiss chard or kale, freezing is an option. Wash and dry your sturdy greens then grab a plastic bag, such as a Glad® Flex'n Seal™ Freezer Gallon Bag. Check out these protection pointers on [How to Freeze and Store Kale](#) for more information.

