



## **Cestari Introduces Practical System for Summer Produce Prep and Storage**

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Cestari suggests a system to help home cooks manage the abundance of summer produce from farmers' markets and home gardens. The practical approach addresses a common seasonal challenge: preventing fresh fruits and vegetables from going to waste during peak harvest months.

The system centers on three essential components that streamline the process from market to meal. A bamboo cutting board for summer produce prep provides ample workspace for breaking down large quantities of fruits and vegetables efficiently. Glass food storage jars offer an optimal solution for keeping washed and prepped produce visible and accessible in the refrigerator. The third element involves a simple labeling system that tracks preparation dates and contents, ensuring nothing gets forgotten in the back of the fridge.

"Every summer, home cooks face the same dilemma when they return from the farmers market with bags full of beautiful produce," said Susan MacDowell, Founder at Cestari. "The difference between eating those tomatoes at their peak and finding them spoiled a week later comes down to having the right preparation and storage system in place from the start."

The timing of this guidance coincides with the height of summer harvest season, when farmers' markets overflow with seasonal offerings and home gardens produce more zucchini, tomatoes, and cucumbers than many families can immediately consume. The systematic approach transforms what could become food waste into ready-to-use ingredients for quick weeknight meals.

The preparation workflow begins with washing and sorting produce immediately after purchase or harvest. Using a large bamboo cutting board allows cooks to process multiple items simultaneously, creating an efficient assembly line for chopping vegetables, slicing fruits, and preparing herbs. The prepared items then go directly into clear glass containers, making it easy to see what's available when planning meals throughout the week.

"The visibility factor cannot be overstated," MacDowell noted. "When prepared produce sits in clear glass food storage jars at eye level in the refrigerator, it actually gets used. That simple change in storage method can reduce household food waste significantly during the summer months."

The labeling component adds another layer of organization to the system. By marking containers with contents and preparation dates, home cooks can prioritize using items at their peak freshness and avoid the common problem of mystery containers lurking in refrigerator corners.

This practical approach particularly benefits gardeners dealing with simultaneous harvests and shoppers who buy in bulk at farmers' markets to support local agriculture. The system scales easily from small households to large families, adapting to varying produce volumes and storage needs.

Cestari Kitchen specializes in high-quality kitchen tools designed for durability and practical use. The company backs all its products with a lifetime guarantee and maintains an extensive catalog of kitchen essentials ranging from basic utensils to specialized food preparation and storage solutions. Through its blog and educational resources, Cestari regularly shares practical guidance for home cooks seeking to maximize their kitchen efficiency and reduce food waste.

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For more information about Cestari, contact the company here:[CestariSusanMacDowell1-978-800-1013support@cestarikitchen.com](mailto:CestariSusanMacDowell1-978-800-1013support@cestarikitchen.com)  
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**Cestari**

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