



**THE
SWAG™**

100% NATURAL

INFORMATION BOOKLET

Keeping Fruits and Vegetables

THE BIRTH OF SWAG



"why do I have to eat all my veggies when you throw them in the rubbish mum" that was my 6 year old and I had no answer. That's when I started on this journey - to set a good example for my kids. Four years on and we are very proud to have a product that not only stops food from going into the rubbish, but has a real positive impact on the environment and BONUS it is good for your pocket.

OUR MISSION

Thank you for purchasing the Swag. Our overriding philosophy is to reduce the amount of waist we all create. From cutting down the amount of food we throw out, the number of plastic bags we use to simply getting value for what we purchase. The small changes we all make go a long way to making the huge changes we need to take care of the communities we live in, the places we work and natural environments we spend our free time in.

When you receive your Swag you will notice that we don't include any item that's going to end up in the rubbish. This guide is sent out electronically to help #WasteLess. If you would like a printed guide and you didn't order at time of purchase, please contact us and we will happily send one to you free of charge.

We would love your feedback and comments. We can be contacted at:

 info@theswag.com.au

 [@theswag.com.au](https://www.facebook.com/theswag.com.au)

 www.theswag.com.au

 [theswag.com.au](https://www.instagram.com/theswag.com.au)

Getting the most from Your Swag

1. Before you start using your Swag be sure to wash following care instructions on the inside label.
2. For general use, dampen the Swag from the outside and wring out any excess water. Place fruit, vegetables and leafy greens into The Swags.
3. Once your Swags are in use, be sure to wash every two weeks (or as needed) following care label instructions.
4. Put newly purchased fresh produce into a clean Swag. Transfer your older produce into a smaller Swag with a specific colored trim - this way, you'll always know (for instance) that the red trimmed small Swag has all the older produce that you need to use first.
5. For absolutely best results, cut away any dead or dying ends/bits on your fruit and veggies. If inclined, you can wash your fresh produce first and pat dry before putting into The Swag.
6. When you feel your Swags are starting to dry up -sprinkle with water from the outside to replace moisture. This can be done whilst the Swags are in the crisper
7. Make sure you've always got a clean and dry spare set of Swags ready to go whilst your others are in the wash.
8. To get the most out of your Swags, after every 3rd or 4th wash, sprinkle wet Swags with white vinegar and put on an extra rinse cycle. Vinegar removes soap residue and is a natural sanitizer. Dry out in full sun.

Using Your Swag



Leafy Greens: Green Onions: Arugula : Lettuce : Spinach : Watercress, Chard, Collards, Escarole, Kale ...

Rinse thoroughly and put into a dry Swag. You can pat dry or swing the Swag around to get rid of any excess water! Sprinkle some extra water on the outside of the Swag to keep it moist. Place this Swag on top of all of your other Swags so it doesn't get squashed!



Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Cauliflower & Leeks

These should be stored unwashed in a damp Swag in the crisper drawer of the refrigerator. When cut they can be placed into their own small Swag ready for next time you need them.



Tender Herbs: Basil, Sage, Tarragon, Mint, Cilantro, Dill & Parsley

Gently wash these herbs with cold water , dry well (or spin in the bag) and store in a damp Swag. Take care to remove all excess water from leaves.



Woody Herbs: Rosemary, Thyme, Chives, Sage & Oregano

Clean with cold water, remove excess water and place in damp Swag. You will be amazed how well herbs keep when they get Swagged.



Mushrooms & Okra

Mushrooms & Okra need a cool dry environment. Place them into a completely clean/dry Swag (DO NOT WET THE SWAG) and put in the crisper draw. Okra should not be washed until use, wipe mushrooms clean.



Potatoes, Onions & Garlic

Put potatoes, sweet potatoes, Garlic and Onions into a DRY Swag and place in your cupboard/pantry (NOT in the fridge or crisper). Once you've cut an onion or potato up, you can then put it into a damp Swag and pop in your fridge crisper. Some onion flavor may transfer to your other veggies but it will last longer this way. Garlic should be stored in a sealed container in the freezer after peeling.



All Peppers (Bell, Chili, Jalapeño ...)

Store whole peppers in a damp Swag anywhere in the fridge. Do not store with fruits as this will cause over ripening. Cut peppers can be place back into the Swag (no plastic wrap needed) and they will stay FresherForLonger.



Beets & Radish

Before storing remove the green tops of Beets/Radish, rinse to remove dirt and place in a damp Swag anywhere in your refrigerator.



Cucumber & Fennel/Anise

Store in a slightly damp Swag, avoid the bottom draw as they are both sensitive to cold. Cut cucumbers can be placed back into the swag, no plastic needed. Fennel should not be cut until needed as it can brown easily.



Celery

Celery should be placed in the Long Swag to avoid having to cut before use. Ensure that your Swag is damp and the Celery is not too tightly packed. Store anywhere in your refrigerator.



Eggplant & Zucchini

To store eggplant, wrap it in a paper towel, and place in a perforated plastic bag, then store in the crisper drawer of your refrigerator.



Corn

Take corn fully out of the husk and place into a slightly damp Swag. Keep in the crisper of your fridge. Corn thrives in The Swag!



Asparagus & Artichoke

Store fresh Artichokes and Asparagus unwashed in a damp Swag in the crisper draw of refrigerator.

TIP: Use different color trims to identify whats in your bags or old v new produce. Delicate Items should be placed together or in their own Swag. Keep a spare set of Swags for when the others are in the wash. Happy Swagging!!!