



How to store

FRESH PRODUCE



- Apples

- Apples are best stored in the refrigerator—if left out, apples will rot quickly. Store in a bag in the crisper bin between 32 to 36 degrees F. Apples can last for several weeks up to several months depending on the variety.

- Beets

- Store cold and humid, preferably in the vegetable drawer or crisper to prevent shrinkage. Properly stored beets can last between 4 and 6 months! Cut roots from greens, store separately.

- Blackberries

- Select a container. Keep your blackberries in a container that allows them to breathe, which will slow down spoilage. Line the container with paper towel. Place a paper towel at the bottom of your storage container. Place in the refrigerator.

- Blueberries

- Store blueberries in a refrigerator in a container. Don't wash berries until eating or serving as this will quicken the deterioration process.

- Broccoli

- Store broccoli in the veggie bin of the refrigerator between 32 and 36 degrees Fahrenheit. It can last for up to 2 weeks when stored properly in a bag.

- Carrots
 - Store carrots in the vegetable bin of the refrigerator (32 to 36 degrees F) in a bag. Make sure to remove the greens if they have them otherwise the carrots will wilt. Mature carrots can last for 4 to 6 weeks. Young carrots are best eaten within 2 weeks.
- Cabbage
 - Store cabbage in cold refrigeration—32-36 degrees Fahrenheit. Green Cabbage lasts up to 6 weeks in cold storage, but other types of cabbage including Chinese cabbage last for a few months and are usually stored during the winter months. Store in a crisper or plastic bag.
- Cauliflower
 - Store uncooked cauliflower between 35°-40° (most refrigerators run at 40° or below) in a paper or plastic bag in the vegetable bin of the refrigerator for up to a week. Store the stem side down. Pre-cut cauliflower should be refrigerated and consumed within a couple of days.
- Cilantro
 - Snip stems at base. Store in a loose, plastic bag in the refrigerator. Maintain dryness until eating and washing before serving. Another fun way is to wrap tops with plastic or cover with a bag; and keep in a jar or glass of water stems-down. Cilantro can last nearly 2 weeks.
- Celery
 - Wrap celery in a moist paper towel. Keep in your fridge in a cup or container, in a cool, moist environment.

- Collard Greens
 - Store dry collards in the vegetable crisper (32°-36°) in a bag. Best if used within 1-2 weeks. Prior to washing, any wilted or yellow leaves should be removed. Next, dunk greens into a bowl of tepid water a few times to clean. Drain, then use!
- Corn
 - Store ears of corn with their husks intact in cold, refrigeration. Separate corn in vegetable drawer or crisper. Properly stored corn can last between 4 and 8 days.
- Cucumber
 - Store cucumbers in a warmer part of the refrigerator between 45-60 degrees F. Cucumbers will last 7-10 days. Always wash before serving.
- Garlic
 - Garlic can be kept for nearly 7 months and can be stored out openly or in the refrigerator. Store garlic in its skins for best preservation.
- Green Beans
 - Store green beans in the refrigerator. Store warmer than most vegetables and not in the separate crisper drawer. Store green beans between 45 and 55 degrees Fahrenheit. If properly stored, string beans should last 7-10 days.

- Kale
 - Store in a bag in the veggie crisper (32-36 degrees F). Use within a few days.
- Lettuce
 - Store lettuce in cool, moist areas of the refrigerator, preferably in a bag in the vegetable drawer or crisper. Lettuce should be stored at 32 degrees Fahrenheit, and if kept properly can last between 2 and 3 weeks.
- Melon
 - The whole melon should be left at room temperature until ripe. Once ripe, place whole, uncovered melons, in the refrigerator.
- Nectarines
 - Store unripe nectarines at room temperature until ripe.
- Onions
 - Ideally, onions should be stored in a cool, dark place between 45 and 55 degrees F. Whole, raw onions will last two to three months when stored in a cool, dry place

- Okra

- Okra should be kept in cool refrigeration (45-50 degrees F), wrapped in a plastic bag to protect the vegetable. Okra has a short lifetime if not frozen for long-term keeping, and properly stored okra should last 2-3 days.

- Peaches

- Ripen fruit at room temperature. Refrigerate ripe fruit in an unsealed plastic bag. Use within a week.

- Peppers

- Peppers like a humid, cool environment. Store them in a bag in the refrigerator around 45 degrees Fahrenheit.

- Potatoes

- Store at room temperature or slightly cooler. Do not store it in the refrigerator, but instead in a paper bag in a dark pantry corner or cabinet away from light and other foods. Potatoes should last between three weeks and up to a few months depending on maturity.

- Radishes

- Radishes are best kept refrigerated in the veggie bin (32-36 degrees F). The tops and roots should be stored in separate bags. If stored properly it can last between 1-2 months.

- Spinach
 - Store in a bag in the vegetable bin (32-36 degrees F) without roots. Use within a week.
- Summer Squash
 - Store squash in cool refrigeration. Do not wash until ready for serving or eating! Washing will speed up the deterioration process. Store squash wrapped in plastic wrap or a bag.
- Sweet Potatoes
 - Store sweet potatoes in a cool, dark place with good ventilation (55 to 60 degrees F). Do not store it in the refrigerator. When properly cured, sweet potatoes can be stored for several weeks.
- Tomato
 - To ripen, store tomatoes at room temperature.
- Swiss Chard
 - Store Swiss Chard in cold refrigeration, preferably in a crisper drawer to ensure humidity and temperature control. Do not wash until serving, as this will quicken wilting. Properly stored Swiss Chard will last between 1 and 2 weeks.

- Turnip
 - Turnip roots and greens should be separated for storage. Store greens in a bag for up to 2 weeks in the veggie crisper (32 to 36 F). Roots can be stored in the crisper for up to several months.
- Winter Squash
 - Winter squash can be stored up to 3 months or longer in a cool, dry place between 55 and 60 degrees F. A higher temperature will shorten storage time, but it will not alter the flavor. Storage temperature below 50 degrees F (as in a refrigerator) will cause squash to spoil more quickly.
- Zucchini
 - Zucchinis require cool refrigeration. Wrap in a plastic bag to protect vegetables. Zucchini has a short shelf-life and when stored properly should last 3-4 days. Wait to wash until eating.