

STORING VEGETABLES AND FRUITS



TAKING CARE TO STORE YOUR PRODUCE PROPERLY ENSURES

- Vitamins and minerals stay in tact longer
 - Less food waste
 - Increased life of food
 - Less money spent on food
- Which means you eat more nutrients
- Which means you are able to stretch your produce across meals more easily



WASH BEFORE EATING

Wash your produce under running water and gently rub to loosen dirt. Do not use soap. Use a colander for delicate produce and a brush for tough produce. If your produce should be stored dry, wait to wash it until you prepare your meal. Washing produce reduces the risk of food-borne illness especially when eating uncooked food.

COLD DRY

Refrigerate these vegetables and fruits in a plastic bag or container that is slightly open to prevent condensation.

COLD MOIST

Refrigerate these vegetables in a plastic bag or container with a bit of moisture, like a damp paper towel.

ROOM TEMP

Store these vegetables and fruits out of the sun and in an open container.

FRUITS	KEEPS FOR	COLD DRY	COLD MOIST	ROOM TEMP	NOTES
Apples	weeks	•			
Berries & Cherries	3-5 days	•			Wash right before consuming
Grapes	5-7 days	•			
Melons	5-7 days	•			Ripen at room temp
Peaches & Plums	3-5 days	•			Ripen at room temp
Pears	5-7 days	•			Ripen at room temp

STORING FRUITS AND VEGETABLES

VEGETABLES	KEEPS FOR	COLD DRY	COLD MOIST	ROOM TEMP	NOTES
Asparagus	1 week		•		Stand in water
Basil	3-5 days			•	Store dry in bag or stand in water
Beans	5-7 days	•			
Broccoli	3-7 days		•		
Brussels Sprouts	weeks		•		Store off the stalk
Cabbage	weeks		•		Remove wilted leaves
Cauliflower	3-7 days		•		
Celery	weeks		•		
Cilantro	1 week		•		
Corn	3-5 days		•		Keep husk on
Cucumbers	1 week	•			
Eggplant	3-5 days	•			
Garlic (dry)	months			•	Store in the dark
Leafy Greens	3-7 days		•		Lettuce, kale, etc.
Leeks	weeks	•			
Onions (dry)	months			•	Store in the dark
Onions (green)	weeks	•			
Parsley	1 week		•		
Peas	3-5 days	•			
Peppers	1 week	•			
Potatoes	months			•	Store in the dark
Root and bulbs	weeks		•		
Summer squash	5-7 days	•			Includes zucchini
Tomatoes	3 days			•	
Winter squash	months			•	