STORING FOOD properly means more nutrients for you to consume, less food waste, and money spent on groceries. It's helpful to both you and our environment.

Adapted from 
*Legumes, Nuts, & Seeds*

**Beans, canned or cooked**

**REFRIGERATE IT:**
Yes, after opened or cooked.

**AT FRESHEST:**
Can in pantry, several years; cooked beans, refrigerator, 3 to 5 days; freezer, up to 3 months.

**OPTIMAL STORAGE:**
Store cooked beans in their cooking liquid or water in an airtight container.

**FREEZING:**
Freeze in sealed airtight containers in their cooking liquid or water.

**USE IT UP/REVIVAL:**
Made too many beans? Cooked beans can also be used in all sorts of recipes, such as cookies and cakes.
Beans, dry

REFRIGERATE IT:
No.

AT FRESHEST:
Can last indefinitely, but after 1 year may need slightly longer cooking times.

OPTIMAL STORAGE:
Store in airtight containers in a cool, dark, dry place. Do not wash until just before use.

FREEZING:
Not recommended.

USE IT UP/REVIVAL:
If the lengthy preparation time is the reason that bag of beans is hanging around in your pantry, you might like to know that pressure cooking vastly decreased the time to cook beans. If you don’t have a pressure cooker, beans can be partially cooked in the microwave to decrease conventional cooking time. Be careful to fully cook red kidney beans, as they can be toxic when undercooked, and do not cook them in a slow cooker unless boiled for at least 10 minutes beforehand. Do not add salt, lemon juice, vinegar, tomatoes, chili sauce, ketchup, molasses, or wine until after the beans are fully cooked, as they can prevent beans from softening. Brown foam in a pot of cooking beans is protein from the beans not dirt. If you don’t like this, simply skim it off or add a bit of butter or oil to the water to prevent foaming.

Peanuts

REFRIGERATE IT:
Recommended.

AT FRESHEST:
Unopened jar in pantry, 2 years; unopened bag in pantry, 1 to 2 months; refrigerator, 4 to 6 months; freezer, 9 to 12 months. Peanuts in the shell keep longer.

OPTIMAL STORAGE:
Store in a cool, dry, dark place in an airtight container. If using only occasionally, it’s best to refrigerate or freeze loose peanuts.

FREEZING:
Shell and seal in zip-top freezer bags, or boil whole peanuts in a brine solution, drain, and seal in freezer bags.

USE IT UP/REVIVAL:
Peanut soup is a popular African dish and easy way to use up leftover peanuts or peanut butter.
**Seeds**

**REFRIGERATE IT:**
Yes, ideally.

**AT FRESHEST:**
Sunflower seeds- Raw, at least 1 year room temperature; roasted, 8 months in refrigerator, 4 months at room temperature. Flaxseeds- Whole, at least 1 year at room temperature; ground, at least 90 days in refrigerator. Pumpkin seeds- Raw, 4 to 6 months in refrigerator.

**OPTIMAL STORAGE:**
Make sure the seeds are dry before storing. Store in airtight containers in the refrigerator or at least in a cool, dark, dry place. If using only occasionally, store in the freezer (not necessary for sunflower seeds).

**FREEZING:**
Pack into zip-top freezer bags or airtight containers.

**USE IT UP/REVIVAL:**
If seeds are raw, they can likely be sprouted by soaking in water overnight and then leaving in aerated containers and rinsing once a day. Discard if moths have gotten into pantry container.

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**Tofu**

**REFRIGERATE IT:**
Yes.

**AT FRESHEST:**
10 days.

**OPTIMAL STORAGE:**
Refrigerate in original package until opened. Once opened, keep submerged in water in an airtight container in the refrigerator and change the water daily.

**FREEZING:**
Freezing tofu causes moisture to drain from it and changes its consistency, making it more firm and dense. This is helpful for marinating but may not be desired for some other uses. Thaw in the refrigerator and drain, squeezing out excess moisture.

**USE IT UP/REVIVAL:**
The consistency of frozen tofu once it's thawed makes it a great substitute for ground beef, perfect for soups, chilies, and sauces. Make a tofu "ricotta" as a nondairy substitute for pizzas and lasagnas.
Treenuts

REFRIGERATE IT:
Yes.

AT FRESHEST:
Without shell- Almonds, walnuts, pecans, pistachios in refrigerator, 1 to 2 ears; freezer, 2 years or more. With shell- Almonds, walnuts, pecans (storing pistachios in the shell is not recommended), 1.5-2 years. Pine nuts- refrigerated, 3 months; freezer, 9 months.

OPTIMAL STORAGE:
Wait to shell or chop until ready to use. Store shelled nuts, even if roasted, in an opaque, airtight container in the refrigerator or freezer. If you must keep them in the pantry, store in a cool, dark place in an airtight container and use within a few months. Store pine nuts tightly wrapped in plastic or airtight container.

FREEZING:
Pack into tinted zip-top freezer bags and freeze.

USE IT UP/REVIVAL:
Translucency or darkening can be a sign that nuts are becoming rancid. Be sure to taste before using.

Oils, Condiments, & Spices

Tea

REFRIGERATE IT:
No.

AT FRESHEST:
Loose leaf, 6 to 9 months; tea bags: 2 years.

OPTIMAL STORAGE:
Loose leaf- Store in an airtight ceramic container or tin away from coffee and strong-smelling spices. Tea bags- Store in original packaging in a cool, dry, dark place.

FREEZING:
Not recommended.

USE IT UP/REVIVAL:
Tea won’t spoil, but it will lose potency and flavor over time. Bake cookies or quick breads and flavor them with dry tea.
Coffee

REFRIGERATE IT:
No.

AT FRESHEST:
Room temperature, up to 2 weeks; freezer, 1 month.

OPTIMAL STORAGE:
Purchase only as much coffee as you will use within two weeks to experience it at its top quality. Store in an airtight glass or ceramic container in a dark, cool location. If purchased in larger quantities, freeze a portion of it until ready to use.

FREEZING:
Wrap weekly portions in zip-top freezer bags. Putting coffee back in the freezer once it’s been taken out is not recommended because the change in temperature (and thus moisture) destroys its integrity.

USE IT UP/REVIVAL:
Use coffee grounds as soil fertilizer (in small amounts).

Maple Syrup

REFRIGERATE IT:
Yes, once opened.

AT FRESHEST:
Room temperature, unopened, 2 years; refrigerator, open, 1 year; freezer, indefinitely.

OPTIMAL STORAGE:
Airtight container in the refrigerator or freezer.

FREEZING:
Pure maple syrup should not actually freeze, making the freezer a great place to store it as it will keep indefinitely. Store in an airtight container. Mix in any condensation on the top before use, and place back in the freezer after thawing, if desired.

USE IT UP/REVIVAL:
Maple syrup is graded according to color, sugar content, and flavor. Grade A is lighter and more delicately flavored and is typically poured directly onto foods, while Grades B and C are stronger in flavor and are used more in cooking and baking. Maple syrup adds a nice richness to everything from stir-fries to salad dressing. Try in place of other sweeteners.
Honey

REFRIGERATE IT:
No.

AT FRESHEST:
A few years.

OPTIMAL STORAGE:
Store in a sealed container away from direct sunlight in a cool, dark, dry pace (as cold as 50° F). Storing honey in the refrigerator accelerates crystallization.

FREEZING:
Store in an airtight container.

USE IT UP/REVIVAL:
Crystallized or granulated honey is still good! To re-liquefy, take off the lid and place the container upright in a pan or warm water for 10-20 minute, stirring occasionally. If it’s not a plastic container, it’s best to place it in a glass container before heating in water. If not possible, be sure that the water is only warm and not hot to avoid any negative effects from heating plastic.

Nut Butters

REFRIGERATE IT:
Yes.

AT FRESHEST:
Commercial, opened, 6 months; natural, opened, 3 months; unopened, 2 years.

OPTIMAL STORAGE:
Commercial nut butters can be kept in a cool, dry spot in the pantry but will last twice as long if kept in the refrigerator. Natural nut butters, once opened, should be stirred and then stored in the refrigerator in a sealed container.

FREEZING:
Not recommended.

USE IT UP/REVIVAL:
Over time, the oils in natural nut butters may separate into a layer at the top of the container. This is a natural process that does not affect the quality. Simply stir the oil back into the butter. Commercial peanut butter may be edible for much longer than listed here, but the quality will degrade.
Mayonnaise

REFRIGERATE IT:
After opening.

AT FRESHEST:
Commercial, unopened, 2 years; opened, 2 to 3 months.

OPTIMAL STORAGE:
Quality and flavor are improved by keeping the jar in the refrigerator once opened.

FREEZING:
Not recommended.

USE IT UP/REVIVAL:
If the oil in mayonnaise has crystallized, stir gently and add a few drops of water to re-emulsify it.

Oils

REFRIGERATE IT:
Sesame, yes; others, no.

AT FRESHEST:
Coconut oil - 2 years in a cool, dark, dry place. Vegetable oil- Unopened, 1 year; opened, 2 months. Olive oil - Unopened, 2 years from harvest date; opened, 3 months. Sesame/flavorful nut oils- Unopened, 1 year; opened, 2 months.

OPTIMAL STORAGE:
All oils should be stored in a cool, dark, dry place. For best quality, buy olive and vegetable oils in small quantities that you’ll use within a couple weeks. If you do buy larger amounts, transfer what you need for a week or two in the kitchen into a small, opaque bottle, and store the rest in a cool dark place. Coconut oil is a solid at room temperature and generally lasts longer than other oils. Sesame oil and other flavorful nut oils are very sensitive and should be bought in small quantities and kept in the refrigerator after opening.

FREEZING:
Not beneficial/not recommended. Though some products such as fresh herbs can be frozen in oil for later use.

USE IT UP/REVIVAL:
If oil begins to get rancid, it can still be put to good use. Olive oil and coconut oil can be used to make homemade salt or sugar body scrubs.
Spices, Dried, & Ground

REFRIGERATE IT:
No

AT FRESHEST:
Whole, up to 2 years; ground, up to 1 year.

OPTIMAL STORAGE:
Buy spices whole when you can and grind just before using. Also, buy them in small amounts. Keep in a cool, dark, dry place (not near the stove!) in airtight containers.

FREEZING:
Not recommended.

USE IT UP/REVIVAL:
Spices don’t usually spoil, but they do lose potency over time. To test whether a ground spice is potent enough to be effective, rub a little between your fingers and taste/smell to see if the flavor and aroma are to your liking.

Dairy & Eggs

Yogurt

REFRIGERATE IT:
Yes.

AT FRESHEST:
Unopened, 2 to 3 weeks; opened, 10 days or more.

OPTIMAL STORAGE:
Covered in original container in the refrigerator.

FREEZING:
Freeze to use for cooking or baking purposes. Freeze in airtight containers, leaving 1-inch headspace. Thaw in the refrigerator. Do not freeze again once thawed.

USE IT UP/REVIVAL:
Substitute yogurt for milk, cream, sour cream or buttermilk in baking.
Cheese, soft

REFRIGERATE IT:
Yes.

AT FRESHEST:
1 to 4 weeks, depending on the cheese.

OPTIMAL STORAGE:
Buy small amounts of cheese. Cheese is best stored loosely wrapped in wax paper or parchment paper to allow it to breathe, which likely means rewrapping it once you get it home to get it out of plastic wrapping. Wrapping it tightly in plastic traps moisture, thus encouraging growth of bacteria and mold.

FREEZING:
Cheese can be frozen but may become crumbly and lose flavor, and is therefore best used in cooking when thawed. Cube before freezing for ease of use. Very soft cheeses such as Brie will not freeze all that well.

USE IT UP/REVIVAL:
Soft cheeses with blue or green molds should be discarded. Rinds of soft cheeses can be eaten. Whip small amounts of leftover soft cheese together with some olive oil to create a delicious whipped cheese dip.

Cheese, hard

REFRIGERATE IT:
Yes.

AT FRESHEST:
1 to 10 months, depending on the cheese.

OPTIMAL STORAGE:
Buy small amounts of cheese. Cheese is best stored loosely wrapped in wax paper or parchment paper to allow it to breathe, which likely means rewrapping it once you get it home to get it out of plastic wrapping. Wrapping it tightly in plastic traps moisture, thus encouraging growth of bacteria and mold.

FREEZING:
Grate or cube before freezing, then seal into a zip-top freezer bag. Texture may be altered after thawing, best used for cooking and baking.

USE IT UP/REVIVAL:
If hard cheese develops a blue-green mold on the exterior, remove 1/2 inch below the mold; the remainder will be fine to eat. Use rinds of hard cheeses to flavor soups and stews.
**Eggs**

**REFRIGERATE IT:**
Yes

**AT FRESHEST:**
Fresh, 3 to 5 weeks after sell-by-date; freezer, 12 months; hard boiled, 1 week.

**OPTIMAL STORAGE:**
Keep in a cold part of the refrigerator in their original carton.

**FREEZING:**
Eggs should not be frozen in their shells. Lightly beaten eggs can be frozen in an airtight container.

**USE IT UP/REVIVAL:**
Cracked eggs should be placed into a clean, airtight container, and used within 2 days. Egg grades (such as A and AA) are reflection of how well the yolk and white hold together and the appearance of the shells, not size or flavor. Frittatas make quick work of extra eggs (and anything else in your fridge).

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**Butter**

**REFRIGERATE IT:**
Yes.

**AT FRESHEST:**
Opened, about 3 weeks; unopened, 2 months; freezer, up to 9 months.

**OPTIMAL STORAGE:**
Keep reserves in the freezer. Butter can be kept at room temperature if it will be used up within several days. If used only occasionally, store in the refrigerator in its original packaging and in the cooler parts of the refrigerator. Butter readily absorbs strong odors and flavors from its surroundings; additional wrapping or storing in a closed container can prevent this. Clarified butter (ghee) keeps three times longer than other butters because the milk solids have been removed. Clarified butter is good for cooking but not for use as a spread. It will keep, covered, in the refrigerator for up to 3 months.

**FREEZING:**
For best results, freeze fresh butter in its original carton or wrapping within a zip-top freezer bag.

**USE IT UP/REVIVAL:**
Translucent dark yellow patches on the surface of butter are simply spots that have been exposed to air and dried out. Eat them or scrape off.
Milk

REFRIGERATE IT:
Yes.

AT FRESHEST:
Pasteurized, 1 week beyond sell-by date; freezer, 3 months; shelf-stable carton, unopened, 6 months; opened, 7 to 10 days.

OPTIMAL STORAGE:
Keep milk in a cold part of the refrigerator, closed in its original container. It keeps its flavor better in opaque, seal-able containers. Milk that comes in a shelf-stable carton has gone through ultrahigh-temperature pasteurization and can be stored in the pantry until opened, then refrigerated.

FREEZING:
Milk can be frozen but is best for cooking/baking purposes after its thawed. Freeze in airtight containers, or ice cube trays (seal frozen cubes in a zip-top freezer bag. Thaw in the refrigerator.

USE IT UP/REVIVAL:
Sour milk can be used in all sorts of recipes, such as baked goods, pancakes, etc. Milk will smell or taste bad before it would make you sick, making a sniff test a good method for evaluation.

Milk Substitutes

REFRIGERATE IT:
Yes. If in shelf-stable carton, refrigerate only once opened.

AT FRESHEST:
Shelf-stable carton, unopened, up to 12 months; refrigerated packaging, unopened, 7 to 10 days; all packaging, once opened, 5 to 7 days.

OPTIMAL STORAGE:
In the pantry, store in a cool, dry spot. Once in the refrigerator, store sealed in the original carton.

FREEZING:
Freeze for cooking or baking purposes in airtight containers (or ice cube trays, similar to dairy milk).

USE IT UP/REVIVAL:
Milk substitutes are great in place of milk in most recipes, so if you're nearing or just past the expiration date, make a smoothie or pancake.
Pantry Staples

Bread

REFRIGERATE IT:
No.

AT FRESHEST:
Counter, a few days; freezer, 6 months.

OPTIMAL STORAGE:
If using bread within 2 days, store at room temperature in a bread box or paper bag to reduce moisture loss while allowing the crust to remain crisp. Do not keep at room temperature in a plastic bag, as this encourages mold. If using beyond 2 days,

FREEZING:
Wrap tightly in airtight wrapping. Thaw at room temperature or put directly in the toaster or oven.

USE IT UP/REVIVAL:
As long as it’s not too old, staling can be reversed by toasting or reheated at about 140°F. Bread pudding, french toast, bread crumbs, or croutons are great ways to use stale bread.

Flour, white

REFRIGERATE IT:
Not necessary.

AT FRESHEST:
Pantry, 1 year; refrigerator, 2 years.

OPTIMAL STORAGE:
Opaque, airtight container in a cool, dry, dark place.

FREEZING:
Store in an airtight container or zip-top freezer bag.

USE IT UP/REVIVAL:
Use up by making pie crust or dough and freeze up to 3 months.
Rice, white

REFRIGERATE IT:
No.

AT FRESHEST:
Indefinitely; cooked, 1 week.

OPTIMAL STORAGE:
Airtight container in a dry, dark, cool place. Cooked rice should be stored in an airtight container in the refrigerator.

FREEZING:
Cook, cool, spread flat inside large freezer bags, and squeeze out air. Pack the bags into an airtight container or larger bag.

USE IT UP/REVIVAL:
To soften leftover cooked rice that has hardened, add a small amount of water and heat gently. White rice is more shelf stable than brown rice.

Flour, wheat

REFRIGERATE IT:
Yes; freezer recommended.

AT FRESHEST:
Opened, in refrigerator, 6 to 8 months; freezer, 2 years.

OPTIMAL STORAGE:
Opaque, airtight container, moisture proof container in the refrigerator or freezer away from foods with strong odors.

FREEZING:
Store in an airtight container or zip-top freezer bag.

USE IT UP/REVIVAL:
Old whole wheat flour won’t make you sick but it can go rancid and taste bitter. Substituting half the required amount of white flour with whole wheat flour can make any recipe more healthful.
**Rice, brown & wild**

**REFRIGERATE IT:**
Yes, ideally.

**AT FRESHEST:**
6 to 12 months; cooked, 1 week.

**OPTIMAL STORAGE:**
Airtight container in the refrigerator. Brown rice will eventually go rancid because of the oils in its outer hull; this happens more quickly when stored in a pantry.

**FREEZING:**
Cook, cool, spread flat inside large freezer bags, and squeeze out air. Pack the bags into an airtight container or larger bag.

**USE IT UP/REVIVAL:**
To soften leftover cooked rice that has hardened, add a small amount of water and heat gently. Extra cooked rice can be used to make rice cakes, rice salads, and fried rice.

**Pasta**

**REFRIGERATE IT:**
All fresh and cooked pasta should be refrigerated; keep dry pasta in the pantry.

**AT FRESHEST:**
Dried, pantry, 2 years; fresh, in the refrigerator, 2 days; cooked, in refrigerator, 3 to 5 days; fresh, in freezer, 2 months.

**OPTIMAL STORAGE:**
Store dry pasta in original packaging or an airtight container; wrap fresh pasta in airtight wrapping.

**FREEZING:**
Not recommended.

**USE IT UP/REVIVAL:**
Bake up a pasta dish in a foil-lined pan, then allow to cool and place, covered with parchment paper, in a freezer until frozen. Remove the pasta dish from the pan, wrap in more foil, and then seal into a zip-top freezer bag. Keep for up to 2 months; thaw in the refrigerator overnight and pop back into pan for heating in the oven. Pasta salad is another great use of leftover pasta.
Sugar, brown

REFRIGERATE IT:
No.

AT FRESHEST:
Indefinitely.

OPTIMAL STORAGE:
Opaque, airtight, moisture proof container in a cool location.

FREEZING:
Necessary only if storing for a very long time.

USE IT UP/REVIVAL:
Brown sugar hardens easily. To soften hardened brown sugar, remove from the package and pour into an oven safe container. Place in a 250° F oven. As soon as it's soft, measure out the amount you'll need, as it will quickly harden. Sugar could be very hot, use caution.

Sugar, white

REFRIGERATE IT:
No.

AT FRESHEST:
Indefinitely.

OPTIMAL STORAGE:
Opaque, airtight, moisture proof container in a cool location.

FREEZING:
Not recommended.

USE IT UP/REVIVAL:
To soften granulated sugar that has caked together, preheat oven to the lowest temperature. Remove the sugar from the package and put it in an oven-safe container that will hold the sugar. Place in the warm oven for approximately 15 minutes. Tap the sugar with a spoon. If it starts to fall apart, turn off the oven and leave the sugar in the oven for 1-2 hours to completely dry out and cool.
Oats

REFRIGERATE IT:
Optional

AT FRESHEST:
1 year,

OPTIMAL STORAGE:
Airtight container in a dry, dark, cool place, or freeze in an airtight container.

FREEZING:
Airtight container.

USE IT UP/REVIVAL:
Leftover oatmeal can be used to make bread and pancakes, or can be friend into oatmeal cakes. Dried or cooked oats add heartiness and flavor to smoothies.

Whole Grains (Quinoa, Barley, etc.)

REFRIGERATE IT:
No.

AT FRESHEST:
6 to 12 months.

OPTIMAL STORAGE:
Airtight container in a dry, dark, cool place.

FREEZING:
Airtight container.

USE IT UP/REVIVAL:
Whole grains are great in salads. Quinoa can be baked into cookies or cakes for a healthier "funfetti" option.
Meats

Shellfish

REFRIGERATE IT:
Yes.

AT FRESHEST:
Fresh, 1 to 2 days; shucked, 2 days; cooked, 1 to 2 days; frozen, up to 4 months.

OPTIMAL STORAGE:
Do not store beneath raw meat to prevent contamination. Shrimp- keep in their own containers or in a zip-top bag on a bed of ice in the refrigerator. Do not allow ice to come in direct contact with seafood. Eat as soon as possible.

FREEZING:
Freeze in zip top bags with little headspace.

Canned Fish or Meat

REFRIGERATE IT:
Once opened.

AT FRESHEST:
Unopened, 2-3 years; opened 3 to 4 days; frozen, 1 to 2 months.

OPTIMAL STORAGE:
Unopened- cool, dry place. Opened- covered in an airtight container (not the original can) in the refrigerator.

FREEZING:
Remove from the can and place in an airtight container or zip-top freezer bag.

USE IT UP/REVIVAL:
Discard cans that are leaking, bulging, or rusted. Make a tuna melt or tuna casserole.
Bacon

REFRIGERATE IT:
Yes

AT FRESHEST:
Fresh, 7 days; dry cured, 4 to 6 days; cooked, 4 to 5 days; frozen, up to 3 months.

OPTIMAL STORAGE:
Original packaging or inside a zip-top bag with air removed.

FREEZING:
Unopened- Overwrap store package with heavy duty foil. Opened- Layer slices between wax or parchment paper, and then wrap tightly a few times with the paper; store in a sealed zip-top freezer bag.

USE IT UP/REVIVAL:
Store bacon grease in a container and use for cooking.

Deli Meats

REFRIGERATE IT:
Yes.

AT FRESHEST:
Unopened, 2 weeks; opened, 3 to 5 days; frozen, 1 to 2 months.

OPTIMAL STORAGE:
Store prepackaged meat in original packaging; for meat that is not packaged, keep in an airtight container.

FREEZING:
Keep in original packaging or wrap tightly in heavy duty plastic wrap or freezer paper and then again in heavy duty aluminum foil. Thaw in the refrigerator.

USE IT UP/REVIVAL:
Deli meat can usually be eaten after the 'sell by' date, but it's not a good idea to consume after the 'use by' or 'best by' dates. Deli meat can also be cooked, which goes well with eggs.
Sausage

REFRIGERATE IT:
Yes.

AT FRESHEST:
Fresh- Uncooked, unopened, 1 to 2 days; open, 1 to 2 days; cooked, 3 to 4 days; frozen, 1 to 2 months. Dry cured- Unopened, 6 months in pantry or indefinitely in refrigerator; opened, 3 weeks in refrigerator; frozen, 1 to 2 months.

OPTIMAL STORAGE:
Store on the bottom shelf of the refrigerator

FREEZING:
Wrap tightly in plastic, and then wrap in white freezer paper.

USE IT UP/REVIVAL:
Combine cooked sausage with rice and spices to make a version of jambalaya, or make stuffed peppers with mixture.

Fresh Meat

REFRIGERATE IT:
Yes.

AT FRESHEST:
Poultry, whole cuts- Raw, 1 to 2 days; cooked, 3 to 4 fays; frozen raw, 9 to 12 months; frozen cooked, 3 to 4 months. Pork, whole cuts- Raw, 3 to 5 days’ cooked, 4 to 5 days; frozen raw, 4 to 6 months; frozen cooked, 2 to 3 months. Beef, whole cuts- Raw, 3 to 5 days; cooked, 4 to 5 days; frozen raw, 6 to 11 months, depending on the cut; frozen cooked, 2 to 3 months,. Lamb, whole cuts- Raw, 1 to 2 days; cooked, 4 to 5 days; frozen raw, 9 months; frozen cooked, 2 to 3 months. Ground meats- Fresh, 1 to 2 days; frozen, 3 to 4 months.

OPTIMAL STORAGE:
Store on the bottom shelf of the refrigerator, wrapped tightly in airtight packaging. Place on a tray if there’s a chance of dripping. The longer the meat is left warmer than refrigerated temperatures, the more quickly it will spoil. Therefore, shop for it last and go directly home to put it away, if possible. Freeze unless you plan to use it within a couple of days. Poultry should not be rinsed before use. Cooked meat should be stored in airtight containers.

FREEZING:
Divide meat into meal-size portions. If freezing for a short period, one layer of wrapping is sufficient. If freezing for longer than 2 months, wrap in a second layer to prevent freezer burn. Thaw in ice-water bath, a microwave, or the refrigerator.
Fresh fish

REFRIGERATE IT:
Yes.

AT FRESHEST:
Fresh- Raw, 1 to 2 days; cooked, 3 to 4 days; frozen raw, 2 to 6 months (lean fish keeps longer); frozen cooked, 4 to 6 months; Smoked- 2 weeks; frozen, 2 months.

OPTIMAL STORAGE:
Keep in packaging until ready to use. Smoked fish should be stored in an airtight container on the lowest shelf of the refrigerator.

FREEZING:
Pat dry with paper towels. Wrap tightly in plastic wrap squeezing out all the air, then wrap tightly in aluminum foil and freeze. Thaw in the refrigerator.

USE IT UP/REVIVAL:
Fish tacos are a great way to use up leftover fish.

Pears

REFRIGERATE IT:
After ripe.

AT FRESHEST:
After ripe, 5 days in the refrigerator.

OPTIMAL STORAGE:
Do not wash until ready to use. Leave firm, unripe pears at room temperature to ripen. Place in a closed paper bag to hasten ripening, with apples or bananas to hasten them even more. Pears will give to gentle pressure at stem when they are ripe. Once ripe, refrigerate loose in the low humidity drawer.

FREEZING:
Not recommended for uncooked pears.

USE IT UP/REVIVAL:
Brown spots on peels are natural for some varieties and edible. Browning flesh after a pear is cut is oxidation and will not affect taste or quality. Squeeze lemon juice over cut fruit to prevent browning.
Avocados

REFRIGERATE IT:
After ripe.

AT FRESHEST:
Whole, after ripe, 2 to 5 days in refrigerator.

OPTIMAL STORAGE:
Store on the counter until ripe, then refrigerate loose. Place in a closed paper bag to accelerate ripening. Do not refrigerate before ripe.

FREEZING:
Peel, puree, mix in 1 TB of lemon juice per avocado, and pack into an airtight container, leaving 1/2 inch at the top for expansion.

USE IT UP/REVIVAL:
Use lemon juice to keep avocado from browning. If avocado has browned, simply slice off the parts that are green for use. The brown parts are still edible, but may not taste as good.

Apples

REFRIGERATE IT:
Yes.

AT FRESHEST:
Up to 6 weeks in the refrigerator, longer in a root cellar environment.

OPTIMAL STORAGE:
Do not wash until ready to use. Store in a breathable bag. Apples ripen 6-10x faster at room temperature.

FREEZING:
Can be frozen raw or cooked, with or without sugar solution. Raw- wash, peel, core, and slice. Lightly coat with lemon juice to prevent browning. Place directly on baking sheet to freeze, transfer to a zip-top bag once frozen.

USE IT UP/REVIVAL:
If apples are mealy or wrinkled use them in cooked recipes like applesauce or crisps. A few bruises are fine and can be cut out.
Bananas

REFRIGERATE IT:
Optional after ripe.

AT FRESHEST:
Less ripe, 5 to 7 days; ripe, 1 to 2 days.

OPTIMAL STORAGE:
Remove any plastic wrapping. Store on the counter at room temperature, away from other fruit (unless you’re trying to ripen those fruit). Once ripe, you can store in the refrigerator, the skin may darken but the banana will be just right for several days.

FREEZING:
Bananas can be frozen with or without the peel.

USE IT UP/REVIVAL:
Browning or spotted bananas are perfectly fine to eat. Bruised parts of bananas may be easily cut away or used. Very brown or nearly black bananas and frozen bananas are great for baking breads, muffins, or cakes.

Stone Fruits

REFRIGERATE IT:
After ripe.

AT FRESHEST:
After ripe, 3 to 7 days in refrigerator.

OPTIMAL STORAGE:
Do not wash until ready to use. If unripe, store at room temperature out of sunlight. Place in paper bag to hasten ripening. Once ripe, loose in low-humidity drawer of refrigerator.

FREEZING:
You can freeze them raw or cooked. In most cases, you'll want to remove the pits. Blanch to remove skins and dip in a lemon juice solution to prevent darkening. Freeze on a baking sheet before transferring to a zip-top bag. To freeze cherries, wash, pit, and place separated on a baking sheet and freeze, transfer to zip-top bag.
Berries

REFRIGERATE IT:
Yes.

AT FRESHEST:
Raspberries, blackberries, and strawberries, 2 to 3 days; blueberries, 10 days.

OPTIMAL STORAGE:
Do not wash until ready to use. Blueberries- store in their original container or in covered bowl. Raspberries, blackberries, and strawberries should be stores on a shelf in a single or double layer.

FREEZING:
Blueberries- rinse, dry, and pack loosely into rigid airtight containers. Raspberries and blackberries- rinse, dry, place separated on a baking sheet, and freeze. Strawberries- rinse, dry, remove stems, place on baking sheet, and freeze. Transfer berries to zip-top bag after frozen.

USE IT UP/REVIVAL:
If a small amount of berries in a container show mold, do not discard entire container. Throw away the obviously bad berries.

Citrus

REFRIGERATE IT:
Yes.

AT FRESHEST:
Counter, 4 to 5 days; refrigerator, 3 to 8 weeks.

OPTIMAL STORAGE:
Store loose in the low-humidity crisper drawer. Do not put in a plastic bag or airtight container. Peeled or cut oranges should be refrigerated.

FREEZING:
Rinse, peel, divide into sections, and remove seeds and membranes. Citrus can be frozen in water or juice. Navel oranges can become quite bitter when frozen.

USE IT UP/REVIVAL:
Citrus can be ripe even if the rind is still green in places. The inside of citrus may be good even if the peel shows signs of damage. Open and investigate before tossing. Fruit that has slight discoloration is acceptable to eat. Peels/rinds (zest) can be used to flavor soups, stews, pasta sauces, salsa, baked goods, and more.
Grapes

REFRIGERATE IT:
Yes

AT FRESHEST:
2 weeks.

OPTIMAL STORAGE:
Do not wash until ready to use. Keep unwashed bunches (grapes still on their stems) in a paper or breathable bag on a shelf in the refrigerator.

FREEZING:
Wash, dry, place separated on a baking sheet and freeze, then transfer into an airtight container.

USE IT UP/REVIVAL:
If a small amount of grapes in a container show mold or are wrinkled, do not discard the entire container but pick through and throw away those that are obviously bad. Freeze grapes and eat as a refreshing snack.

Melons

REFRIGERATE IT:
After ripe.

AT FRESHEST:
Whole, 5 to 15 days. Depending on ripeness; cut, 3 to 5 days in the refrigerator.

OPTIMAL STORAGE:
If unripe, store whole in a cool, dry place out of sunlight. Once ripe, store on a shelf in the refrigerator. Refrigerate cut melon.

FREEZING:
Remove the rind and cube the flesh. Place on baking sheet and freeze, than transfer to zip-top bag. Frozen melon can be used in smoothies or other blended drinks.

USE IT UP/REVIVAL:
Melons often have discoloration or deformed rinds. This is no reason to discard them- check the inside before throwing away. Melons that have spoiled often have an unpleasant odor and are overly soft. Pickle the white/light green part of watermelon rinds.
Artichokes

REFRIGERATE IT:
Yes.

AT FRESHEST:
1 week.

OPTIMAL STORAGE:
Do not wash until ready to use. Store in the high-humidity drawer of the refrigerator. Cooked artichokes should be cooled completely and then stored in the refrigerator in an airtight container for up to 1 week.

FREEZING:
Trim tops, rub cut surfaces with lemon to prevent browning, and boil until 'al dente' in water with a little lemon juice. Drain upside down, freeze on a baking sheet, then transfer to zip-top container. Do not freeze raw.

USE IT UP/REVIVAL:
Outside leaves may be bronzed due to frost. This discoloration is cosmetic only and does not affect edibility.

Asparagus

REFRIGERATE IT:
Yes.

AT FRESHEST:
3 to 5 days.

OPTIMAL STORAGE:
Either put bundled stalks in upright glass (like a bouquet of flowers) or wrap cut ends in a moist paper towel and store in the high-humidity drawer of the refrigerator.

FREEZING:
Blanch, immerse in ice water, dry, place on a baking sheet to freeze, transfer to zip-top bag once frozen.

USE IT UP/REVIVAL:
Use woody ends by slicing into small rings and cook in soups or stews. If spears wilt, soak them in cold water before cooking.
Beets

**REFRIGERATE IT:**
Yes.

**AT FRESHEST:**
Beets, 7 to 10 days; greens, 1 to 2 days.

**OPTIMAL STORAGE:**
Do not wash until ready to use. Store in a breathable bag in the high-humidity drawer of the refrigerator.

**FREEZING:**
Wash, trim off tops, cook fully, cool in ice water, rub away peel, dry, slice, and seal into zip-top bags.

**USE IT UP/REVIVAL:**
Make borscht, a popular Eastern European soup. Don't forget to use the greens of beets if they come with the tops. Beet greens can be used in recipes as a substitute for chard.

Broccoli

**REFRIGERATE IT:**
Yes.

**AT FRESHEST:**
5 to 7 days.

**OPTIMAL STORAGE:**
Do not wash until ready to use. Refrigerate in the original wrapping or a breathable bag in the high-humidity drawer.

**FREEZING:**
Wash, separate into smaller florets, blanch, drain until dry. Freeze on baking sheet, transfer to zip-top bag when frozen.

**USE IT UP/REVIVAL:**
Eat the stalks! Grate them to make a slaw, use them in stir-fry, or just chop and cook them like the broccoli tops. To revive limp broccoli, apply ice directly to the bunches or plunge into an ice-water bath, drain, and place in refrigerator.
Brussels Sprouts

REFRIGERATE IT:
Yes.

AT FRESHEST:
10 days.

OPTIMAL STORAGE:
Do not wash until ready to use. Store in a breathable bag in the high-humidity drawer of the refrigerator.

FREEZING:
Wash, blanch, immerse in ice water, drain until dry, and pack into an airtight container.

USE IT UP/REVIVAL:
Peel away the yellowing outer layers. If on a brussels stalk, use the stalk in soups or stews.

Carrots

REFRIGERATE IT:
Yes.

AT FRESHEST:
Carrots, 2 weeks, a few months in a root cellar environment; carrot tops, 2 days.

OPTIMAL STORAGE:
Store in a breathable bag in the high-humidity drawer or submerged in water on the shelf of the refrigerator.

FREEZING:
Wash, blanch, cool, chop, or puree, and pack into an airtight container. Raw carrots can be shredded and frozen in a zip-top bag and used for baking.

USE IT UP/REVIVAL:
Carrots do not need to be peeled, just washed carefully. Revive limp carrots by placing them in an ice bath in the refrigerator for 1 hour. Limp carrots can be used in soups, stocks, and stews.
Cauliflower

REFRIGERATE IT:
Optional after ripe.

AT FRESHEST:
5 to 7 days.

OPTIMAL STORAGE:
Do not wash until ready to use. Store in the original wrapping or breathable bag in the high-humidity drawer of the refrigerator.

FREEZING:
Wash, separate into smaller florets, blanch, immerse in ice water, drain until dry, lay florets out on baking sheet, freeze, then transfer to an airtight container.

USE IT UP/REVIVAL:
Yellowing is from exposure to the sun while growing. Brown spots are also normal and do not affect edibility.

Celery

REFRIGERATE IT:
Yes.

AT FRESHEST:
2 weeks.

OPTIMAL STORAGE:
Refrigerate in jar of water (like a bouquet of flowers) or in plastic bag.

FREEZING:
Celery loses its crispness when frozen but can be used for cooked dishes. Slice to the size you prefer, blanch, drain until dry, and place in airtight container to freeze.

USE IT UP/REVIVAL:
Wilted celery can be revived by a 10-15 minute soak in ice water.
**Corn on the cob**

**REFRIGERATE IT:**
Yes.

**AT FRESHEST:**
In the husk, 2 to 3 days; husked, 1 to 2 days.

**OPTIMAL STORAGE:**
Eat as soon as possible. Store in husks if possible in a warmer section of the refrigerator.

**FREEZING:**
Remove husks. Blanch for 7 minutes, chill, drain, and pack whole cobs into zip-top bags.

**USE IT UP/REVIVAL:**
Corn cobs can add sweet flavor in stock or soups.

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**Cucumber**

**REFRIGERATE IT:**
Yes.

**AT FRESHEST:**
1 week.

**OPTIMAL STORAGE:**
Cucumbers can be stored in a cool place on the counter or in a breathable bag in the high-humidity drawer of the refrigerator. They are best used within a few times, low temperatures can damage them.

**FREEZING:**
Not recommended.

**USE IT UP/REVIVAL:**
Peel or cut away any damaged flesh, and serve as usual.
Eggplant

REFRIGERATE IT:
No.

AT FRESHEST:
1 week.

OPTIMAL STORAGE:
Store loose or in a breathable bag in a cool place. Refrigeration can lead to browning and off-flavors.

FREEZING:
Wash, slice, and blanch with a little bit of lemon juice. Immerse in icy water, drain, then freeze in an airtight container.

USE IT UP/REVIVAL:
Salt the flesh of older eggplant to remove bitterness.

Garlic & Shallots

REFRIGERATE IT:
Unpeeled, no; peeled, yes.

AT FRESHEST:
Unpeeled, a few weeks to several months (garlic will last a bit longer); peeled, up to several weeks.

OPTIMAL STORAGE:
Store unpeeled garlic and shallots in a cool, dark, and dry place in a well-ventilated container such as a basket or mesh bag. Do not store in plastic. To help prevent heads from drying gout, leave the papery skin on and break off cloves as needed.

FREEZING:
Peel garlic or chop shallots and store in an airtight container. Both will lose crispness when thawed but will retain most of their flavor.

USE IT UP/REVIVAL:
Greens of sprouted garlic can be eaten. Blend garlic with basil to make pesto and freeze (lasts up to 6 months).
**Herbs: Basil**

**REFRIGERATE IT:**
No.

**AT FRESHEST:**
Up to 1 week.

**OPTIMAL STORAGE:**
Trim stem ends and stick the bunch in a tall glass of water, like cut flowers.

**FREEZING**
Chop and cover with olive oil or blend with olive oil. Freeze in ice-cup tray and transfer to zip-top bag once frozen.

**USE IT UP/REVIVAL:**
If wilted, trim stems, then soak in ice water for 15 minutes. Both stems and flowers are edible.

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**Ginger**

**REFRIGERATE IT:**
Yes.

**AT FRESHEST:**
1 to 2 months.

**OPTIMAL STORAGE:**
Refrigerate, either unwrapped or in an airtight container, in a dark section of the refrigerator.

**FREEZING:**
Freeze whole in an airtight container and cut off slices as needed. The texture will be slightly mushy, but the flavor is fine for adding to cooked dishes.

**USE IT UP/REVIVAL:**
Grate fresh or frozen ginger into a hot water to create a fresh ginger tea. The rough and dry spots on ginger are not dangerous; simply cut them away.
**Sweet Potatoes**

**REFRIGERATE IT:**
No.

**AT FRESHEST:**
1 to 2 weeks if stored at room temperature, 1 month or longer in a root cellar environment.

**OPTIMAL STORAGE:**
Do not wash until ready to use. Store in a cool, dark, dry, well-ventilated place. Avoid potatoes with holes or cuts in the skin; this leads to decay that can affect the whole sweet potato.

**FREEZING:**
Cook until almost tender and let cool. Cut, slice, or mash before placing in container to freeze. Baked sweet potatoes can also be frozen slightly undercooked and wrapped in foil, then put in a container, with final cooking completed when ready to eat.

**USE IT UP/REVIVAL:**
Skins of sweet potatoes are edible and a great source of nutrients.

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**Tomatoes**

**REFRIGERATE IT:**
No, unless cut.

**AT FRESHEST:**
Whole, ripe, up to 3 days at room temperature; cut or nearing overripe, 2 to 3 days in refrigerator.

**OPTIMAL STORAGE:**
Do not wash until ready to use. Store fresh tomatoes on the counter away from direct sunlight. Refrigeration can cause loss of sweetness and texture but is an option to add a few days of life if nearing overripe.

**FREEZING:**
Freeze raw or cooked in zip-top freezer bags. Thawed tomatoes are best in sauce, salsa, or soup.

**USE IT UP/REVIVAL:**
To ripen green tomatoes, put them in a brown paper bag with a piece of ripe fruit to initiate the ripening process. Cracked tomatoes can still be eaten.
Mushrooms

REFRIGERATE IT:
Yes.

AT FRESHEST:
Up to 1 week, depending on the type.

OPTIMAL STORAGE:
Mushrooms should be used as quickly as possible after purchase. Do not wash until ready to use. Store in original packaging or in a paper bag on the lower shelf in the refrigerator. Mushrooms tend to absorb odors, so don't store them next to anything strong smelling.

FREEZING:
Steam or sauté and then pack into airtight containers. Do not freeze raw.

USE IT UP/REVIVAL:
Stems of most common mushrooms can be eaten. Dirty mushrooms can be wiped clean with a delicate cloth. Marinate mushrooms that are on the older side in an oil, vinegar, and herb mixture of your choice.

Onions

REFRIGERATE IT:
No, unless partially cut.

AT FRESHEST:
Whole, several months; cut, 7 days.

OPTIMAL STORAGE:
Store whole onions in a cool, dark, dry, well-ventilated place. Do not store in plastic. Remove onions with mold or other signs of dampness immediately so others aren't affected. Storing in hanging sacks is a great idea, as it encourages ventilation. Do not store near potatoes; onions will cause the potatoes to sprout.

FREEZING:
Remove the skins and root. Chop and freeze raw.

USE IT UP/REVIVAL:
Sprouted onion greens are safe to eat. Use the green sprout as you would a green onion. Sliced ends or tops of onions can be saved to make stock.
**Turnips**

**REFRIGERATE IT:**
Yes, unless there is a root cellar.

**AT FRESHEST:**
2 weeks in refrigerator, 2 months in a root cellar environment.

**OPTIMAL STORAGE:**
Do not wash until ready to use. Separate from their green tops (otherwise the greens will draw moisture). Store in an airtight container in the refrigerator.

**FREEZING:**
Wash, peel and chip, blanch, cool, and pack in an airtight container.

**USE IT UP/REVIVAL:**
Turnip greens are edible. Turnips do not need to be peeled before eating. Turnips can be pickled.

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**Parsnips**

**REFRIGERATE IT:**
Yes.

**AT FRESHEST:**
3 to 4 weeks.

**OPTIMAL STORAGE:**
Do not wash until ready to use. Store in a breathable bag in the high-humidity drawer of the refrigerator.

**FREEZING:**
Wash, peel and chop, blanch, immerse in ice water, dry, and pack into an airtight container.

**USE IT UP/REVIVAL:**
Bake grated parsnips into cakes and breads!
**Peppers**

**REFRIGERATE IT:**
Yes.

**AT FRESHEST:**
Whole, 5 to 7 days; cut, 3 days.

**OPTIMAL STORAGE:**
Do not wash until ready to use. Store in a breathable bag in the low-humidity drawer of the refrigerator. Store cut peppers in an airtight container in the refrigerator.

**FREEZING:**
Wash and core peppers, chop and lay out on a baking sheet to freeze, then transfer to an airtight container. Peppers can also be blanched or roasted before freezing.

**USE IT UP/REVIVAL:**
Drying- if you have lots of peppers, string them up together and hang in a well ventilated place in the sun as long as the evening don’t get cool enough to cause dew. Or dehydrate in the oven at 120 for several hours until fully dry.

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**Potatoes**

**REFRIGERATE IT:**
No.

**AT FRESHEST:**
New potatoes, 2 to 3 days; mature potatoes, 2 to 3 weeks; a few months in a root cellar environment.

**OPTIMAL STORAGE:**
Do not wash until ready to use. Store away from sunlight in a cool, dark, dry, well-ventilated place, in a bag with ventilation mesh, paper, burlap, or perforated plastic.

**FREEZING:**
Not recommended.

**USE IT UP/REVIVAL:**
Greening potatoes should be peeled deeply or discarded. Bruised or damaged potatoes can be salvaged by peeling away outer layers affected. If you’ve over salted a soup, cut a boiling potato into slices and add to the pot. Simmer for 5 to 10 minutes and remove the potato.
Radishes

REFRIGERATE IT:
Yes.

AT FRESHEST:
1 to 2 weeks.

OPTIMAL STORAGE:
Do not wash until ready to use. Store in a breathable bag in the high-humidity drawer of the refrigerator.

FREEZING:
Not recommended.

USE IT UP/REVIVAL:
Radish greens are edible and can be eaten in a salad or lightly cooked. Peeling radishes is not necessary.

Squash, Summer

REFRIGERATE IT:
Yes.

AT FRESHEST:
5 days.

OPTIMAL STORAGE:
Do not wash until ready to use. Store in a breathable bag in the high-humidity drawer of the refrigerator.

FREEZING:
Wash chop, blanch, immerse in ice water, drain, dry, and then place in an airtight container. Or shred raw zucchini and place in an airtight container.

USE IT UP/REVIVAL:
Peel or cut away any damaged flesh, and serve as usual. Slightly overripe squash are best served cooked. Grate overgrown squash or squash that has started to go soft for use in baked goods such as muffins and breads.
Green Beans, Snap Peas, & Fresh Peas

**REFRIGERATE IT:**
Yes.

**AT FRESHEST:**
3 to 5 days.

**OPTIMAL STORAGE:**
Green beans and peas are fragile vegetables; they quickly degrade in quality, even at cold temperatures. Store unwashed peas and beans in the refrigerator in a breathable bag.

**FREEZING:**
Blanch, immerse in ice water, drain until dry, and then place in an airtight container.

**USE IT UP/REVIVAL:**
If the pods become tough, the peas within are still good to eat for several days. The tops and ends of beans are both edible.

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Green Onions

**REFRIGERATE IT:**
Yes.

**AT FRESHEST:**
1 to 2 weeks.

**OPTIMAL STORAGE:**
Store in a breathable bag in the high-humidity drawer of the refrigerator.

**FREEZING**
Wash, dry, chop, and seal in zip-top freezer bags. Will lose crispness but retain flavor.

**USE IT UP/REVIVAL:**
Soak root ends in cold water for an hour to revive wilting green onions. Remove discolored or dried layers to salvage inside layers.
Greens, hearty

REFRIGERATE IT:
Yes.

AT FRESHEST:
3 to 5 days.

OPTIMAL STORAGE:
Do not wash until ready to use. Store in an airtight container in the high-humidity drawer of the refrigerator.

FREEZING:
Blanch, immerse in ice water, drain, dry, and then place in an airtight container.

USE IT UP/REVIVAL:
Soak wilted greens in a bowl of ice water for 5 to 10 minutes to revive crispness. Kale stems can be made into pesto. Chard stems make a great substitute for celery, particularly in cooked preparations.

Greens, salad

REFRIGERATE IT:
Yes.

AT FRESHEST:
7 days; head lettuce, such as iceberg, keeps longer than leaf lettuces.

OPTIMAL STORAGE:
Store with a damp cloth in a airtight container in the high-humidity drawer of the refrigerator. Or place in a cup with water, like cut flowers.

FREEZING:
Not recommended.

USE IT UP/REVIVAL:
Heads of lettuce that appear rotten can be salvaged by removing several outer leaves and cutting away any bruised parts. Revive by rinsing with very cold water.
Herbs (other than basil)

REFRIGERATE IT:
Yes.

AT FRESHEST:
1 week, depending on the herb (heartier herbs such as rosemary and thyme last longer).

OPTIMAL STORAGE:
Store loosely wrapped in cloth or breathable bag.

FREEZING:
Pack into ice cube trays and fill with olive oil. Transfer to zip-top bag once frozen.

USE IT UP/REVIVAL:
Place fresh herbs and sprigs in a jar of olive oil and store in the refrigerator. This is a great way to flavor cooking coil.

Squash, Winter

REFRIGERATE IT:
No.

AT FRESHEST:
At 55 F. Acorn, 1 month; pumpkin and butternut, 2 to 3 months; Hubbard, 3 to 6 months. Life may be somewhat shorter if stored on the counter at room temperature.

OPTIMAL STORAGE:
Store unwrapped in a cool dark, dry, well-ventilated place.

FREEZING:
Cook until soft, remove rind, and mash. Allow to cool, then place in an airtight container and freeze.

USE IT UP/REVIVAL:
The skins of most winter squash, including butternut and acorn squash, are edible when cooked. The seeds of many winter squashes, like delicata, can be roasted like pumpkin seeds.