















VEGGIE STORAGE TIPS










Note: Almost anything that is advised to be wrapped in a plastic bag or wet paper towels, can be gently wrapped in a clean wet dishcloth. Although you may have to rewet the dishcloth every two days or so, this method reduces kitchen waste and protects food from plastics that may leach. Veggies can also be stored in glass, ceramic or stainless steel bowls/dishes, instead of in plastic bags or containers. Use a pot lid to cover the bowl, or a plate.










The key in general to storing fresh veggies is

1. keep them moist (as needed) and
2. reduce the amount of air that flows around them in the fridge, which wicks away moisture and wilts the plant.

	<p>Artichokes Store artichokes unwashed in a plastic bag in the refrigerator for up to a week. It's best to use fresh artichokes on the day of purchase. Cooked leftovers can be refrigerated up to four days. To freeze whole cooked 'chokes for later use, drain completely, wrap tightly in foil and pack in plastic freezer bags or other airtight container for 6 to 8 months.</p>
	<p>Arugula Arugula is highly perishable and does not keep well if not properly stored. Before putting in the refrigerator, wrap a damp paper towel around the roots and place the bunch in a perforated plastic bag; or gently wrap the whole thing in a wet clean tea towel. With proper storage, fresh arugula will keep for 3-4 days but should be consumed ASAP! It can also be preserved by standing up in a glass of water in the fridge, and wrapping a plastic baggie loosely around the "bouquet" to reduce moisture loss from the cold fridge air.</p>
	<p>Asparagus Asparagus may be stored by placing bundled stalks upright in a bowl or dish with an inch of water (or just enough to keep the stalks moist). You can also wrap the cut ends in a moist paper towel. Or cut about a 1/4 inch from the stem and wash in warm water several times. Pat dry and place in moisture-proof wrapping like plastic wrap. Refrigerate and use within 2 or 3 days for best quality.</p>
	<p>Beans, Green Store unwashed in a perforated plastic bag in the refrigerator Best when eaten within a 5-7 days.</p>
	<p>Beets To store beets, trim the leaves 2 inches from the root as soon as you get them home as they will sap the moisture from the root. Do not trim the tail. Store the leaves in a separate plastic bag and use within two days. The root bulbs should also be bagged and can be stored in the refrigerator crisper drawer 7 to 10 days. Fresh cooked beets may also be frozen up to ten months. Be sure to peel before freezing in airtight containers. They may be frozen whole or in cut pieces.</p>
	<p>Bok Choy Place unwashed heads of bok choy in a loosely closed plastic bag and refrigerate. Bok choy is more perishable than other forms of cabbages, so be sure to use it ASAP.</p>

	<p>Broccoli</p> <p>Consume fresh broccoli as soon as you can as it will not keep long. To store, mist the heads, wrap loosely in damp paper towels/clean cloth, and refrigerate. Use within 2 to 3 days. Do not store broccoli in a sealed plastic bag. Raw broccoli requires air circulation. A perforated or loosely wrapped plastic bag is fine.</p>
	<p>Cabbage</p> <p>Store the whole head of cabbage in a plastic bag in the refrigerator for up to a week, two weeks if it is fresh from the farm or garden. The older it gets, the stronger the flavor and odor will be. Looser-leaved Savoy cabbage should be used within a few days. Cabbage will lose freshness rapidly once the head is chopped. If you only need half a head, place the remaining half in a plastic bag and shake a few drops of water onto the cut side and refrigerate. The cut half should last another few days. To freeze cabbage, cut it into coarse shreds and blanch for 2 minutes in boiling water. Remove, drain, and chill. Pack into airtight containers and freeze up to one year. Once thawed, frozen cabbage only works well cooked.</p>
	<p>Carrots</p> <p>Remove the greens, since they draw away moisture from the root (use in soup stocks, green smoothies, salads, etc!) Splash with water and then tightly seal unwashed carrots in a plastic bag in the coolest part refrigerator. Wash just before using. Carrots begin to go limp once exposed to air.</p>
	<p>Cauliflower</p> <p>Cauliflower will keep for up to five days if stored in the crisper section of the refrigerator. If the head is not purchased wrapped, store it in an open or perforated plastic bag. Keep the head stem-side up to prevent moisture from collecting on it. For the best flavor, cauliflower should be eaten as soon as possible. Precut florets do not keep well, and they are best when eaten within a day of purchase.</p>
	<p>Celery</p> <p>Place your celery vertically into a tall glass. Position the celery so the bottom of the stalk is touching the bottom of the glass. Add enough water to the bottom of the glass to barely cover the bottom of the stalk. Place a plastic bag over the tops of the stalk and the glass. Slide a rubber band over the bag around the outside of the glass to ensure that air does not reach the celery.</p>
	<p>Corn</p> <p>For optimum flavor and sweetness, refrigerate ears as soon as you get them. If you're not going to use them for a few days, husk ears, soak in ice water for a few minutes and place, wrapped, in the coldest part of the refrigerator. Use as soon as possible, and before kernels dry and indent. To freeze corn, blanch and chill first to avoid mushy kernels later. For cobs, blanch 7 to 11 minutes, or steam 10 to 16 minutes, depending on size. Chill in ice water for the same amount of time. To freeze cut corn, blanch whole cobs for 4 minutes and chill an equal amount of time. Cut kernels from cob. Store in freezer-friendly containers, squeezing excess air from plastic bags.</p>
	<p>Cucumbers</p> <p>Store cucumbers in the hydrator drawer of your fridge for up to 1 week. Sliced cucumbers deteriorate very quickly.</p>
	<p>Fava Beans</p> <p>To store Fava Bean pods, place them in a plastic bag in the crisper section of the refrigerator right away. The pods will keep for five to seven days in the refrigerator. Store cooked and peeled Fava Beans in a plastic bag in the refrigerator for up to five days.</p>

	<p>Fennel Keep fennel lightly misted and loosely wrapped in the fridge. You can use the green fronds with meats or fish when roasting. Trim the white bulb and slice into ½ inch thick slices. Place on baking sheet and drizzle with olive oil and sea salt. Bake at 375°F for 20 minutes. This gives the fennel a sweet, caramelized flavor.</p>
	<p>Garlic Store unpeeled heads of garlic in an open container in a cool, dry place away from other foods and ideally out of direct sunlight. Do not refrigerate or freeze unpeeled garlic. Properly stored may remain viable for up to 5-7 months, uncleaned in the farmers drying room, but once clipped and trimmed, only 1-2 months on your kitchen counter.</p>
	<p>Leafy Greens Kale and other leafy greens are great examples of veggies that like a little moisture while being stored, but that more quickly decay if left to rest sopping wet. Wrap them loosely in a bag or wet towel, uncut leaves will last longer than pre-prepped ones.</p>
	<p>Green Onions Store green onions in plastic bags in the crisper section of the refrigerator and they will last five to seven days. Be sure to store them away from odor-sensitive foods like mushrooms and corn, which can absorb their odor.</p>
	<p>Kohlrabi Store in a cool, dark place, with plenty of circulating air. The bulbous portion of the stems should keep for 1-2 weeks at home.</p>
	<p>Leeks Leeks will exude an aroma that can be absorbed by other things in your refrigerator, so to store them before cooking, you may want to wrap them in plastic to contain the odor and moisture. Do not trim or wash before storing. Store in the vegetable bin from five to fourteen days. Cooked leeks should be covered, refrigerated, and used within one to two days. Freezing tends to turn them to mush so use frozen leeks only in soups or stews.</p>
	<p>Lettuce Store misted unwashed lettuce in bag or wet towel to reduce wilting. Consider washing up lettuce and storing it ready to use for meal on the go. To prep, discard discolored leaves, then soak in room temp or cool water. Spin them dry (or gently pat with towel), and store in a partially sealed bag in your fridge's produce drawer.</p>
	<p>Onions Store onions in a cool, dry place with good air circulation and away from direct light. Ideal long term storage conditions are around 40-60 degrees Fahrenheit with 65% - 70% humidity. Place onions at least one foot away from walls to allow air movement. DO NOT store whole onions in plastic bags as lack of air circulation reduces storage life. DO NOT store onions with potatoes as potatoes give off moisture that can cause onions to spoil.</p>
	<p>Parsnips Store unwashed parsnips in a cool dark place, as you would carrots. Wrapped in a towel and placed in a plastic bag in the vegetable drawer of refrigerator, they should last up to 2 weeks or more. Cooked parsnips may be refrigerated and used within 3 days. To freeze, cut parsnips into 1/2-inch cubes and par-boil or steam for 3 to 5 minutes. Cool, pack into containers, seal, and freeze for 8 to 10 months. Fully cooked parsnip puree may also be frozen for up to 10 months.</p>

	<p>Shelling or Snap Peas Store fresh peas in plastic bag in fridge, for up to 3-5 days. Best eaten ASAP! You can blanche and freeze peas for long term use.</p>
	<p>Peppers Keep the peppers in the crisper drawer of your refrigerator or on a cold shelf. This will keep the peppers fresh for at least a week or so. You can also store bell peppers for long periods of time in the freezer, ideal for a big backyard harvest, or for stocking up when on sale or locally in season. Remove seeds from peppers and quarter them. Then place in the freezer and when thoroughly frozen, bag for later use, they will thaw quickly.</p>
	<p>Keep potatoes in a cool, dry, dark place. If they are exposed to light, they will turn green and be unhealthy. For long term storage keep the sprouts picked off and dump them from one box into another every couple weeks. Sweet potatoes on the other hand, DO NOT DISTURB! Don't move them around in the box as this makes the sugars decrease.</p>
	<p>Radishes Store radishes in a plastic bag in the crisper drawer of the refrigerator. Leaves will deteriorate much more quickly than the roots, so trim those off as needed to keep roots looking good for several days.</p>
	<p>Spinach Pack spinach loosely into a plastic bag and refrigerate to crisp leaves. Or store similarly as you would lettuce. Spinach is highly perishable and should be used within a week of purchase.</p>
	<p>Summer Squashes Do not wash squashes before storing it. Poke a few holes in a plastic bag to allow the air to flow, and put the squash in the bag. The crisper drawer at the bottom of the refrigerator is the ideal spot for the squash. Zucchini will last for up to a week stored this way. Summer squashes also can be stored frozen. Slice then blanch for 2 minutes; drain, and then place them in freezer containers or freezer bags. To store shredded zucchini for future loaves of zucchini bread, place it directly into a freezer bag and store. Summer squashes can be stored for up to six or eight months in the freezer, but when you thaw it out it will be runny. Thaw it and drain all the liquid off it before using it in your favorite muffin or quick bread recipe.</p>
	<p>Sunchokes Raw sunchokes should be stored in a cool, dry, well-ventilated area away from light, or in vegetable drawer of the refrigerator (wrapped in damp towel to absorb humidity and prevent shriveling). Fresh, raw sunchokes can be stored from 1 - 3 weeks. Sometimes a little white fuzz quickly develops on the tuber, but this is easily washed off and doesn't affect its nutritional value or flavor.</p>
	<p>Sweet Potatoes Although they can be eaten right away, sweet potatoes' flavor is much improved by curing, which means storing them in a dark spot where the temperature stays above 55 degrees for three weeks or more. During that time, the starches turn to sugar. A seepage of dark sap is a sure sign of sweetness.</p>
	<p>Turnips and Rutabagas If you happen to have turnips or rutabagas with the tops still attached, they can be stored whole, wrapped loosely in a plastic bag or damp towel. Excessive air circulation will cause them to wither.</p>

**Tomatoes**

Wash and dry tomatoes before storing. Unless you're planning to store them for over a week, a windowsill, counter-top or bowl works fine. If you know you won't use them in the next few days, then lower temperatures (a cool entryway, out of direct sunlight) will help preserve the fruit. Tomatoes lose their flavor quickly and become mealy when refrigerated. Most green tomatoes will eventually ripen if left on the counter with good air circulation. Especially in the NW, if all your tomatoes don't ripen on the vine, bring the green ones inside and be patient...they will rosy-up!

**Winter Squash**

When properly cured, most varieties of winter squash will last 6-8 months or longer. After harvesting, set squash in a sunny, dry place for 7 to 10 days just after harvest, the temp must stay above 65-70 degrees day and night to get a good cure. If you are buying them locally, ask if they have already been cured for storage. For short term storage, keep around 50 degree in a dark place. This could be a cool and dark shelf, cabinet, or drawer in the kitchen, pantry, or closet. They also store well in a warmer section of the root cellar such as on the top shelf. Turning them when you do your regular check on storage crops can keep them from bruising.