

# Fruit & Vegetable Storage Chart

Food	Storage Tip
<b>Apples</b>	Keep at room temperature if eating in next few days, otherwise keep in the crisper drawer in the fridge.
<b>Arugula (or any loose leaf lettuce mix)</b>	Place in a large resealable bag with a half-sheet of paper towel to absorb moisture. Squeeze as much air out as possible and leave the bag open about an inch or two to promote air flow.
<b>Asparagus</b>	Asparagus will stay fresh for 3-4 days in the refrigerator. Store spears upright in a container with the stems in an inch of water, then cover loosely with a plastic bag.
<b>Basil, Parsley, Cilantro</b>	Trim the stems and place them in a glass or jar of water, like cut flowers. Loosely cover it with a plastic bag and leave it on the counter.
<b>Beets</b>	Store in plastic bag in the refrigerator; do not wash before refrigerating.
<b>Bell Peppers</b>	Store in plastic bag in the vegetable crisper of refrigerator.
<b>Berries</b>	Remove any moldy berries and place in the crisper drawer of your refrigerator in a closed plastic clamshell container or partially opened plastic bag. Don't wash until just before eating or using.
<b>Bok Choy</b>	Refrigerate in a plastic bag and use within four to five days.
<b>Broccoli</b>	Place in a plastic bag and store in the crisper drawer of the refrigerator. Poke small holes in the bag to allow ventilation if possible.
<b>Brussels Sprouts</b>	Store Brussels sprouts in a plastic bag in your refrigerator's crisper. They'll keep for at least one week.
<b>Cabbage</b>	You can put the cabbage in a plastic bag to help maintain moisture but it isn't necessary. If you only use part of a head, tightly wrap the rest and put into the fridge.
<b>Cantaloupe</b>	Ripen on the counter, then refrigerate after cutting.
<b>Carrots</b>	Store in the refrigerator for up to a month. Place carrots in a container with a lid and cover completely with water. Keep container in the refrigerator; change the water every 4-5 days.
<b>Cauliflower</b>	Store in a loosely sealed plastic bag, with a paper towel inside to soak up any excess moisture. Whole heads of cauliflower can be kept in the refrigerator for 4-7 days.
<b>Cherries</b>	Refrigerate in plastic bag. Do not wash until ready to eat; excess moisture during storage will speed decay.
<b>Corn (Ears)</b>	Refrigerate un-shucked ears in a plastic bag and use within three days.
<b>Collard Greens</b>	Refrigerate in plastic bag. Do not wash until ready to use.
<b>Cucumbers</b>	Store at room temperature. If you refrigerate them, use within three days.
<b>Eggplant</b>	If you aren't eating it in next two days, refrigerate it. Wrap in a paper towel and place in a reusable container or perforated plastic bag in the crisper section of your refrigerator; use within 5 - 7 days.
<b>Fennel</b>	Store upright in a glass of water on the counter.
<b>Garlic</b>	Store whole bulbs for several months or more in a dry, dark place that has ample air circulation. Removing the cloves from the bulb shortens the lifespan.
<b>Garlic Scapes</b>	Keep in the refrigerator in a plastic bag until ready to use.

Food	Storage Tip
<b>Green Beans</b>	Refrigerate in a plastic bag or reusable container with a paper towel to absorb excess moisture.
<b>Green Onion</b>	Place them in a jar and fill with water until roots are covered. Place the jar on a window sill and refill with water when low. The onions will continue growing and keep for weeks.
<b>Lacinato Kale</b>	Tightly wrap in a paper towel and then place in an airtight bag. Only wash your kale right before using it.
<b>Leeks</b>	Refrigerate in plastic bag; do not wash until ready to use.
<b>Mushrooms</b>	Put whole (unwashed) mushrooms in a brown paper bag, fold down the top, and refrigerate. Stored correctly, fresh mushrooms should last up to a week.
<b>Peaches, Nectarines, and Plums</b>	Ripen on the counter then refrigerate.
<b>Potatoes</b>	Store your potatoes in a cool, dry place. Avoid refrigerating them.
<b>Radishes</b>	Remove the leaves and store radishes in a plastic bag in the crisper of the refrigerator; they will keep at least a week. If storing the greens, they will stay fresh 3-5 days refrigerated.
<b>Red and Yellow Onions</b>	Store in a cool place away from light
<b>Rhubarb</b>	Wrap in plastic and refrigerate, unwashed, up to a week. To freeze, prepare it by washing and cutting it into 1-inch pieces
<b>Spaghetti Squash</b>	Store squash in a cool, dry place (ideally 55-60 degrees F) up to 3 months.
<b>Spinach</b>	Put paper towels in the bottom of a plastic bag to absorb moisture. Store in crisper drawer.
<b>Swiss Chard</b>	Store in a plastic bag, squeezing out as much air from the bag as possible, and refrigerate up to five days. Do not wash before storing.
<b>Tomatoes</b>	Keep at room temperature on the counter away from sunlight.
<b>Turnips</b>	Refrigerate the roots unwashed in a plastic bag; keep for 1-2 weeks.
<b>Yellow Squash &amp; Zucchini</b>	Refrigerate, unwashed, in a plastic bag in the vegetable drawer.



real mom  
nutrition

RealMomNutrition.com