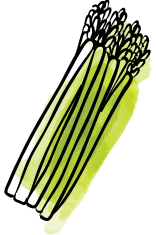


THE BEST WAY TO STORE VEGETABLES TO MAXIMIZE FRESHNESS

● Where to store ● How to store ● Storage life



ASPARAGUS

- Refrigerator shelf
- Trim stalk ends, keep rubber band
- Stand upright in cup of water
- Loosely cover with plastic bag
- 4 days



GREEN BEANS

- Refrigerator crisper*
- Place in container or plastic bag
- Add dry paper towel
- Cut the ends of the beans off
- 1 week



BELL PEPPERS

- Refrigerator crisper*
- Keep in a dry plastic bag
- Green peppers will last the longest
- Can be cut and frozen on single layer
- 4-7 days



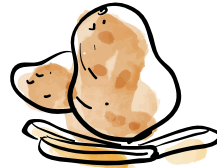
ONIONS

- Kitchen cupboard or pantry
- Store in a cool, dry place
- Well-ventilated container or mesh bag
- Avoid storing with root vegetables
- 2 months



BROCCOLI

- Refrigerator shelf
- Mist broccoli heads
- Wrap in damp paper towels
- Avoid sealed containers or bags
- 2-3 days



POTATOES

- Kitchen cupboard or pantry
- Store in a box or paper bag
- Allow air to circulate
- Don't wash, moisture speeds spoil
- 2-3 months



BRUSSELS SPROUTS

- Refrigerator shelf
- Place in open container
- Leave sprouts on the stalk
- If loose, cover with damp towel
- 3-5 days



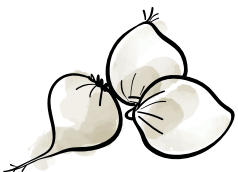
SPINACH

- Refrigerator crisper*
- Remove from bag
- Place loosely in a container
- Layer with dry paper towel
- 3-5 days



CARROTS

- Refrigerator crisper*
- Untrimmed: Plastic bag
- Trimmed: Sealed container with clean water
- Remove green tops, which pull out moisture
- 2 weeks



GARLIC

- Kitchen cupboard or pantry
- Keep in dark, cool, and dry place
- Requires ventilation, such as mesh bags
- Freeze in oil, wine, or vinegar to preserve
- 3-5 months

THINGS TO REMEMBER

Avoid storing fruits and vegetable together. Fruits often emit ethylene gas, which ripens the produce and speeds up the spoiling process.

Don't wash your veggies right away. Moisture speeds spoiling, so avoid washing veggies until you're ready to eat. If you do have to wash your produce, store it in a sealed container lined with paper towels.

Refrigerate if cut. Any produce that has been pre-cut or peeled should be refrigerated.

*Set crisper at high humidity