

Fresh Produce STORAGE GUIDE

(Read "Prep for Success" at the bottom of the chart to get started!)

	REFRIGERATE	ROOM TEMP	RIPEN THEN FRIDGE	COOL & DRY	HOW TO STORE	LIFE EXPECTANCY WITH PROPER STORAGE
Asparagus	●				Trim ends slightly; place upright with stems in water.	5-7 days (but sooner is better)
Avocados			●		Store whole, unripe avocados in a paper bag at room temp. Store whole, ripe avocados in the fridge. Store cut avocados tightly sealed in fridge.	Whole, unripe: 1 week Whole, ripe: 2-4 days Cut: 1 day
Basil		●			Put in a jar with stems in 1" water (like a flower arrangement).	1-2 weeks
Beans, Green	●				Store in a plastic bag.	1 week
Beets	●				Immediately cut greens off 1" above beet crown. Store greens wrapped in a damp cloth; store beets in a plastic bag.	Greens: 4-5 days Beets: 2+ weeks
Berries	●				Store in a single layer if possible.	2-7 days
Bok Choy	●				Wrap with a damp towel and put in a plastic bag.	1 week
Broccoli	●				Store wrapped tightly in aluminum foil. Broccoli freezes well.	1 week
Brussels Sprouts	●				Store in a plastic bag. Brussels sprouts freeze well.	7-10 days
Cabbage	●				Store in crisper drawer; plastic bag helps retain moisture but isn't necessary. Don't remove outer leaves before storage.	3 weeks to 2 months
Carrots	●				Immediately remove greens and store carrots in a plastic bag. Carrots freeze well.	2-4 weeks
Cauliflower	●				Store in a plastic bag. Cauliflower freezes well.	1-2 weeks
Celeriac	●				Store in the crisper drawer; a plastic bag helps retain moisture for long-term storage but isn't necessary.	1-3 months
Celery	●				Cut off bottom of stalk; wrap stems tightly with aluminum foil or store upright in 1" of water. Celery freezes well for use in soups.	1-2 weeks
Chard, Swiss or Rainbow	●				Wrap tightly in a plastic bag, removing as much air as possible. Chard freezes well.	2-6 days
Corn	●				Keep husks on and store in coldest part of fridge. Corn freezes well.	Use ASAP to retain sweetness
Cucumbers	●	●			Can be kept on the counter, but best in the fridge. Store in a plastic bag once cut.	Up to 10 days; use within 2 days of being cut
Eggplant	●			●	Can be kept on the counter but best if stored in a plastic bag in the fridge. Eggplant freezes well for sauces.	3-7 days
Fennel	●				Immediately remove stems/leaves from bulb and store the two parts in separate plastic bags. Wrap leaves in a damp towel.	1-2 weeks
Garlic				●	Do not refrigerate unless storing peeled cloves for a short time. Minced garlic can be frozen with oil.	2 week to 2 months, depending on humidity
Garlic Scapes	●				Store in a plastic bag.	2-3 weeks
Greens, Salad	●				Store in a XL Tupperware lined and topped with dry paper towels.	5-10 days
Herbs (not basil)	●				For cilantro, dill, parsley, & mint: put stems in water and loosely tent with a plastic bag. For oregano: wrap in a slightly damp paper towel. For rosemary, sage, & thyme: store in a loose plastic bag	Up to 2 weeks
Husk Cherries (Aka Ground Cherries)		●	●		Keep husks on and store in an uncovered container on the counter or in the fridge. Cherries will continue ripening on the counter.	5-14 days
Jerusalem Artichokes (aka Sunchokes)	●			●	Store in a sealed plastic bag, wrapped with paper towels to absorb humidity. Chokes will shrivel as they dry out; to restore crispness, soak in ice water.	1-3 weeks

	REFRIGERATE	ROOM TEMP	RIPEN THEN FRIDGE	COOL & DRY	HOW TO STORE	LIFE EXPECTANCY WITH PROPER STORAGE
Kale	●				Store in a well-sealed plastic bag, removing as much air as possible. Kale freezes well for soups and sauces.	5-8 days
Kohlrabi	●				Immediately remove leaves from bulb and store in separate plastic bags.	Leaves: 3-4 days Kohlrabi bulb: up to 1 month
Leeks	●				Store, with roots attached, wrapped in plastic to prevent aromas from spreading to other foods.	Up to 2 weeks
Mushrooms	●				Store in a paper bag.	1 week
Onions				●	Store away from potatoes. Keep as dry as possible since warmth & moisture will cause sprouting.	1-2 months, depending on humidity
Parsnips	●				Trim off leafy tops and store in a plastic bag. Parsnips freeze well.	Up to 2 weeks
Peas	●				Store in a plastic bag. Peas freeze well.	3-5 days (Use ASAP for maximum sweetness)
Peppers, Bell	●				Store in perforated plastic bag in crisper drawer away from moisture.	1-2 weeks
Potatoes, New	●				Store in a loose plastic or paper bag.	1-2 weeks
Potatoes, Baking				●	Store away from onions. Keep cool and moist; warmth will cause sprouting.	2-5 weeks, depending on temp.
Radishes	●				Immediately remove the greens and store radishes in a plastic bag or wrapped in a damp paper towel.	1-2 weeks
Rhubarb	●				Wrap in damp paper towel; store in plastic bag. Rhubarb freezes well.	7-10 days
Rutabaga	●			●	Store in a plastic bag in fridge or on its own in a cool, dark place.	1-2 months, depending on temp.
Spinach	●				Store in an XL Tupperware or plastic bag with a dry paper towel. Spinach freezes well.	5-10 days
Squash, Summer	●				Summer squash dehydrates quickly; store in a plastic bag in the crisper drawer.	5-7 days
Squash, Winter				●	Store away from potatoes, in a cool, dry place.	1-2 months
Sweet Potatoes				●	Keep cool but do not refrigerate and do not store in plastic. Excess moisture will cause rot or sprouting.	2-4 weeks, depending on humidity
Tomatillos	●	●			Store with husks on but not in plastic.	Room temp: Up to 2 weeks Refrigerated: 2-4 weeks
Tomatoes		●			DO NOT REFRIGERATE (unless cut). Tomatoes will continue to ripen if stored out of the sun at 60°-75°. Tomatoes freeze well.	4-10 days, depending on ripeness
Turnips	●				Remove the greens and store in separate plastic bags.	1-2 weeks
Zucchini	●				Store in the crisper drawer. Zucchini freezes well.	4-5 days

Prep for Success:

- IMPORTANT: Don't wash or cut any produce until you're ready to use it! (Washing/cutting shortens the life of produce.)**
- Once you cut the produce, always refrigerate it.**
- Unless otherwise noted, store refrigerated produce in separate, perforated (or unsealed) plastic bags so it can "breathe."**
- For produce that is stored on the counter, keep it out of direct sunlight.**
- For the veggies that can be frozen, most must first be blanched (i.e. dropped in boiling water) for a few minutes. Check Google for the proper blanching times for each vegetable.**

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