



# Guide to Storing Fruits & Vegetables

"Tips & tricks to extend the life of your produce without plastic"

*Adapted from Ecology Center's Berkeley Farmers' Markets*

## All produce:

- Don't wash produce *until ready to eat it*: added moisture encourages mold.
- Alternatively, make a vinegar spray with equal parts water + vinegar (apple cider vinegar works well). Spray on fresh produce to kill mold & bacteria while increasing shelf life.
- Always remove tight bands, or at least loosen them so produce can breathe.

## Fruit:

Apples - cool counter or shelf up to 2 weeks. Use a cardboard box or fridge for longer storage.

Cherries - store in an airtight container. Use the vinegar spray above.

Berries - use vinegar spray then refrigerate. Check regularly, and try to store in a single layer instead of stacked. Paper bags work well.

Figs - no closed containers (they don't like humidity). Paper bags absorb excess moisture. Best method is to store on a plate in the fridge up to a week, un-stacked.

Melons - store cut melons in the fridge, open containers are fine. Uncut melons can be stored in a cool, dry place out of the sun up to a couple of weeks.

Pears - unripe will keep for a few weeks on a cool counter. Store in a paper bag with an apple to hasten ripening. Once ripe, refrigerate until ready to eat.

Stone fruits (including apricots, peaches, plums) - counter until ripe, then refrigerate.

## Veggies & Herbs:

Asparagus - place upright in a glass bowl or glass with water. Will keep like this for about a week outside of the fridge.

Basil - does not store well; use as quickly as possible. Basil does not like wet or cold. Store on the counter, loosely in an airtight container, with a small damp cloth or paper

Beets, Radishes, Turnips - cut off the tops to keep roots firm (keep the greens!). Store in a container. Can add a wet towel on top. [Beet, Radish, or Turnip Greens - Store in an airtight container with a little moisture. Use within a few days.]

Broccoli, Broccoli Raab, Cauliflower - open container in the fridge. Taste best in the first days.

Brussels Sprouts - if on the stock, store this way in the fridge or a cool place. If not on the stalk, store loosely in an open container with a damp towel on top.



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Cabbage - store on a cool counter up to a week, otherwise in a crisper. Peel off outer leaves as they wilt. Cabbage can lose moisture after a week, so use it as soon as possible.

Carrots & Parsnips - cut the tops off to keep them fresh longer. Place in a closed container with plenty of moisture. If storing for a while, dunk in cold water every couple of days.

Celery - does best when simply placed upright in a cup or bowl of shallow water on the counter.

Celery Root/Celeriac - wrap in a damp towel and place in the crisper

Corn - best the day it's picked. Leave unhusked in an open container if you must.

Cucumber - wrap in a moist towel and store in the fridge. If eating within a couple days, counter of a cool room is fine.

Eggplant - find in a cool room. For longer storage, place in crisper.

Fennel - if consuming within a couple of days, okay to leave upright on counter in a bowl of water. Otherwise, store in a closed container with a little bit of water in the fridge.

Garlic, Onions - store in a cool, dry place with good circulation.

Green garlic & green onions - airtight container in the fridge or room temperature for a day or two. Can store upright in a glass with a little bit of water.

Greens - generally, an airtight container with a damp cloth to keep them from drying out. Sturdy greens like kale, collards, and chard even do well in a cup of water on the counter or fridge.

Green Beans - like humidity, but not wetness. Drape with a damp towel in a closed container.

Herbs - closed container in the fridge for up to a week.

Leeks - open container in the crisper wrapped in a damp cloth, or shallow cup of water on the counter (just the very bottom should be submerged).

Potatoes - store in a well ventilated, cool place away from light. Paper bags work well.

Rhubarb - wrap in a damp towel and place in an open container in the fridge.

Snap Peas - refrigerate in an open container.

Spinach - store loose in an open container. Cool as soon as possible; spinach loves to be cold.

Summer Squash & Zucchini - fine for a few days on a cool counter, otherwise refrigerate.

Sweet peppers - store in a cool room for a few days or the crisper for longer.

Sweet potatoes - store in a cool, well-ventilated place. Don't refrigerate; they hate the cold.

Tomatoes - never refrigerate. Depending on ripeness, up to 2 weeks on counter. Put in a paper bag with an apple to speed ripening.

Winter Squash - cool, dry place with good ventilation. Many growers say they get sweeter if stored for a week or so before eating.