

storage cheatsheet



FRUIT/VEG		How to Store it
Apples	Fridge	Seperate from other produce.
Basil	Counter	Remove bands. Trim stems and store upright in a glass of water.
Beans	Fridge	Store in a plastic bag or sealed container.
Beets	Fridge	Store in a sealed container with a dry towel. Store green tops separately (see Greens)
Berries	Fridge	In shallow container lined with dry towel, crack for air. Wash just before you eat.
Bok Choy	Fridge	Remove any bands. Store in sealed container lined with damp towel.
Broccoli	Fridge- crisper drawer	Wrap loosely in a plastic bag in a damp towel.
Brussels Sprouts	Fridge- crisper drawer	In sealed container off the stalk. Or leave on stalk loose in fridge.
Cabbage	Fridge- crisper drawer	Store loose.
Cantaloupe	Ripen on counter, then store in fridge.	Store loose, or cube and store in sealed container.
Carrots	Fridge- crisper drawer	In sealed container with dry towel, store greens separate
Cauliflower	Fridge- crisper drawer	Wrap dry/unwashed loosely in a plastic bag.

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Celery	Fridge	In a sealed container.
Corn	Fridge	Store loose.
Cucumbers	Fridge- crisper drawer	Store loose.
Eggplant	Fridge- crisper drawer	Store loose.
Garlic (cured)	Cupboard/Pantry	Store loose.
Garlic (fresh)	Fridge	In sealed container with dry towel.
Ginger	Fridge	In sealed container.
Ground Cherries	Ripen on counter, then store in fridge	On counter in husks, or husked in sealed container in fridge.
Green Onions	Fridge	Unwashed loose in a plastic bag, or stand in glass of water in fridge, covered with bag.
Herbs, leafy *cilantro, parsley but NOT basil	Fridge	Remove bands. Trim ends. Store upright in jar of water with plastic bag over top. *see basil for how to store basil.
Herbs, woody *rosemary, sage, thyme	Fridge	Wrap in a damp towel and store in sealed container.

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Kohlrabi	Fridge- crisper drawer	Store roots in a sealed container with a dry towel, store greens separately.
Leafy Greens	Fridge	Remove bands. Store in a sealed container/plastic bag lined with damp towel.
Leeks	Fridge- crisper drawer	Loosely wrap in a plastic bag in a damp towel.
Lettuces	Fridge- crisper drawer	Store unwashed head lettuce in plastic bag. Store washed salad greens with dry towel.
Mushrooms	Fridge	Store in a paper bag.
Nectarines	Ripen on counter, then store in fridge	Store loose.
Onions, dry/cured	Cupboard/Pantry	Store loose in a mesh bag separate from potatoes.
Onions, fresh	Fridge	In sealed container.
Parsnips	Fridge- crisper drawer	Unwashed in a loosely wrapped or perforated plastic bag.
Peaches	Ripen on counter, then store in fridge	Store loose.
Pears	Ripen on counter, then store in fridge	Store loose.
Peas	Fridge- crisper drawer	In a perforated plastic bag.

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Peppers	Fridge- crisper drawer	Store unwashed in a sealed plastic bag.
Plums	Ripen on counter, then store in fridge	Store loose.
Potatoes, new/uncured	Fridge- crisper drawer	Can be stored in cool place but won't last long, so put in fridge after a few days.
Potatoes, cured	Cupboard/Pantry	Store loose in a paper bag, separate from onions.
Radishes	Fridge- crisper drawer	Store roots dry and unwashed in a plastic bag or wrap in damp towel.
Summer Squash	Fridge- crisper drawer	Unwashed in a perforated plastic bag.
Sweet Potatoes	Cupboard/Pantry	Store loose or in a paper bag.
Tomatillos	Counter	Store at room temperature with husks on for up to 2 weeks; refrigerate in husks in plastic
Tomatoes	Counter	Store out of direct sunlight. Refrigerate after cutting.
Turnips	Fridge- crisper drawer	Store in a sealed container. Store green tops separately.
Watermelon	Fridge	Store loose. Cut melons should be covered with plastic wrap, or cubes in a container.
Winter Squash	Cupboard/Pantry	Store in a cool, dark, dry place around 50 degrees.

storage tips & tricks



Many fruits give off a gas that makes other produce spoil, so storing fruits and veggies in separate crisper drawers can help prevent veggies from ripening too quickly.

Once cut, store melons (and winter squash) in a sealed container or cover with plastic film and refrigerate

To help partially eaten peppers last longer, store inside a sealed container with seeds and stem attached

Track What you Have:
Create an "Eat Me Now" box for your fridge.
Use a white board to remember what needs to be eaten first.

For items that need more moisture, store in a sealed container with a damp towel. For items that need less moisture, store with a dry towel to absorb unneeded dampness.

To spruce up greens that have gone limp, immerse them in ice water for 30 min. (this also works for limp root veggies) or place upright in a glass of water for a few hours.

Sulphur gas from onions makes potatoes spoil faster, so separating the two can help potatoes last longer.

Store berries in an unsealed container to increase air circulation and prevent mold; wash only prior to eating

With the exception of basil, store leafy herbs in the fridge, upright in a glass of water with a plastic bag over the top. Wrap woody herbs in a damp towel in a sealed container in fridge.