HOW TO STORE YOUR VEGETABLES **TO MAXIMISE FRESHNESS**

WHERE TO STORE

HOW TO STORE

STORAGE LIFE



ASPARAGUS

On the bench

- Glass of water, stem down. Change after 3 days.
- 4 7 days

BROCCOLI

- Refrigeration shelf
- Place in an open container or reuseable bag so it can breathe.
- 1 week



BEETROOT

- Refrigeration crisper
- Cut off top of beets and place loose in crisper.
- 7 10 days

CABBAGE

- Refrigeration crisper
- Loose and uncovered
- 2 weeks

CARROTS

- Refrigeration shelf
- Remove their tops and store in a closed container.
- 2 weeks

CUCUMBER

- Refrigeration crisper
- Purchased wrapped to last longer or wrap in a paper towel in a bag.
- 1 week

PUMPKIN

- Store in a cool, dark place with cardboard beneath the base to stop roting. Or if sliced, place in fridge in plastic wrap.
- 1 month whole, 1 week sliced

ZUCCHINI

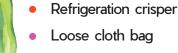
- Refrigeration crisper
- Purchased wrapped to last longer or wrap in a paper towel in a bag.
- 1 week

HERBS

- Refrigeration shelf
- Wipe with damp towel and gently roll in wet paper and place in zip lock bag
- 2 weeks

POTATOES

- Store in a cool, dark place
- Store in a well ventilated place
- 1 month



1-2 weeks

CAPSICUM

CORN

- Refrigeration crisper
- Loose cloth bag
- 1-2 weeks

GREEN BEANS

- Refrigeration crisper
- Store in container
- 1 week



TOMATOES

- Room temperature or fridge
- Loose or covered if sliced
- 2 weeks



LETTUCE

- Refrigeration crisper
- Wash prior to storing, dry and Diace in a container with paper towel on bottom and top.
- 3 7 days

ONIONS

- Store in cool, dark place
- Store in a mesh bag
- 3 5 months





















