

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



BETROOT

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



BROCCOLI

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



CABBAGE

- Refrigeration crisper
- Loose and uncovered
- 2 weeks



CAPSICUM

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



CARROTS

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



CORN

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



CUCUMBER

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



GREEN BEANS

- Refrigeration crisper
- Store in container
- 1 week



PUMPKIN

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



TOMATOES

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



ZUCCHINI

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



LETTUCE

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



HERBS

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



ONIONS

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



POTATOES

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