

Proper Produce Storage Guide

Storing your local produce properly is important so you can enjoy it at top quality for as long as possible. Most vegetables can be stored the same way, however there are some items that suffer from what most vegetables benefit.

Greens

Leafy greens need high humidity to prevent wilting. Put greens in a plastic bag in the crisper. If they are too big like collards often are, chop them and put in a zip lock bag and then in the crisper drawer. Greens include:

- Collards, Kale, Bok Choy, Spinach, Arugula, Lettuce, Swiss Chard,

Cabbage is a leafy storage crop that can be kept in a cool place in the kitchen until you can use it. However, it doesn't hurt to put it in the fridge.

Roots

Roots can be stored several different ways. All of them need dark, cool conditions. Do not wash roots until right before you plan to use them. Items that do not need to be stored in the fridge, but do need darkness and cool climate are:

- Potatoes, Sweet Potatoes, Garlic, Onions

Some root crops have large leafy greens. These store best with the greens removed (many of these greens are edible) and stored in a bag in the fridge. Roots that this applies to are:

- Carrots, Beets, Turnips, Parsnips, Radishes

Tomatoes

DO NOT STORE IN FRIDGE! Temperatures lower than 55 F. will damage tomatoes. They turn mealy and lose flavor when refrigerated. Keep tomatoes on a counter top shoulders down, until ready to use. If you have some not quite ripe ones put them together or with a banana in a paper bag and they will ripen faster.

Mushrooms

Mushrooms absorb humidity, get slimy and go bad. To help offset this absorption issue store in a paper bag or a plastic bag with a paper towel inside in the fridge.

Herbs

Store herbs with feet in water like you would flowers. This is especially important for basil. It will turn black if put in the fridge.

Most Other Produce

Most produce can be stored in a bag in the fridge. It is always good to dry off any produce after washing before putting in the refrigerator. Always keep produce in plastic bags to keep humidity high. This will delay decomposition.

Always wash your produce before using, even if it has been prewashed!