

FRESH VEGETABLE STORAGE TIPS

Vegetable	Refrigerate?	Lasts	Notes
Basil	yes/no	Use quickly	Put stems in glass of water on counter. Or wrap in lightly damp towel and put in fridge. Don't wash prior to storage.
Beans	Yes	7-10 days	store in a plastic bag
Beets	Yes	Several weeks	Store greens wrapped in damp cloth or in plastic in drawer of fridge.
Bok Choi	Yes	Up to 1 week	Wrap in damp towel or put in plastic bag in hydrator drawer of fridge.
Broccoli	Yes	3-5 days	Store in plastic bag in hydrator drawer of fridge.
Cabbage	Yes	3 wks to 2 mo	Put in hydrator drawer of fridge. Plastic bag not necessary. Don't remove outer leaves before storage.
Carrots	Yes	Several weeks	Remove greens, put in plastic bag and in fridge.
Celeriac	Yes	Several weeks	Do not wash before storing in fridge. Put in hydrator drawer of fridge or in plastic bag in fridge.
Celery	Yes	2-4 weeks	Refrigerate asap or will go limp. Wrap in damp towel or place in plastic bag and store in hydrator drawer of fridge.
Chard	Yes	2-4 days	Best when fresh. Wrap in damp towel or place in plastic bag and in hydrator drawer.
Cilantro	Yes	1 week	Wrap in damp towel or stand upright in a container with an inch of water and refrigerate. Do not wash prior to refrigeration.
Corn	Yes	use quickly	Refrigerate asap with husks on.
Cucumber	Yes	Up to 1 week	Will deteriorate quickly after being cut or peeled. Use leftovers asap.
Dill	Yes	use quickly	Wrap in damp towel
Eggplant	yes/no	Up to 1 week	Best eaten fresh and stored unrefrigerated at cool room temp. Can be put in hydrator drawer of fridge for longer storage up to 1 week.
Fennel	yes	up to 2 weeks	Store in plastic bag in hydrator drawer of fridge.
Garlic	no	several months	Store in cool, dark, dry and ventilated place. Warmth and moisture will cause sprouting. Peeled cloves can be refrigerated briefly in airtight container.
Greens	yes	up to 1 week	Store unwashed and wrapped in damp towel or plastic bag in hydrator drawer.
Kale	yes	up to 1 week	Wrap in damp towel or in plastic bag and put in hydrator drawer.
Leeks	yes	up to 2 weeks	Refrigerate with roots attached and unwashed. Wrap lightly in plastic to avoid spreading aromas.
Onion	no	several months	Store in cool, dark, dry and ventilated place. Warmth and moisture will cause sprouting. cut onion can be refrigerated briefly in airtight container.
Scallions	yes	2-3 days	Wrap in damp towel or in plastic bag and put in hydrator drawer.
Parsley	yes	up to 1 week	Wrap in damp towel or in plastic bag and put in hydrator drawer.
Parsnips	yes	several months	Trim off tops and put, unwashed, in a plastic bag in fridge.
Peas	yes	4-5 days	Use asap if possible. Put in fridge in plastic bag.
Peppers	yes	1-2 weeks	Put in hydrator drawer in fridge.
Potato	no	up to 2 weeks	Store at room temperature, away from light.
Pumpkin	no	several weeks	Store in cool, dry place. Lasts at room temp for weeks and at 40-50 degrees for several months. If cut open, then put in fridge.
Radish	yes	up to 2 weeks	Store in fridge in plastic bag or wrapped in damp towel in fridge. Store green tops separately
Rhubarb	yes	up to 1 week	Wrap in damp towel or in plastic bag and put in hydrator drawer.
Spinach	yes	up to 1 week	Wrap in damp towel or in plastic bag and put in hydrator drawer.
Summer Sq	yes	up to 1 week	Dehydrates quickly. Store in plastic bag in fridge. Damaged ones will deteriorate quickly.
Tomatillo	yes/no	up to 2 weeks	Store at room temp for up to 2 weeks but refrigerate in husks, not plastic bags, for longer storage.
Tomato	no	up to 1 week	Store at room temp, and longer if still ripening. Not fully ripe tomatoes will continue to ripen at 60-75 degrees out of the sun.
Turnip	yes	1-2 weeks	Store unwashed in plastic bag in hydrator drawer. Store greens separately wrapped in damp towel or plastic bag. Use them asap.
Winter Sq	no	2-3 months	Store at room temp in a dry and cool (50-55 degrees) but not cold location.
Zucchini	yes	3-4 days	Store in hydrator drawer in fridge.