



Vegetable Storage Cheat Sheet

Keeping vegetables fresh helps preserve the best flavor, texture and nutrition. It also cuts down on food waste! Knowing which items will store the longest helps you prioritize when you eat things throughout the week.

Guide Key:

Crisper: Cool but humid, anything that likes moist storage will love it here. (We understand that there isn't always space, so don't stress, the main fridge will also help keep things fresh).

Main Fridge: Refers to anywhere in your refrigerator except the crisper.

Micro-perforated bag: This is a great technique for creating a high humidity environment while still allowing the veggies to continue to "breathe" and stay crisp. Make them yourself using a ziplock bag and poking a few pin pricks in it (10-20 is fine). Make sure you label the bags for future use! Another option is to poke holes in a tupperware (Also, be sure to label it!)

Although ideal, if this isn't possible or practical, a closed bag or container will work just fine.

Closed container: This is simply a container without holes such as a tied up bag or tupperware.

Crops:

- Baby greens (salad mix or other bagged greens): Micro-perforated bag, crisper, *4 days
- Basil: Open bag, room temperature. If it still has stems place in a jar with water. Avoid moisture and cold temperature on the leaves as this will cause them to turn black and slimy, *3 days
- Beans: Micro-perforated bag, main fridge, *1 week
- Beets: Remove the greens and store separately.
 - Greens: Micro-perforated bag, main fridge, *2-3 days
 - Roots: No bag, crisper, *1-2 weeks
- Bok Choi: Micro-perforated bag, crisper, *1 week
- Broccoli/Broccolini: Closed container, crisper, *1 week
- Cabbage: Closed container, crisper, *1-2 weeks
- Carrots: Remove the greens and store separately.
 - Greens: Carrot greens are edible (for the adventurous) here are some recommendations; use them to bulk pestos or add in moderation to stir fries. Carrot greens make an excellent contribution to homemade stocks and broth. (Backyard chickens really love them too!)
 - Roots: Micro-perforated bag, crisper, *1-4 weeks
- Cilantro: Keep cilantro in a glass of shallow water on a sunny window-sill in your kitchen or in your fridge (with a plastic bag placed loosely over). Alternatively, use a micro-perforated bag in the main fridge, *5 days
- Cucumbers: No bag, crisper, *5 days
- Dill: Micro-perforated bag, crisper, *2-5 days
- Eggplant: Closed container, main fridge, *1 week

Sources: Four Root Farm (<http://www.fourrootfarm.com>); Robinson, Jo *Eating on the Wild Side*; Zenger Farms (<https://zengerfarm.org>).

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Presented by Julia Hanfling, RD, CDE for the Hawthorne Diabetes Group. www.3peachesnutrition.com





- Fennel: Micro-perforated bag, crisper, *1 week
- Garlic scapes: Closed bag, main fridge, *2 weeks
- Garlic: Our cured garlic can be stored for months in a cool, dark and dry location
- Green garlic: Place in a glass of water in your kitchen or in a closed bag in your main fridge, *2 weeks
- Herbs (fresh parsley, cilantro, lemon balm, etc.): store in a jar of water in the fridge with a bag on top of the herbs, *5 days
- Kale: Micro-perforated bag, crisper, *1 week
- Kohlrabi: Remove the greens and store separately
 - Greens: Micro-perforated, main fridge, *4-5 days
 - Roots: Closed bag, crisper, *1 week
- Melons: No container, counter top, *variable
- Micro-greens: Micro-perforated bag, crisper, *3-5 days
- Mustard greens (bunched): Micro-perforated bag, crisper. Greens stay fresher when rubber bands are removed, *1 week
- Parsley: cup of water on a sunny window sill in your kitchen , or micro-perforated bag, *4 days
- Peas: Micro-perforated bag, main fridge, eat quick for best flavor, *1 week
- Peppers: Micro-perforated bag, main fridge, *1-2 weeks
- Potatoes:
 - New (when the skin is thin and flakes off easy, early summer): Paper bag, room temperature.
 - storage: Cool, dry, dark place, unwashed
- Radish: Remove the greens and store separately.
 - Greens: Radish greens are not everyone's favorite texture wise, but totally edible! Micro-perforated, main fridge, *4-5 days
 - Roots : closed container, *1-3 weeks
- Salad mix: Store in crisper with bag closed. *1 week
- Scallions: Store in jar of water on a windowsill in your kitchen, *1 week
- Spring onions: Micro-perforated bag, crisper, *1 week
- Storage onions: Cool, dry, dark place.
- Summer squash: No bag, crisper, *1 week
- Tomatoes: Room temperature. If under-ripe, place in paper bag on windowsill. If very ripe (squishy, brightly colored), eat very quickly!
- Tatsoi: Micro-perforated bag ,crisper *1 week
- Turnips: Remove the greens and store separately.
 - Greens: Micro-perforated, crisper, *4-5 days
 - Roots: Micro-perforated, crisper, *1 week
- Winter squash: Cool, dry, dark place.

Disclaimers:

- All storage date ranges are approximate
- At the farm we often dunk or spray produce with fresh water after harvest to remove field heat

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and excess dirt. We always recommend re-washing produce before you are ready to prepare it.

- Make sure veggies are dry when placed in storage. Excess moisture can encourage premature rot.
- Use this guide to keep foods fresh; however, many of the vegetables listed can be easily frozen or dried if you're not able to get to them in time.

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