

Food Storage Guide

COUNTER TOP FRUITS & VEGGIES



Tomatoes
Melons
Zucchini
Summer Squash

Best if not refrigerated.

DRY STORAGE VEGGIES

Cured Onions
Shallots
Pumpkins
Winter Squash
Sweet Potatoes
Potatoes
Garlic

Store at a cool 50°F, dark & dry; or counter top will work for several weeks. Refrigerate after cutting. Unless you're making chips, cold storage does not hurt potatoes.

BUNCHES W/ ROOTS & LEAVES

Beets
Onions
Scallions
Carrots
Radishes
Green Garlic
Kohlrabi
Turnips
Leeks

Separate roots & greens immediately. Store in separate loose bags in the fridge. Use tops within the week.

BULK ROOTS

Carrots
Daikon Radish
Rutabaga
Turnips
Kohlrabi
Beets
Parsnips

Store in a loose plastic bag or a covered container in the fridge. These should last months! Sort weekly - items that have spots or imperfections should be used up first.

OTHER CRISPER ITEMS

Peas
Broccoli
Cucumbers
Beans
Cabbage
Brussels Sprouts
Cauliflower
Tomatillos
Peppers
Corn



Crisper in a bag. Do not rinse before storage.

LEAFY GREENS & HERBS

Kale
Swiss Chard
Collards
Lettuce
Baby Greens

Store in loose plastic bag, or container (with paper towel to regulate moisture) in fridge. Wilted greens can be chopped & blanched or used in a pesto.

SPECIAL ITEMS



Basil

Store like a flower bouquet & change out water daily. If you can't use it all up soon, make a pesto!

• Freeze veggie scraps to make broth!

Sustainability Tips

Support local farms & eat seasonally!

Reusable containers are eco- & meal-prep friendly!

