



STORAGE TIPS

All stored produce should be checked regularly for signs of spoilage such as mold and slime. If spoiled, toss it out. All cut, peeled or cooked vegetables or fruits should be stored in clean, covered containers in the refrigerator at 40 F or less.

FRUIT & VEGETABLE STORAGE METHOD, TIPS & TIME

Apples

Room temperature: 1-2 days; refrigerator crisper: up to 1 month. Ripen apples at room temperature. Once ripe, store in plastic bags in the crisper. Wash before eating.

Asparagus

Refrigerator crisper: up to 3 days. Once picked, asparagus loses quality quickly. Wrap the base of a bunch of asparagus with a moist paper towel, place in a plastic bag and store in the refrigerator. Wash before using.

Beans, Green and Yellow

Refrigerator crisper: up to 3 days. Store in plastic bags. Do not wash before storing. Wet beans will develop black spots and decay quickly. Wash before preparation.

Broccoli

Refrigerator crisper: 3 to 5 days. Store in loose, perforated plastic bags. Wash before using.

Beets, Carrots, Parsnips, Radish and Turnips

Refrigerator crisper: 1 to 2 weeks. Remove green tops and store vegetables in plastic bags. Trim the taproots from radishes, before storing. Wash before using.

Berries: Blackberries, Raspberries, Strawberries and Blueberries

Refrigerator crisper: 2-3 days. Before storing berries, remove any spoiled or crushed fruits. Store, unwashed, in plastic bags or containers. Do not remove green tops from strawberries before storing. Wash gently under cool running water before using.

Brussels sprouts

Refrigerator crisper: 1-2 days. The fresher the sprouts, the better the flavor. Remove outer leaves and store fresh sprouts in plastic bags. Wash before eating.

Cabbage

Refrigerate for up to 2 weeks. Store, after removing outer leaves, in perforated plastic bags.

Chard

Refrigerator crisper: 2-3 days. Store leaves in plastic bags. The stalks can be stored longer, if separated from the leaves. Wash before using.

Collards

Refrigerator crisper: 4-5 days. Collards store better than most greens. Wrap leaves in moist paper towels and place in sealed plastic bag. When ready to use, wash thoroughly. Greens tend to have dirt and grit clinging to the leaves.

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Corn

Refrigerator crisper: 1 to 2 days. For best flavor, use corn immediately. Corn in husks can be stored in plastic bags for 1 to 2 days.

Cucumbers

Refrigerator crisper: up to 1 week. Wipe clean and store in plastic bags. Do not store with apples or tomatoes. Wash before using.

Eggplant

Refrigerator: 1-2 days. Eggplants do not like cool temperatures so they do not store well. Harvest and use them immediately for best flavor. If you must store them, store in a plastic bag in the refrigerator. Be careful as it will soon develop soft brown spots and become bitter. Use while the stem and cap are still greenish and fresh-looking.

Herbs

Refrigerator crisper: 2 to 3 days. Herbs may be stored in plastic bags or place upright in a glass of water (stems down). Cover loosely with plastic bag.

Lettuce, Spinach and Other Delicate Greens

Refrigerator crisper: 5 to 7 days for lettuce; 1 to 2 days for greens. Discard outer or wilted leaves. Store in plastic bags in the refrigerator crisper. Wash before using.

Melons: Watermelon, Honeydew and Cantaloupe

For best flavor, store melons at room temperature until ripe. Store ripe, cut melon covered in the refrigerator. Wash rind before cutting. Refrigerator: 3 to 4 days for cut melon.

Nectarines, Peaches and Pears

Refrigerator crisper: 5 days. Ripen the fruit at room temperature, and then refrigerate it in plastic bags. Wash before eating.

Onions: Red, White, Yellow and Green

Dry onions: Room temperature 2 to 4 weeks; green onions: Refrigerator crisper: 3 to 5 days. Store dry onions loosely in a mesh bag in a cool, dry well-ventilated place away from sunlight. Wash green onions carefully before eating.

Peas

Refrigerator: 2-3 days. The sugar in peas quickly begins to turn to starch, even while under refrigeration, so eat quickly after harvesting. Store peas in perforated plastic bags. Wash before shelling.

Peppers

Refrigerator crisper: up to 2 weeks. Wipe clean and store in plastic bags. Wash before using.

Potatoes

Room temperature: 1 to 2 weeks. Store potatoes in a cool, dry, well-ventilated area away from light, which causes greening. Scrub well before cooking.

Summer Squash, Zucchini and Patty Pan

Refrigerator: 2-3 days. Wipe clean and store in plastic bags. Wash before eating.

Tomatoes

Room temperature; once cut, refrigerator crisper: 2 to 3 days. Fresh ripe tomatoes should not be stored in the refrigerator. Refrigeration makes them tasteless and mealy. Wipe clean and store tomatoes at room temperature away from sunlight. Wash before eating. (Refrigerate only extra-ripe tomatoes you want to keep from ripening any further.) Store cut tomatoes in the refrigerator.

Winter Squashes and Pumpkins

Room temperature for curing; then cool, dry storage area for 3 to 6 months. Most winter squash benefits from a curing stage; the exceptions are Acorn, Sweet Dumpling and Delicata. Wipe clean before curing. Curing is simply holding the squash at room temperature (about 70 degrees) for 10 to 20 days. After curing, transfer to a cool (45 to 50°F), dry place such as the basement or garage for long term storage. Do not allow them to freeze. The large hard rind winter squash can be stored up to six months, under these conditions. Warmer temperatures result in a shorter storage time. Refrigeration is too humid for whole squash, and they will deteriorate quickly. The smaller Acorn and Butternut do not store as well, only up to 3 months. Store cut pieces of winter squash in the refrigerator.

This is NOT exact! You may find your items last a little longer or shorter and this is completely normal.