



How to Store Produce



This is how I store my produce. If these methods do not work for you, we have designed a blank sheet for you to print and write in your own ways.

Apples	Sort out the bruised apples and place the bruised on the counter so you remember to eat them within 2 days. Place good apples in a plastic container in the back of the fridge as far from other produce as you can get them. Will last up to 2 weeks.
Asparagus	Trim off one inch of the stem. Place 2 inches of water in a glass jar. Submerge the bottom of each asparagus stalk. Place a plastic bag over the top of the asparagus. Store in the back of the fridge. Change the water every couple of days.
Bananas	Wrap the stem in plastic wrap. Rewrap it after you remove each banana. Store at room temperature on a banana hanger.
Blueberries	Sort out the bad berries. Place the remaining in plastic or glass storage container lined with a paper towel and cover with plastic wrap. Do not wash until ready to eat. Will last up to 2 weeks.
Broccoli	Do not wash until you are ready to eat it. Store it in a Ziploc bag perforated with holes (I use a fork). Place in the crisper drawer set on high humidity.
Carrots	Place in a Ziploc bag perforated with holes (I use a fork). Store in the crisper drawer set on high humidity.
Baby Carrots	Store baby carrots in original bag in crisper drawer set on high humidity.
Cauliflower	Keep it in the crisper drawer set on high humidity, loosely wrapped in plastic. Make sure you store it stem side down.
Celery	Remove from the plastic bag it comes in. Place celery on a sheet of foil big enough to wrap it in. Let it air dry on the foil. Once it is dry, wrap tightly in the foil and put it in the crisper drawer set on high humidity.
Collard Greens	Cut the green leaves off the stems if purchased whole. Remove from the plastic bags it comes in if purchased this way and place it in a gallon Ziploc sized bag. Zip the bag halfway and press out all the air. Zip the rest of the bag and place on the top shelf of the fridge. Each time you use collards from the bag, be sure to press out all the air.
Cucumbers	Wrap each cucumber in a paper towel. Place all the wrapped cucumbers in a plastic bag (doesn't have to be a Ziploc). Store in fridge.
Ginger	Place in a Ziploc bag in the vegetable crisper set at high humidity. Will last up to 2 months.
Green onions	Remove any brown ends from the top of the green onions and rinse them with cool water. Wrap in a damp paper towel and place in a Ziploc bag in the fridge.
Kale	Remove from the plastic bags it comes in if purchased this way and place it in a gallon Ziploc sized bag. Zip the bag halfway and press out all the air. Zip the rest of the bag and place on the top shelf of the fridge. Each time you use Kale from the bag, be sure to press out all the air.
Lemons	Sort through and remove damaged lemons as these will rot quickly. Store loose in the crisper drawer of the fridge set on medium humidity. Will last up to 3 weeks. Store with melons, tomatoes, sweet potatoes, oranges and limes.
Onions	Store in the original mesh bags on a shelf in the pantry. Try to spread the onions out so that they don't touch.
Oranges	Sort through and remove damaged oranges as these will rot quickly. Store loose in the crisper drawer of the fridge set on medium humidity. Will last up to 3 weeks. Store with melons, tomatoes, sweet potatoes, lemons and limes.
Parsley	Trim the ends and place it in a glass with about 1 inch of water. Cover the top with a plastic bag. Place in the back of the fridge. Change water every 3-4 days.
Pineapple	Store up to 3 days at room temperature or up to 5 days in a perforated plastic bag in the fridge
Potatoes	Sort the potatoes for bad potatoes. Store in a cardboard box or paper bag in a cool, dark place. Check weekly for bad potatoes and remove them.
Romaine Lettuce	Cut off the stem. Wash the leaves (if you don't have a salad spinner, wash it in a colander and allow it to air dry for a few hours. Wrap the lettuce in dry paper towels and place in a Ziploc bag.
Spinach	Do not wash before placing in the fridge. Remove from the plastic bag it comes in and place it in a gallon Ziploc sized bag. Zip the bag halfway and press out all the air. Zip the rest of the bag and place on the top shelf of the fridge. Each time you use spinach from the bag, be sure to press out all the air.
Strawberries	Don't wash them until you are ready to eat them. Sort out the over ripe/rotten strawberries. Store the remaining strawberries in a colander in the fridge so air can circulate around them. Will last up to a week.