

# Produce Storage Guide

good box  
ORGANICS

Easy tips to help your organic produce last longer

Produce store in wrapped w/ and don't forget these important tips:

**Artichokes** fridge  
**Avocados** counter  
**Beets** fridge  
**Broccoli** fridge  
**Carrots** fridge  
**Celery** fridge  
**Chard** fridge  
**Corn** fridge  
**Eggplant** fridge  
**Fennel** fridge  
**Garlic** pantry  
**Green Bean** fridge  
**Greens** fridge  
**Herbs** fridge  
**Kale** fridge  
**Leek** fridge  
**Lettuce** fridge  
**Onion** pantry  
**Peas** fridge  
**Pepper** fridge  
**Potato** fridge  
**Tomato** counter  
**Winter Squash** pantry  
**Zucchini** fridge

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Let ripen on counter 3-10 days. Refrigerate once ripe

Separate greens from roots

Same is true for Cauliflower

Remove tops before storing

Wrap completely in foil

For 1 or 2 days you can store on counter with stems in water

Remove husks/bugs before storing

**\*\*Plastic can be a ventilated plastic bag, a "green bag", tupperware, or your preferred alternative to keep your fresh veggies from losing water**  
send us back your bags for zero-waste recycling

## Did you know?

Organic produce has 33% more antioxidants than conventional

Put stems in glass of water. Or add a moist towel to bag.

Delicate herbs -wrap in moist towel store in tupperware

Same as above

Can remove leafy tops before storing to save space

Moist paper towel in plastic bag

## Bonus Fresh Tips!

- \* Don't stack foods too much to prevent bruising
- \* Keep produce where you can see it so you are more likely to use it
- \* Invest in products that slow the ripening of foods like the Blu Apple or the Green Bag
- \* Refer to your weekly newsletter for more storage and prep tips!

**Apples** fridge  
**Berries** fridge  
**Citrus Fruits** fridge  
**Kiwi** counter  
**Grapes** fridge  
**Melons** counter  
**Pears** counter  
**Persimmon** fridge  
**Pomegranate** fridge  
**Stone Fruits** counter/fridge

Dipping slices in water will keep them from turning brown  
Eat quickly!

Even when the peel is dry, the fruit is still juicy on the inside

Let ripen til soft

Or keep them in the freezer for a healthy dessert!

Texture is best when stored at room temperature

Let ripen til soft

Eat just like an apple

Transfer seeds to tupperware, store in fridge

Only store on counter what you plan to eat within in 48 hrs

Vegetables

Fruits