

# Produce Care & Storage At-a-Glance

Use the chart below as an easy guide to find the easiest and best way to store your produce items throughout the season. (Keep this list on your fridge for convenience!)

Each item you will see throughout the season may require different preparations to keep it fresh for a longer amount of time. Certain items should only be kept refrigerated, while others are fine if stored at room temperature, but will last longer if refrigerated. Most of the items on this list can be frozen, some should be blanched or chopped first. An "X" in each column indicates care and storage details.

Produce Item	Special Care Needed (see below)	Remove Greens Before Storage	Store at Room Temperature	Refrigerate	Wait to Wash	Freeze Whole, Raw	Freeze Chopped, Raw	Blanch Before Freezing
Apples			X	X				
Apricots				X			X	
Arugula				X				
Asparagus	*			X				X
Basil	**		X	X		X	X	
Beans				X		X	X	X
Beets		X		X				X
Blackberries	***			X	X	X		
Blueberries	***			X	X	X		
Bok Choy				X			X	
Broccoli				X			X	X
Broccoli Rabe				X			X	X
Brussels Sprouts			X	X			X	X
Cabbage			X	X			X	X
Carrots			X	X		X	X	X
Cauliflower				X			X	X
Celery				X			X	X
Cherries			X	X				
Cherry/Grape Tomatoes			X	NO				
Chives	**		X	X			X	
Cilantro	**		X	X			X	
Collards				X			X	X
Corn				X			X	X
Cucumbers			X	X				
Currants	***			X				
Dill	**		X	X			X	
Donut Peaches	No plastic****			X			X	
Eggplant			X	X				X
Endive/Escarole				X				
Garlic	*****		X			X	X	X
Garlic Scapes				X			X	X
Gooseberries	***			X	X			
Kale				X		X	X	X
Kohlrabi		X	X	X				X
Leeks				X			X	
Lettuce				X	X			
Melon			X	X			X	
Mint	**			X		X	X	
Nectarines			X	X			X	
Okra			X	X				
Onions	*****		X				X	X

Oregano	**		X	X			X	
Parsley	**		X	X			X	
Parsnips	*****		X	X			X	X
Peaches	No plastic****		X	X			X	
Pears			X	X				
Peas				X				X
Peppers			X	X			X	X
Plums			X	X				
Potatoes	*****		X					X
Radishes		X	X	X				
Raspberries	***			X	X	X		
Rhubarb				X			X	X
Sage	**		X	X			X	
Scallions				X			X	
Shallots	*****		X				X	X
Spinach				X		X	X	X
Strawberries	***			X	X	X	X	
Summer Squash			X	X			X	X
Sweet Potatoes	*****		X				X	X
Thyme	**		X	X			X	
Tomatillos			X	X		X	X	
Tomatoes			X	NO				
Turnips		X	X	X			X	X
Watermelon			X	X			X	
Winter Squash	*****		X					X

\* Asparagus - store asparagus upright, in about half an inch of water, checking daily to insure the asparagus still has water

\*\* Herbs - store fresh cut herbs in a small amount of water, similar to fresh cut flowers, either in the fridge or on the counter

\*\*\* Berries - Try not to wash your berries until you are ready to use them, this will extend shelf life. Refrigerate berries immediately to extend shelf life as much as possible.

\*\*\*\* Peaches and Donut Peaches - Do Not store peaches in plastic containers or bubble packs. They should be kept cold and dry to avoid mold and spoiling.

\*\*\*\*\* Potatoes, Onions, Winter Squash - Keep these items in a cool, dark place, to extend their shelf life. Avoid exposure to light and extreme cold and hot temperatures. Check these items every few days to make sure none are starting to spoil. Removing the bad/overripe pieces will keep the rest of them fresh for a longer time.