

PRODUCE STORAGE & PREPARATION GUIDE

From Farmer Ford Waterstrat at Sustainable Harvest farm

Produce Type	Image	Shelf Life (with proper storage preparation)	Storage Preparation Tips
Bok Choy		1 week	Wrap bok choy in a damp towel or place in plastic bag and store in the crisper drawer of the refrigerator
Broccoli		3-5 days	Short Term: Store in a plastic bag in the crisper drawer of refrigerator Longer Term: Freeze by cutting into florets and slicing stems. Blanch for 3-4 minutes, rinse in cold water, drain, dry and place in airtight zip lock bag
Cabbage		3 - 8 weeks	Refrigerate cabbage (in or without a plastic bag) in the crisper drawer of refrigerator. Do not remove outer leaves prior to storing.
Carrots		2 - 4 weeks	Short Term: Remove greens immediately and refrigerate carrots in a plastic bag. Longer Term: Freeze by blanching for 3 minutes, rinse in cold water, drain, dry and place in airtight zip lock bag
Celery		2 weeks	Short Term: Refrigerate as soon as possible to keep firmness. Place in a plastic bag and store in the crisper drawer. Longer Term: Celery can be frozen by slicing and placing chunks on a baking tray in the freezer. When froze, place celery in an airtight container or zip lock bag.
Chard (Swiss)		2-4 days	Short Term: Place in a plastic bag and store in the crisper drawer of refrigerator. Longer Term: Chard freezes well. Blanch chopped leaves for 3 minutes, rinse with cold water, drain and lightly dry. Place in an airtight container or a zip lock bag.
Collard Greens		1 week	Short Term: Store unwashed in a plastic bag in the crisper drawer of your refrigerator. Keep moist. Longer Term: Collard greens freeze well. Blanch washed greens for 2-3 minutes, rinse with cold water, drain and store in an airtight container or zip lock bag.
Corn		ASAP	Short Term: Refrigerate immediately with husks on and use ASAP for maximum sweetness and flavor. Longer Term: Corn freezes well. Blanch either on or off the cob for 3-5 minutes, rinse with cold water, drain, dry it fully, the store it in an airtight container or zip lock bag.
Cucumber		1 week	Refrigerate in the crisper drawer of your refrigerator. Cut or peeled cucumbers will spoil quickly.
Eggplant		1 week	Store unrefrigerated at a cool room temperature or in the crisper drawer of refrigerator

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Fennel		2 weeks	Store fennel in a plastic bag in the refrigerator.
Garlic		Several months	Short Term: Store garlic in a cool, dark, dry and well-ventilated space. Warmer temps may cause garlic to sprout. Longer Term: Mince and blend with olive oil and freeze in an airtight container.
Green Beans		1 week	Short Term: Refrigerate in a plastic bag. Longer Term: Beans freeze well. Blanch for 2-3 minutes, rinse in cold water, drain, dry thoroughly. And pack into airtight containers.
Kale		1 week	Short Term: Refrigerate in a plastic bag in the crisper drawer. Leaves will wilt if they dry out, Longer Term: Kale can be frozen. Wash, remove the stem, and blanch leaves for 2 minutes. Rinse in cold water, drain and pack into airtight containers or zip lock bags.
Kohlrabi		1 month	Store kohlrabi sphere and leaves separately. The sphere should be refrigerated in a plastic bag. The leaves should be placed in a plastic bag and stored in the crisper drawer.
Lettuce (Leaf)		Few days	Place lettuce in a plastic bag and store in refrigerator. To maintain freshness longer, place a paper towel in the plastic bag with the lettuce.
Onions		Several months	Short Term: Store cut onions in the refrigerator in an airtight container. Use as soon as possible. Longer Term: Store uncut onions in a cool, dry place to prevent sprouting from warmth and moisture.
Peppers		1-2 weeks	Short Term: Store peppers unwashed in the crisper drawer. Longer Term: Peppers may be frozen by washing, drying and cutting them into small pieces. Store in an airtight container.
Potatoes		Up to two weeks	Short Term: Store potatoes at room temperature and away from light. Longer Term: Potatoes keep well at 45-degree temps, higher humidity and in darkness. Sprouting will occur if they are too warm.
Radishes		2 weeks	Store radishes in a plastic bag in the refrigerator. Store leafy tops separately wrapped in a damp towel in the crisper drawer.
Spinach		1 week	Short Term: Store in a plastic bag in the refrigerator. Longer Term: Spinach may be frozen. Blanch for 1-2 minutes, rinse in cold water, drain and store in airtight container.
Summer Squash		1 week	Short Term: Store in a plastic bag or the crisper drawer in the refrigerator. Longer Term: Cooked or pureed squash can be frozen in an airtight container.

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Sugar Snap Peas		4-5 days	Short Term: Refrigerate in a plastic bag for 4-5 days max. Best used as soon as possible to enjoy their sweet flavor and crispness. Longer Term: Peas can be frozen blanching for 2 mins., rinsing in cold water, draining and storing in airtight containers or zip lock bags.
Sweet Potatoes		Several weeks	Store sweet potatoes in a cool, dry place. Do not refrigerate and avoid excess moisture to prevent rotting and sprouting. Do not wash (scrub) until just before preparation.
Tomatoes		1 week	Store Term: Store tomatoes (out of the sun) at room temperature for up to one week or longer if still ripening. Do not refrigerate. Longer Term: Whole tomatoes can be frozen by coring them and placing on a cookie sheet in the freezer. When froze solid, place in a zip lock bag and store in the freezer. Frozen tomatoes are good for cooking or purees.
Turnips		1-2 weeks	Short Term: Store turnips unwashed in a plastic bag. Store turnip greens separately wrapped in a damp towel or plastic bag in the crisper drawer of the refrigerator. Longer Term: Turnips may be packed in moist sand and kept in a cool location.
Zucchini		3-4 days	Short Term: Store in the crisper drawer of refrigerator. Longer Term: Freeze zucchini puree or grated zucchini in an airtight container.
Fruits			
Cantaloupe		5-7 days	Short Term: A whole cantaloupe is best kept on the counter until ready to be cut open. Once ripe, it can be placed into the refrigerator. Longer Term: Cantaloupe can be sliced or balled and frozen in an airtight container.
Strawberries		3-7 days	Short Term: Store freshly picked strawberries in a closed container in the refrigerator, and rinse gentle prior to use. Longer Term: Strawberries can be frozen be washing, drying, hulling the leafy stem, and placing on a cookie sheet to freeze solid. Then, store in the freezer1 in a zip lock bag.
Watermelon		3 days (cut) 2-3 weeks (uncut)	Short Term: Store a cut watermelon by wrapping the cut side in plastic, and refrigerate. Long Term: Once picked from the vine, watermelons will not ripen any further. Keep uncut watermelons in the refrigerator.

