



Vegetable	Storage Prep	Location	Shelf Life	Cooking Tip	Health Benefits
Basil	Cut off stem tips and place bunch in a jar of water like a flower bouquet	Counter top (temps below 45 degrees will cause wilting)	1 wk	Eat raw on a sandwich/salad or put the whole bunch in a pesto. If you make too much pesto, put remaining pesto in ice cube trays in the freezer for later use. Also a key ingredient to our favorite summer meal - TOMATO PIE!	High in vitamins A and C
Beans	Unwashed in a breathable bag	Refrigerator shelf	1 wk	Give raw a go and snack on beans and hummus! Also great to saute with garlic, butter, and a splash of soy sauce served on a grain bowl.	Good source of vitamin C, folic acid, iron, and potassium
Beets	If bunched, cut greens off right when you get home (leaving 1/2" connected to the root) and store greens/roots separately in breathable bags	Refrigerator drawer	Greens last 2 days, roots 2 weeks	Don't throw away the greens - try sauteeing them with garlic and butter! The roots are delicious any way you prep them - thinly sliced and eaten raw, steamed, or roasted with olive oil, salt, and pepper.	Beet greens are high in vitamins A and C, as well as a good source of iron and potassium. The roots are a great source of fiber, folate and vitamin C. Beets also contain nitrates and pigments that may help lower blood pressure and improve athletic performance.
Broccoli	Remove leafs from head and wrap the head in damp paper towels before placing in the fridge, dump in ice if looking wilted	Refrigerator drawer	1-2 wks	Cook with the stalks! Give them a little extra time over heat when you cook up the rest of the head and mix up the texture in your favorite dish.	High in vitamins A, C, K, and folate
Cabbage	Unwashed	Refrigerator drawer	2-4 wks	Make cabbage "steaks" by slicing into 1/2" patties and roast in the oven with olive oil, salt, pepper, and a touch of parmesan.	Excellent source of vitamins C and K, potassium, folate, and fiber
Carrots	Cut greens off (leaving 1/2" connected to the root) and store greens/roots separately in breathable bags	Refrigerator drawer	1 month	Thai carrot soup is a great way to use up all your carrots and keep in the freezer for a quick meal.	Great source of beta-carotene, fiber, vitamin K, potassium and antioxidants
Cucumbers	Unwashed in a breathable bag	Refrigerator drawer	1 wk	Leave the skin on and eat raw in a salad or with a dip	Great source of vitamin K
Eggplant (fairytale & globe)	Unwashed	Cool, dark place (cabinet)	1 wk	Draw out the bitterness in your eggplant by salting before you bake/grill/saute. Try making a crowd-pleasing babaganoush to serve on pita in a wrap or as a side dip.	Low in calories, high in fiber
Garlic	Unpeeled	Cool, dark place (cabinet)	3 months	If garlic has sprouted a green shoot, cut this off before chopping. For elephant garlic, wrap in tinfoil and roast the whole glove to schmear on bread.	Source of vitamin B6, manganese, selenium, vitamin c, iron, potassium, and copper, as well as allyl sulfides, which are anti-inflammatory, cancer-fighting compounds
Kohlrabi	Remove leaf from head and wrap the head in damp paper towels before placing in the fridge, dump in ice if looking wilted	Refrigerator shelf	2 wks	Shave thinly and serve with a dip or in a coleslaw. Equally yummy as fries if you roast with olive oil, salt, and pepper at 400 degrees for 20-25 minutes.	Good source of vitamin C, low in calories and sodium
Leafy Greens (kale, collards, asian greens)	Place in plastic bag. To spruce up greens that have gone limp, immerse in ice water for 30 mins.	Refrigerator drawer	1 - 2 wks	You retain more nutrients by eating the greens raw but, of course, they are also delicious sauteed with garlic & butter. Try substituting a tortilla with collard greens for plant-based wrap or burrito. And if you've never made kale chips, now's the time!	The more bitter the taste (i.e., kale, arugula, mustard greens) the more nutrient dense the food. High in vitamins A, C, and folate
Lettuce	Wash, dry and place in plastic bag	Refrigerator drawer	Buttercrunch lasts 4 days, all other lettuce (romaine, red) last 1-2 weeks	Make a delicious seasonal salad - top with roasted vegetables, toasted nuts, a sprinkle of your favorite hard cheese, raw scallions, and craisins drizzled with tahini or sesame-based dressing.	High in vitamins A, C, K, and folate
Melons	Loose. Once cut, store in a sealed container.	Refrigerator shelf	3 wks uncut	Makes a great addition to a smoothie or homemade popsicle!	Source of vitamin A, fiber and potassium
Okra	Unwashed in a paper bag	Refrigerator shelf	1 wk	Cut into bite-sized disks or if small leave uncut and roast with olive oil, salt and pepper at 400 degrees for 20-25 minutes	Provides vitamin C and the B vitamins, magnesium, lutein, and potassium



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Onions	Loose	Cool, dark place (cabinet) - separate from potatoes	2 months		
Peppers	Unwashed in a paper bag	Refrigerator shelf	2-3 wks	If you're overwhelmed by the quantity of peppers, freezing them is easy. Wash and cut the peppers, place in freezer bag - no blanching required!	Lots of beta-carotene; vitamins B6, C, and A; and potassium
Potatoes	Unwashed	Cool, dark place - separate from onions	3-5 wks in a cabinet or 3-4 months in the fridge	Bake, boil, steam, saute, fry, mash - do I need to say more?	With skins, are a good source of protein, iron, vitamin C, and potassium
Radishes	Cut greens off (leaving ½" connected to the root) and store greens/roots separately in breathable bags	Refrigerator drawer	Roots will last several weeks but the greens should be used within 2-3 days	Slice thinly and eat raw on a salad, try making radish butter like the french, or option to roast them with other root vegetables.	Rich in various nutrients which include potassium, calcium, sodium, and vitamin C
Scallions	Wash, dry and place in plastic bag	Refrigerator drawer	1 wk	Slice and serve raw on top as a garnish for salads, soups, and buddha bowls or try scallion pancakes!	Low in calories but high in vitamins C, K, and A.
Summer Squash	Loose or in a plastic bag	Refrigerator drawer	1 wk	Roast with olive oil, salt & pepper as a chip, serve with a cool dip. OR saute these bad boys and throw them in an omelette, frittata, pasta sauce, pizza, lasagna, panini etc.	High in vitamin C, fiber, potassium, and magnesium. Both dark green and yellow squashes are excellent sources of lutein.
Sweet Corn	Keep corn with husks on	Refrigerator shelf	2-5 days	The sooner you can eat your corn, the sweeter it will be! If you can't eat your corn within a few days, blanch the cobs for 6 minutes and freeze for later use. Did you know that you can use the cobs for veggie stock?!	Good source of plant protein
Sweet Potatoes	Unwashed - too much moisture can lead to rot	Cool, dark place (cabinet)	1 year!	Slice and roast in the oven as chips with olive oil, salt & pepper. Serve with a dip of guacamole.	Excellent source of vitamins A, B6, and C, iron, fiber, and potassium. Plus, just 1 cup of sweet potato contains four times the recommended daily allowance of beta-carotene!
Tomatoes	Unwashed loose or in breathable bag	Cool, dark place (if ripe)	2-3 days	When it comes to fresh tomatoes, you gotta eat them raw. Slice and top with a drizzle of olive oil, salt, and pepper and serve on sliced bread topped with avocado. For overripe tomatoes, use in tomato pie, salsa, or gazpacho.	Major dietary source of the antioxidant lycopene and a great source of vitamin C, potassium, folate and vitamin K
Turnips (purple top and salad)	Cut greens off (leaving ½" connected to the root) and store greens/roots separately in breathable bags	Refrigerator drawer	Roots will last several weeks but the greens should be used within 2-3 days	Try sauteeing the greens with garlic and butter! The roots are delicious any way you prep them - thinly slice and eat raw OR boil with milk/cream and blend into a puree, or roast with olive oil, salt, and pepper.	High in fiber and nitrates, helps to reduce blood pressure
Winter Squash	Loose	Cool, dark place if uncut. Once cut, wrap in plastic and keep in refrigerator.	1-2 months	Cut butternut into large chunks and bake with butter, cinnamon, and honey. Skin is easy to remove after baking.	Source of vitamins A and C, fiber and potassium