

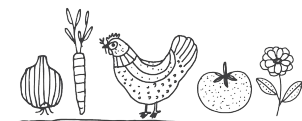
vegetable storage guide

If you don't plan to use your vegetables immediately, storing them properly is key. Yes, you can throw everything in the fridge, but if you follow this guide you'll get more out of your veggies and reduce your waste!

With proper storage, you can expect the following shelf life:

shelf life	fruit & veg
> 1 week	tomatoes, sweet corn
1 week	beans, cucumbers, herbs, eggplant, okra, summer squash, scallions
1-2 weeks	broccoli, cauliflower, leafy greens, lettuce, peppers, melons
1-2 months	carrots, onions, winter squash, beets, cabbage, turnips, kohlrabi, radish
3 mon - 1 yr	garlic, sweet potatoes, butternut squash

Vegetables & fruits release different amounts of ethylene gas, which can cause quicker spoilage (see "□" symbol). Some like the fridge, others prefer room temp or the counter; some prefer condensation, while others need to be kept dry.



WILD HOPE FARM

on shelf

- beans *
- herbs cut stems & place in water (or ❖)
- kohlrabi *
- okra *
- peppers *
- melon ●

pantry
cool & dry

- garlic □
- eggplant
- onions keep away from potatoes
- winter squash
- sweet potatoes

- basil cut stems & place in water
- tomatoes ●

counter

in drawer

- beets * *
- broccoli ● ❖
- cauliflower * ❖
- cabbage
- carrots * *
- cucumber *
- eggplant
- radishes * *
- scallions ●
- summer squash & zucchini ●
- sweet corn leave corn husks on
- turnip * *
- leafy greens ●

KEY

- plastic bag
- * breathable bag (paper/unsealed plastic)
- * cut off greens & store in separate bag
- keep away from other veg
- ❖ wrap in damp paper towels